



WEEK 1

WEEK 2

WEEK 3

WEEK 4

THE MINDFUL

Abs Challenge

You're just one month away from a slimmer, stronger core. A stronger core stability helps you improve your sporting performance and your posture. You also reduce the risk of injuries. Let's get started!

#MindfulAbsChallengeNL

CORE

Your core includes not only your abdominals, but also all of the muscles on the back and sides of your torso, even down into your glutes. You might think your waistline matters only when it's time to zip up your favourite pair of jeans, but your midsection is about much more than just looks. Your posture improves with a stronger core. Do you like to run, walk, work out or play with your kids? You can do all those things better with a stronger core.

This four-week challenge will help you feel and look slimmer and stronger.

Work that core!

A strong core equals more power for your whole body.

HIGH PLANKS

Planks are the basis of all core moves. They fire up not just the abs, but all the muscles encircling the spine.

How to: Get in push-up position with feet shoulder width apart and palms under shoulders. (Beginners can start on knees.) Squeeze glutes and abs, push through palms and look at the floor. Aim to hold for 30 seconds. Rest and repeat three times, four days this week.



TURN SITTING TIME INTO CORE TIME!

Stuck in traffic or tied to your desk for the next few hours? Work your abs by pulling your belly in and up. Hold for a few seconds and then release, repeating as many times as you want.



DID YOU KNOW...

exercising to music might help you lose belly fat faster.

In one study, people who did their crunches to tunes lost up to eight pounds more than those who worked out in silence.

FACT

Salmon contains Omega 3 fatty acids: polyunsaturated fatty acids. They help protect against cardiovascular diseases. The advice is to eat fatty fish once a week. Mackerel, herring and sardines are fatty fishes as well.



STEP IT UP

Brisk Daily 30-Minute Walk

Walking is one of the best ways to burn fat and calories and feel better. Don't worry if you can't find a solid 30 minutes; you can break this up into chunks of time that fit your schedule.

Bye bye belly fat

A stronger core equals more muscles tissue. Muscles need energy, which makes you burn more calories. Combine it with your daily walks and chances are you will soon start losing belly fat.

SEATED TWISTS

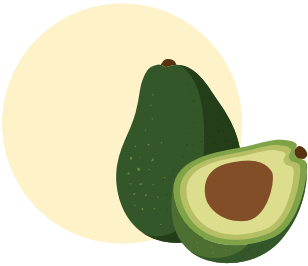
Get ready to zero in on your love handles.

How to: Sit on floor with back tall, knees bent and feet slightly off the floor. Bend arms 90 degrees, keeping elbows tucked in. Turn shoulders to right and touch both hands to floor. Return to centre and repeat on the left side. That's one rep; do three sets of 20 reps, four days this week.



LIFT A FOOT

The simple act of standing on one leg helps strengthen your core and all the muscles in your lower body. Try holding the pose for 30 seconds on each side the next time you're washing dishes or waiting in line.



FACT

Avocados contain good fats and fiber. They are not only really tasty but also prevent you from overeating.

DID YOU KNOW...

Having too much fat in the belly area is harmful to your heart health. The sweet spot for women is a waist circumference of 68-80cm and 79-94cm for men.

STEP IT UP

Brisk Daily

30-Minute Walk + Planks

Be sure to keep your pace quick and pump your arms to engage your abs even more. As for the planks, fit them in four times this week, after a walk or along with your seated twists.

Challenge your muscles!

This week, challenge your core muscles to do a few more seated twists and extra seconds on planks.

BIRD DOG

Give the muscles deep in your core some love.

How to: Start on the floor with your hands under shoulders and knees under hips. Squeeze abs and glutes and balance on left knee and right hand. (No sagging hips or arched back.) In one motion, reach left arm forward and extend right leg back. Release and repeat on other side. That's one rep; do three sets of 10 reps, four days this week.



FIND THE EDGE OF YOUR SEAT

Turn sitting into active core work by moving to the front of your seat. Be careful to tuck your hips under slightly (no arched back) and sit tall.



