



Hi Friends!

I'm back with a Friday email about movement and exercise! And this one is all about getting those abs by summer! And it's not what you think.

I used to think getting abs meant more crunches, more planks, more “core days.” But the biggest change for me had nothing to do with workouts. It was learning how to engage my core all day long.

Most of us sit a lot. When you sit and let your stomach completely relax, your abs get used to being extended. I don't know when this changed for me, because even though I was heavier when I was younger, I usually had a pretty strong and tight core. But at one point, I must have just LET IT GO!

Over time, it showed up as that little pooch, and I couldn't blame menopause!

But what actually helped me was practicing core engagement throughout the day. A few times an hour I'd remind myself to lightly brace my core, like you would if someone tapped your stomach. I started practicing stomach vacuums at stop lights. When I was standing, walking, and even sitting at my computer and would consciously try to engage the muscles, until it became unconscious. I've also been remembering to do my Kegels! It feels small, but it adds up.

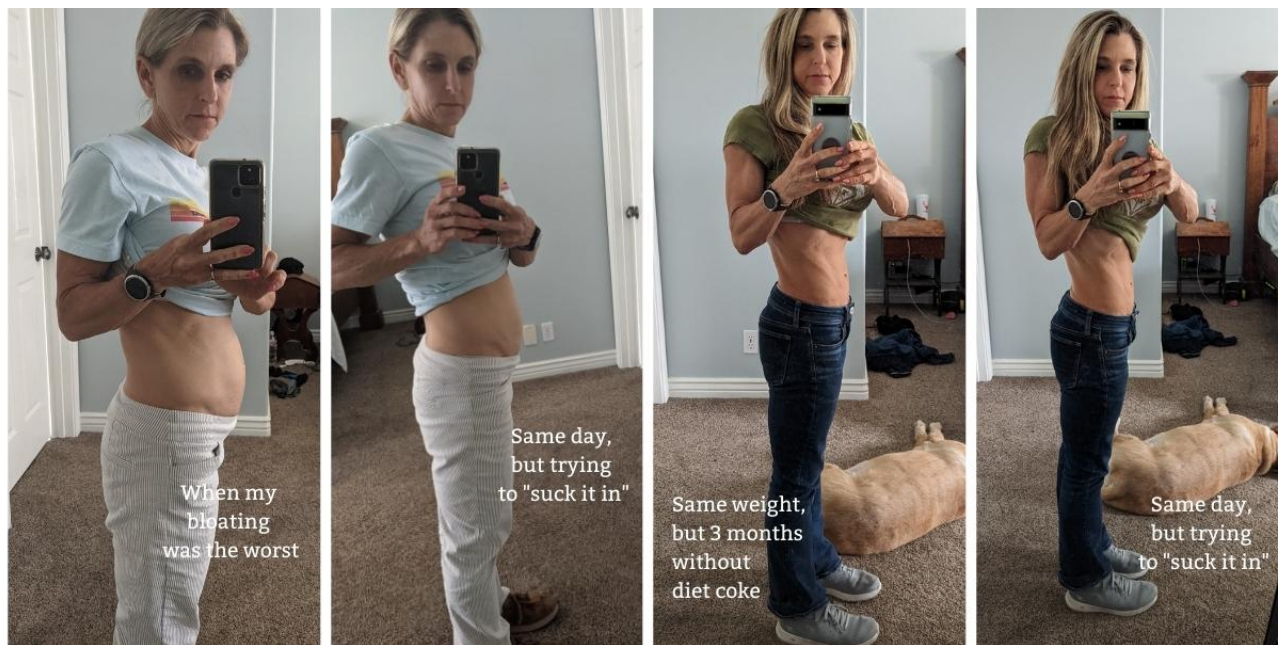
The second shift was how I was eating. I stopped eating to the point of being stuffed. I still eat plenty, but I pay attention to that moment when

I'm satisfied and stop there. That alone made my midsection feel tighter and less bloated day to day.

But the biggest change came when I quit drinking Diet Coke. I noticed a huge difference in my stomach. When your stomach is full of carbonation, it's impossible to control your ab muscles. But when I quit, the bloat went away, I was less distended, and I could finally engage the muscles. My mid-section finally revealed my hard work! [I wrote a full post about that on the blog](#) because it surprised me how noticeable it was. ([read that here!](#))

So if you're chasing abs, don't just think workouts. Think how you hold your body all day, how you finish your meals, and what you're drinking on repeat. Those small habits have made more difference for me than any ab circuit ever did.

Read how quitting diet coke gave me back my abs!



What are your thoughts? Is this something you've thought about? Do you also want some core exercises to add to your workouts?

Let me know if you're going to try any of these things!

Amy Roskelley

P.S. Have you seen the new lemon drink from Clean Simple Eats~! It's literally the lemon drink I've been making for years (with creatine and glutamine), but now in a pre-made mix. I shared my [review on Instagram here](#). You can get yours [here](#) with my discount code: **HEALTHBEET**

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