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- **Premium Members** will receive traffic to their own blogs through our contest and writing exercise system, and learn from anonymous and specific feedback based on questions they would like answered about their writing or blog design entries.
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- **Chances of winning Writing Contests: 1 in 10**
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Flat, Toned Abs in Just Ten Minutes a Day

Summer, and swimsuit season, is just around the corner. That means it's time to start working on those flat abs you want so badly. Don't have time to work out for hours every day? Not to worry, with a little planning and ten minutes a day, you can have the flat, toned abs you want.

Step #1 Pay attention to your fuel. Track what you eat and what you burn each day. Abdominal fat is just that, fat. If you want to see the muscles underneath and get rid of the bulge you're going to have to consume fewer calories than you burn.

There are wonderful, free, and easy to use programs and iPod/iPhone applications that will help you track what you eat and what you burn each day. Use them to stay on track. One pound of fat is 3500 calories. That means that by simply burning 500 more calories a day than you eat you can lose a pound in 7 days.

Tracking what you eat will also help you see what foods fill you up longer and what foods burn quickly. Quick burning foods mean you're hungry soon after you eat them. Aim for lean protein, lots of fiber and fruits and veggies.

Step #2 Get moving! Move your body; it wasn't designed to sit on a couch or at a desk all day. Take the stairs, take a walk around the block, move your body and find a way to take at least 10,000 steps a day. Studies have shown that people who take 10,000 steps a day lose weight faster and keep it off. They're healthier and thinner. You can be too!

Step #3 Okay, now you have pounds melting off just by tracking your intake and moving your body. The next step is to work your core muscles, and you can do that in just ten minutes a day. The best fitness activities are ones that focus on your entire core, your back and stomach. Sit-ups are great but they only work specific muscles in your abdominals.

Instead of sit-ups, spend ten minutes working through a low rep workout. Do full crunches where your legs also come off of the ground, bridge, single leg abdominal press, plank pose, and side plank. Move through each repetition slowly so you get the full benefit of the movement and hold the exercise for a few seconds before releasing it. You'll build muscle and burn more fat. Repeat each exercise 8-10 times then move onto the next exercise.

The good thing about these core exercises is that you don't need any fancy equipment to do them. All you need is ten minutes. Get down on the floor during your favorite television show or do them right when you get up in the morning before your shower.

With commitment, a plan of action and a little bit of willpower you can have those flat abs you want. Watch what you eat, get moving and find ten minutes each day to work your core muscles. You'll have that beach body in no time.

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