FACT

Whole grains are good for you. Enjoy wholemeal bread, rice and pasta. By eating wholegrain products, you reduce the risk of type 2 diabetes and cardiovascular diseases. The fibers in wholemeal products make you feel fuller longer.



STEP IT UP

Brisk Daily 30-Minute Walk + Planks + Seated Twist

This week, take note of your stride. Shorter, quicker steps can help you blast more fat. That's because longer strides actually slow you down. Do the core moves four times, after a walk or on their own.

DID YOU KNOW...

a stronger core helps you get a better night's rest. Research shows people who strength train are more likely to sleep the recommended seven to eight hours per night.

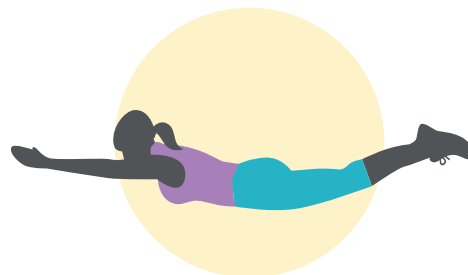
Go all in!

For the final week of the challenge, check your progress (*longer plank hold, anyone?*) and continue ramping up your workouts. You can do this!

SUPERMAN

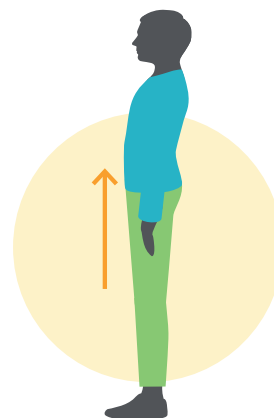
This move targets all the muscles along the back of your body and is great at fixing poor posture.

How to: Lie face down with arms extended. Lift torso and legs off the floor so stomach is touching floor. Slowly return to the start position; do three sets of 10 repetitions, four days this week.




CHECK YOUR POSTURE

The simple act of sitting up straight or standing tall calls your core to action. When you're sitting you don't want your chin or neck to be sticking out, and when you're standing you want your tailbone slightly tucked under.



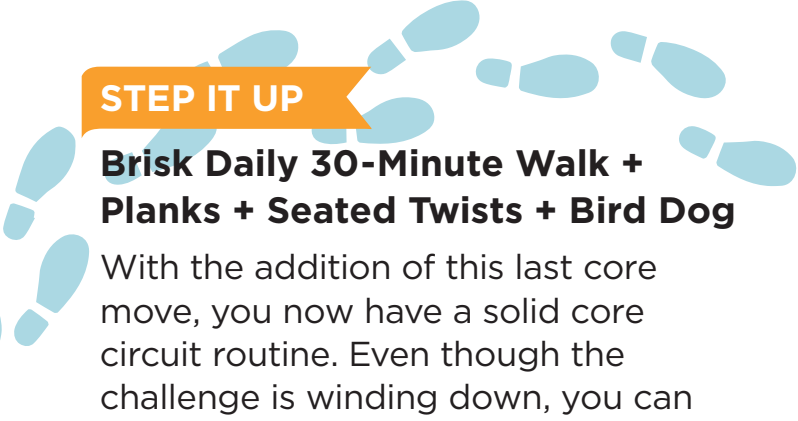
FACT



Green tea It is recommended to drink 1.5 to 2 liters per day. Water is good for you, but tea also counts. Studies show that by drinking tea blood pressure is lowered and the risk of strokes is reduced. The right amount? A daily dose of 3 cups of green or black tea.

STEP IT UP

Brisk Daily 30-Minute Walk + Planks + Seated Twists + Bird Dog



With the addition of this last core move, you now have a solid core circuit routine. Even though the challenge is winding down, you can continue to strengthen your core by sticking to your daily walks and four days of core work.

CONGRATULATIONS! You've just completed a tough four weeks of ab workouts. But... It was worth it, wasn't it? Be proud of yourself - and the awesome results.