

Six steps to having your best bikini body in six weeks

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You may not ever get to compete in the Miss America pageant like last year's Miss Tennessee Hannah Robison, but you can get your best bikini body by following six simple steps. (MARK MAKELA/REUTERS)

Throw out the traditional recommendations of eating high fiber, avoiding gluten, and the myth of "Don't eat at all!"

When you need to get bikini ready, it's best to start now and leave time for the body to reset its internal body clock — then keep the habits regular so you never have to worry again.

This is for all people, all sizes, and all bodies. Feed yourself with the six steps below, and you can be the best version of you in just six weeks.

1. Get Class Pass now

Class Pass will help to ensure you are cross-training your body. Your body becomes immune to the same workouts, but Class Pass only allows for three of the same classes in one month.

[BELLY DOWN! LOSE THE ALCOHOL TO LOSE THE WEIGHT](#)

This helps guarantee you will switch things up. You will have different instructors at different studios and — most importantly—different exercises.

2. Get calm — literally

Download the app named Calm and start breathing. Meditation, whether Transcendental Meditation or mindful meditation, has the potential to lower your stress hormones, which can help prevent belly fat. It can even improve blood glucose control.

Another bonus of decreased stress is decreased belly bloat. No need for gluten free when you are calm! [Click here for more on meditation.](#)

3. End and Embrace

End fad dieting and embrace your body now

Yo-yo dieting causes you to gain weight resulting in a higher end point weight than you originally started. Find a food and fitness model that empowers you!

Choose the program or set goals that you can adopt for the rest of your life, even after you lose your winter weight. Keep in mind, it's what, how and when you eat — and, of course, genetics.

Since you can't change your genes, embrace your body so you will treat it well.



(Olivia Munn via Instagram)

Hottest celebrity beach bodies

4. Sleep with the sun

That's right, go to bed at the same time every night, ideally during the period of darkness. Sleep seven to nine hours each night, hopefully waking near sunrise.

Adequate sleep can prevent grazing on an additional 250 kcals that you never needed in the first place. This means skip the all "nighters," eating enough to prevent starvation from waking you, and using the light dark cycle of the sun as your body clock guide.

5. Respect your clock

You have an internal body clock that expects sleep, food, and even stressors at certain times of the day. If you have knocked your clock off, your body is in metabolic disarray.

Eat one hour after waking and every ythree to four hours thereafter. Sleep during the dark hours and be active during periods of light. And ensure stress is intermittent rather than constant.

6. Eat kale — and cupcakes!

In order to sustain your healthy lifestyle and even to lose weight permanently, do not deprive yourself.

Yes, you have to make choices and even have a stopping point, but ridding foods groups can lead to binging on the forbidden foods.

Humans want what they can't have and will power is always beaten by the biological drive of your body.

Therefore, plan accordingly and make your favorite foods part of your daily or weekly intake.

[Laura Cipullo](#) is a Registered Dietitian, Certified Diabetes Educator and Certified Eating Disorder Registered Dietitian. She applies her expertise in the field of nutrition and endocrine knowledge to her private New York City-based practice. In addition to the consultation services she provides, Laura is a three-time author; her most recent book, "Women's Health Body Clock Diet," was released December 2015.

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