



## Bridal Fitness: Becoming a Healthy and Fit Bride

Susan Young - IndyBride2B

*How to get into the best shape of your life for one of the most important days of your life.*

Let's face it. All eyes will be on you on your wedding day. Not only do you want to look your best, but you want to feel your best too. Whether you want to shed a few pounds or tone up before the big day, a healthy approach to fitness will help you fit perfectly into your wedding dress, and look like your most gorgeous self. And with all of the stress that goes along with wedding planning, a good fitness plan is a good idea. Are you ready to get started?

**Tip #1: Think about your why:** Before you embark on a fitness journey, understand your goals. This will help you to tailor a workout and healthy eating program to get better results.

**Tip #2: Start eating at home more:** The portion sizes and calorie count can be double or even triple the amount in a restaurant than the same meal prepared at home. By controlling the ingredients and portion sizes, you'll start to notice a difference in your waistline. (a plus: cooking at home is typically much less expensive over time than dining out).

**Tip #3: Fit in 30-60 minutes of physical activity most days:** Find an activity you enjoy, such as walking, running, aerobics or a sport of your choice, and get in some sweat sessions at least 5-6 days per week. Here you're burning calories to speed up your weight loss efforts and also to keep your heart healthy.

**Tip #4: Incorporate weight training:** At least half of the days you exercise, do some sort of weight-bearing exercise. It can be circuit training, dumbbell exercises, or even body-weight exercises such as push-ups, squats, lunges and sit-ups. The goal here is not to bulk up but rather to build lean muscle, which takes up less space in your body than fat and can help you burn fat faster.

**Tip #5: Start reading labels and tracking calories:** A big portion of weight loss efforts stem from changing poor eating habits. When you start paying attention to the foods you are eating, and how much you're consuming every day, you'll begin to make healthier choices. Reading labels on foods you buy as well as tracking your daily calories on apps such as MyFitnessPal will be eye-opening, and doing so can help you stay on track.



**Tip #6: Enlist the help of an expert:** If you want to get in better shape before your wedding day, but don't think you can do it alone, now's the time to call in the experts. A health and nutrition coach or a personal trainer like our partner Fitness by Design may help you kick your bad habits aside and offer you work out tips and techniques to boost your results.

**Tip #7: Involve your fiancée:** Couples who work out (and eat healthy) together, stay together! What better way to increase the bond between you and your fiancée than to cook healthy meals together and work out together? Find an activity you enjoy participating in together and think of this as extra couple time with an added benefit!  
Good luck Brides!



Tags: Bridal fitness, wedding planning, Indianapolis, brides