



## Lady of America Newsletter – February 2010 – The Love Issue

### Ask Natalie

**Q: Can I still workout during my pregnancy?**

A: Congrats on your baby! To answer your question: Yes, yes, yes!!! You can most certainly exercise while you are pregnant. I recommend to my clients that they keep the same routine they had before. I don't suggest starting a new workout program like spinning if you haven't spun before. I also recommend that you invest in a heart rate monitor. You should keep your heart rate at 140 beats per minute. If you are doing something that hurts or feels uncomfortable, stop!

**Natalie Brabner**  
*Lady of America's  
Official Trainer and  
Expert in Exercise  
& Nutrition*



**Q: What is the best way to get rid of my "love-handles"? Also, I like to workout in the mornings, is it better to work out before or after breakfast? If after, how long should I let my food settle before starting?**

A: The best way to get rid of your love handles is to train hard and eat right. That means keeping your sugar intake low, eating a moderate amount of carbs, adding lean protein and lots of grains and vegetables to your diet. As for exercise, you should be lifting weights at least three times a week and performing cardio routines at least three times a week for a minimum of 30 minutes.

If you train before breakfast you dip into your fat storage faster than when you eat breakfast. But make sure you have enough energy to workout. Some people experience dizziness when they don't eat before working out. If you do get dizzy, stop immediately and drink some cold water.

If you train on a full stomach, make sure to wait at least one hour to allow your body to fully digest your food.

**Q: I am trying to find another exercise to help reduce the mid section belly roll. You know that right at the waist line roll.**

A: There is no magic cure to target weight loss to a specific area of the body. Unfortunately, our bodies decide where it wants to put on the weight and take it off – how frustrating is that? The mid-section is a problem area for most women. The best way to lose fat is through exercise and diet. Your exercise routine must include cardio and weight training. However, it is important that you do abs exercises to build your core and keep it strong. Once the excess fat decreases around your belly you will see the results of your hard work in the muscle definition. My favorite abs exercises are the hanging abs, full sit-ups and side plank.

As for your diet, I recommend that you keep your sugar intake low, eat a moderate amount of carbs and eat a lot of fish, egg whites, vegetables, raw nuts and maybe a protein shake. I like Myoplex light from EAS. Drink plenty of water throughout the day and be mindful of portion size.

If you are doing weights, cardio and eating the right things, your body will respond. I would like you to start a food/exercise diary. Take time to note every bite you take and the exercise you do [what kind, intensity, duration, etc.] Research shows that journaling can be helpful as you move forward in your progress. No matter what, *be honest*. This way you can see where you need to focus more, where you are excelling, etc.

Visit [www.ladyofamerica.com](http://www.ladyofamerica.com) for additional articles.