

LOVE HANDLES?

Question from John C., Atwater Village: *What's the best way to get rid of my love handles?*

Answer: Part One is to ask yourself *What is my attitude toward food?* Do you live to eat or eat to live? Do you read labels? How many comfort foods do you have on your current grocery list? There should be only one per trip. Realize that you have portion control in the palm of your hand. In fact, here's a rule of thumb: Eat what you want, but only one handful.

Part Two is to exercise your body. Play tennis, ride a llama, do the elliptical machine, walk, jog, run-Forrest-run-some sort of physical activity that accumulates 5-6 hours per week. I can show you how to exercise your entire body using the floor or the wall.

Part Three is stress. Life too stressful for you? I'll tell you the secret to eliminating stress, but this is between you and me. The following explanation is backed by science, religion, psychiatry and an advertising inside my Special K cereal. . .Got stress? Just get rid of it.

Just. . .get . . .rid. . .of *it*. Whatever creates loads of anxiety in your life, you have the power to make it go

away. Simple as that. Find a way. (Listen to the *Athlete Whisperer* audio CD sessions for ways to eliminate stress.)

As you work on these three elements, your love handles will begin to disappear too. Realize that your body is tied to:

- 1) your emotional connection to food;
- 2) your physical movement;
- 3) your happiness.

Got a health or fitness question? Email Erik Flowers at:
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