

Healthy Bitch Daily

In Like a Lion Out Like a Lamb!

It's supposed to be spring but it still feels ass-cold like winter and if you keep snuggling up to your comfort foods like chips, nuts and cookies when spring arrives you are going to be sorry! Attention ladies, even vegan cookies have calories. So get off your ass and lets move that core or bikini season is going to slap you in the face, when the cold weather disappears.

Forget about old school crunches, abdominal rollers and what's that thigh thing Suzanne Summer's used to advertise on QVC?! Let's do yoga, yup the old mind-body practice can seriously tone your tummy and make you want to shop for the beach!

Here are a few poses to get you started...

Boat Pose Variations

Sit on the floor with your knees bent and your feet on the floor. Lift your chest, roll your shoulders back and squeeze your belly in without holding your breath. Make sure you don't round your back. Lift your feet off the floor, so that the thighs are angled about 50 degree. If possible, straighten your legs. Reach your arms alongside the legs, parallel to the floor. Stay in the pose for 10-30 seconds. Added bonus: take your hands into a prayer by your heart, twist left, center, right, center, then repeat several times.

Leg Raises

Lie flat on the floor with your hands next to your hips. Raise both legs toward the ceiling. Tuck your belly towards the floor, keeping it really firm. Lower one leg almost to the floor and then raise it up again, then switch legs. Do this 10 times on each leg. Pause, then lower both legs at the same time. Move slowly and if your knees bend, don't let them go all the way to the floor.

Forearm Plank

Lie on your stomach, bend both arms and position them palms down in front of you with your elbows directly under your shoulders. Place the balls of your feet on the floor and lift your entire body up and make sure you are straight from head to toe. Keep breathing and squeeze your belly in. Stay like this for 30-60 seconds. Added bonus: after holding for at least 20 seconds, bend one knee toward the floor and then the other like you are climbing a mountain.

Side Plank

Get into a push-up position. Bring your feet together like you have one leg. Slowly roll on the outside of your right foot and stack your left foot on top, flex your feet. Lift your

left arm toward the ceiling and strongly press your right palm into the floor. Squeeze your belly in. Lift your bottom hip up slightly. Hold for 30 seconds, then roll back to plank, take a breath and go to the other side.

Do these once a day and when the sun decides to come up, your core will be ready to rock the beach!

** Plank is an upward push-up position traditionally used in yoga sun salutations.*