

Get Ready For Swimsuit Season with the Carb Rotation Diet!!



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Press Release Summary: Learn how to get in swimsuit shape FAST! Don't starve yourself to look good, try the Carb Rotation Diet.

Press Release Body: **7 Rapid Fat Loss Tips For Swimsuit Season**

Every year summer draws near and beach goers begin to panic about how they will look in their bathing suit. Registered **Dietitian Jayson Hunter** recommends starting a diet and exercise program now to guarantee a beach ready body by the time summer officially arrives.

According to Hunter, *"I specifically designed these rapid fat loss tips to help men and women who want to look great in their bathing suits. They will help men lose that ugly belly fat. And they will help women look amazing in either a bikini or a little black dress."*

Here are Jayson Hunter's 7 Rapid Fat Loss Tips for Bathing Suit Season:

1) Take five minutes each day to visualize a beach ready body. A crystal clear mental image of success greatly increases the chances of success.

- 2) Limit portion sizes by eating from smaller plates. Studies show people that eat from smaller plates eat fewer calories.
- 3) Keep a food journal. Research indicates dieters underestimate their daily caloric intake by 25%.
- 4) Always eat a healthy breakfast to stimulate metabolism for the entire day.
- 5) Participate in rigorous strength training exercise to promote calorie burning for up to 48 hours post-exercise.
- 6) Avoid processed foods found in the middle aisles of grocery stores. Instead consume vegetables and fruits, and lean proteins.
- 7) Have healthy snacks on hand at all times. Hormones released in stressful situations cause cravings of foods high in fat and sugar. Being prepared for such times greatly reduces the chances of binge eating of the wrong foods.

Jayson Hunter, RD, CSCS is a registered dietitian and personal trainer with over ten years of experience. He specializes in helping people lose weight quickly and safely so they look great for any special event they want to look their best for. He is available for story ideas and interviews.

To discover his "**5 Absolute Truths Every Serial Dieter Who Seeks Rapid -- And Permanent -- Weight Loss MUST Come To Grips With**" please visit <http://atlas2273.rdwtloss.hop.clickbank.net>

Web Site: <http://atlas2273.rdwtloss.hop.clickbank.net>

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