

YOU SUPPLIED THE QUESTIONS, WE FOUND THE ANSWERS

# ASK

## FRESH START

Kick off the new year  
right with these  
goal-oriented tips.



Q

**No matter how strictly I eat, my love handles just won't go away. What can I do to finally get rid of them in 2019?**

—Hector B., Santa Fe, NM

A

If you're serious, you've got to optimize your exercise, nutrition, and lifestyle. Forget "spot reducing" and focus on HIIT, cardio, and compound strength moves. Favor fruit, veggies, healthy fats, and slow-digesting carbs like oats, sweet potatoes, and quinoa over processed starches like white bread, pasta and baked goods, sugary

junk, fried foods, and alcohol. Finally, get at least seven hours of sleep every night. Commit to these changes and those handles will be old news.

**ANGIE ASCHE, R.D.,**

*is a sports dietitian, exercise physiologist, and owner of Eleat Sports Nutrition, LLC. Instagram: @eleatnutrition.*

Q

**Last year I abandoned my New Year's resolution of losing 20 pounds in a month. How can I stay on track this time?**

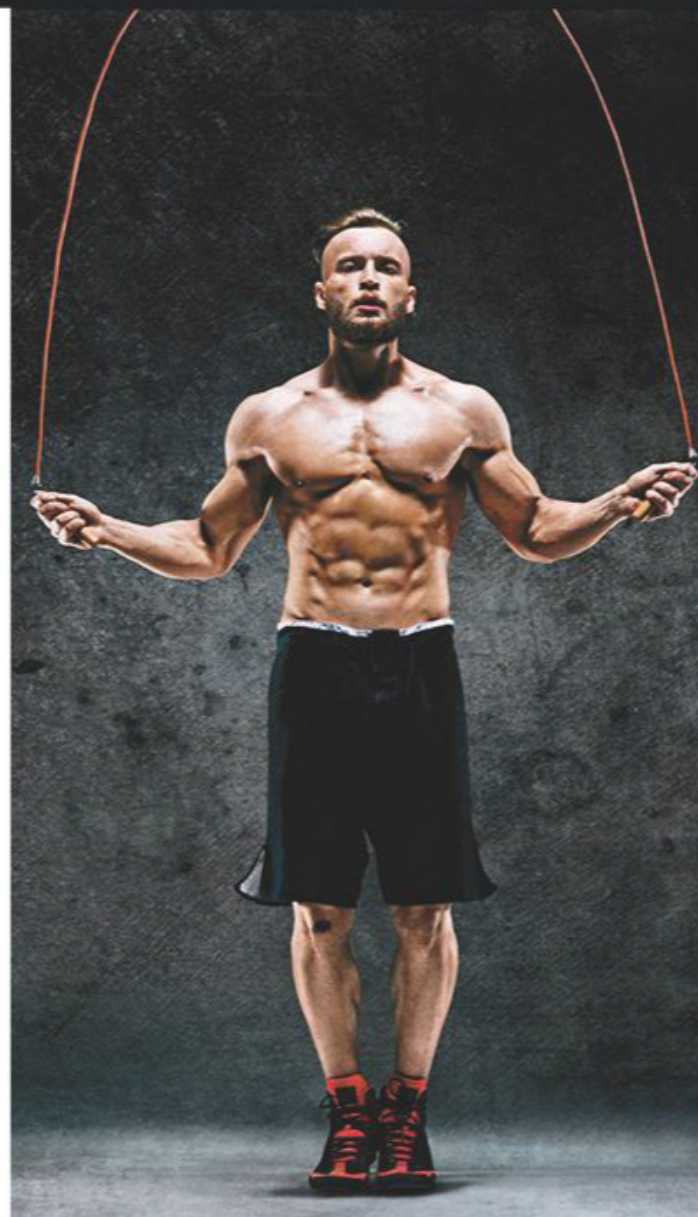
—Aaron R., Columbia, MO

A

There's a lot you can do, but the most important thing is to show up. Instead of setting a goal to work out every day, make your goal something as simple as putting on your gym clothes. After doing that, it's unlikely you won't just exercise anyway. Even if you don't, though, you're creating a system of preparing yourself for the gym. These habits will build into you the idea of working out every day.

**ALEX MCBRAIRTY**

*was an overweight teen who lost 80 pounds and became a personal trainer and now owns Ann Arbor, MI's A-Team Fitness. Instagram: @\_ateamfit\_.*



OVERCOME YOUR ARM PLATEAU →



Q

**I hit my arms twice a week with four sets of 10 to 12 reps for three exercises, but they haven't grown in a year. What gives?**

—Lucas T., San Jose, CA

**A** First, let them recover by dropping to one quality session per week. Next, train heavier, with weights that allow six to eight perfect reps, to attack more fast-twitch fibers. You can also jolt your biceps with intensity techniques like supersets, dropsets, and eccentric reps. Finally, employ a combo of free weights, machines, and cables from a variety of angles. This keeps your biceps guessing—and growing.

**ERIC "MERLIN" BROSER**

*is an NPC Masters competitor who has worked in the fitness industry as a trainer, writer, and consultant for more than 25 years. Instagram: @coachericbroser.*

Q

**I love a late-night snack. Can this help put me to sleep, and, if so, what is the best stuff to eat before bed?**

—Mohamed E., Houston, TX

**A** Foods containing tryptophan—which boosts melatonin, a natural sleep aid—make great prebedtime snacks. Think a glass of low-fat milk, a little cheese, roasted chickpeas, plain yogurt, and almonds. Oh, and while turkey

is famous for those classic post-Thanksgiving naps, all meats, fish, and poultry have some tryptophan. On the flip side, the caffeine-sensitive should avoid chocolate, which contains small amounts of the stimulant.



**MARYANN WALSH, R.D.,**

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