



ANA CABÁN  
*Ana Cabán*  
the good life guru

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## 5 Great Summertime (or Anytime) Tips for Staying Trim

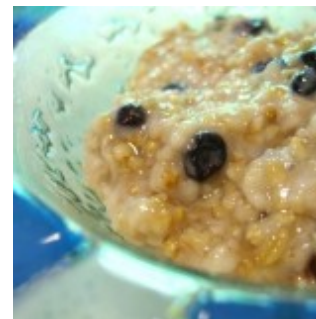
Submitted by Ana Caban on June 3, 2011 - 3:20 am

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Here are 5 of my “go to” rules for getting summertime (or anytime) fit & healthy!

### Start the day with a healthy breakfast.

It's so easy to blame a busy schedule, or a lack of appetite for not eating a good (or any) breakfast. The thing is that breakfast really is the most important meal of the day. Plus, according to Andrea Giancoli, R.D., spokesperson for the American Dietetic Association, “People who skip breakfast tend to overeat at the next meal”. Well, that isn't very good, is it? A great, hearty breakfast, which will keep you full for hours, and trim is a bowl of steel cut oatmeal with berries, or as some people refer to it, “Irish Oatmeal”. This oatmeal is low in sugar and high in fiber, keeping you fuller and your blood sugar levels more level, making you trim and nicer to be around.



**Aim to eat foods whose names you can pronounce.**

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“Good Life Guru” Ana Cabán wants women to have healthy, balanced, and

If you can't even say it, do you want to eat it? Maybe. Sure there are some natural ingredients that may have strange or long names, but as a general rule I figure that if I can't pronounce the ingredients names, or even recognize them I'm probably better avoiding that food, all together. As a general rule, processed foods (with all those words you can't pronounce) aren't very healthy, are hard to digest AND they won't really satisfy you. So try sticking to foods in their most natural state.

### Eat every 3-4 hours.

Ok, I'm not saying to binge every 3-4 hours. Oh no! I mean, eat smaller meals throughout the day. It may sound hard or crazy, but just think about it. A car runs better when it has a full tank, not when it's dragging on "empty". Do what you can to eat something small and healthy every 3-4 hours, or so, and you'll see how much more energized (and trim) you are.

### Pack half of it up.

When dining out a great trick that I use, which I credit Brittany Spears for turning me on to, is ordering my meal and asking for half of it to be boxed up "to go". We all know that restaurants over serve us (well, that's unless We're dining French or eating sushi) so it's our job to pull back the reigns a little. The good news is that by doing this you will still enjoy a delicious meal and BONUS- you can enjoy it again, the following day.

### Make every bite count.

Count as you chew. Did you know that to properly digest food and receive the most nutrients we should chew each bite 20-30 times? Yes siree-Bob! Slow down, light a candle, put on some smooth tunes and ENJOY your food. Make every chew count, literally!

Have a super fun summer!



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fabulous lives. It's a passion that informs everything she does. Creating a line of

bestselling Pilates DVDs based on her popular and highly-addictive classes was just the beginning of a mission that she conducts in two languages, and bridging two cultures, as a successful fitness & lifestyle expert, certified wellness coach, and radio and TV host.

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