



WHAT IT COSTS TO GET A tight tummy

DID YOU KNOW?

The formula to getting a tight midsection consists of more than just cutting down on carbs and sugars and hitting the gym for some cardio and crunches. The body looks, and functions, optimally when fueled by a clean diet, strong muscles, tight skin and a fast metabolism.

SOLUTION

\$\$\$\$\$ \$20,000*

PERSONAL TRAINING

WHAT IT'S GOOD FOR

"Personal trainers help you reach your form and make sure you're doing your workouts right while staying hydrated so you get results," says wellness and fitness guru David Kirsch.

*Annual cost

SOLUTION

\$\$\$ \$10,000

TUMMY TUCK

WHAT IT'S GOOD FOR

Recontouring the stomach, eliminating extra skin and lower belly pouching, lessening the appearance of stretchmarks and tightening and flattening the skin and muscles.

SOLUTION

\$\$\$ \$14,000*

DELIVERY DIET

WHAT IT'S GOOD FOR

Taking the guesswork out of proper portion control and healthy eating, making food choices that much easier.

*Annual cost

SOLUTION

\$\$\$ \$500

SKIN-TIGHTENING TREATMENT

WHAT IT'S GOOD FOR

Eliminating minimal skin laxity and small fatty deposits. It can't fix weak muscle tone, moderate to large amounts of excess skin and fat or stretchmarks.

SOLUTION

\$ \$56

TONING SERUM

WHAT IT'S GOOD FOR

Products that make use of skin-tightening ingredients, like soy proteins and vitamins, help to smooth out crepey skin, especially on the stomach. **Mama Mio Skin Tight Toning Serum** tackles a less-than taut midsection with exfoliation, tightening and intense hydration. mamamio.com

INSIDE tip

If a personal trainer isn't in your budget, schedule an appointment with one every six months. (It will cost anywhere from \$50 to \$100, or more). This way, you'll always make sure your form is correct and your current workout will be evaluated and modified. "If you can't afford a trainer, pick up a good DVD to do at home," says Kirsch, who says to do it three to four times a week.

*All prices are averages, and may vary based on location

PERSONAL TRAINING

WHAT ELSE YOU NEED TO KNOW: Working out with a trainer helps keep you on track—most people are more focused and motivated to work out harder and more often since they're paying for the service—but exercising with a celebrity trainer takes it to a whole new level.

SCULPT A BETTER BODY: Gone are the days of targeting the stomach strictly through exercises like crunches—now a whole body philosophy is applied with an emphasis on moves that incorporate stability, using the bosu or medicine ball, which should be done every other day. Working out only makes up for part of the equation—a sensible diet that's free of alcohol, starchy carbs, dairy and extra sugar is just as important as hitting the gym.

THE BOTTOM LINE: Expect dramatic changes but they don't come easy. To make the most of your efforts, most celeb trainers require three to four hour-long workouts each week.

DELIVERY DIET

WHAT ELSE YOU NEED TO KNOW: Whether you choose to have your meals precooked and delivered to your doorstep or if you prefer to make them yourself, eating the right foods and proportions is key in the mission for a great body. "Delivery diets are popular with celebrities not only to lose weight, but also to maintain their designed weight," says Carrie Wiatt of Diet Designs.

MAINTENANCE IS KEY: Just because you go on a specially designed plan doesn't mean that you're golden forever—the key to retaining your results lies in consistency and portion control (along with regular exercise).

THE BOTTOM LINE: Delivery diets get you on track and can keep you there. "For many, it's just the push that they need to lose weight and reshape their view of healthy meals and portions," Wiatt says.

SKIN-TIGHTENING

WHAT ELSE YOU NEED TO KNOW: Noninvasive treatments that tighten the skin while fighting fat (to some degree) is big business. Treatments like Accent Your Body, Exilis, ReFirme and Body by Thermage can, in some, firm up small amounts of loose skin but not everyone is a believer.

DO THEY REALLY WORK? "At best, they can only tighten the skin by about 20 percent," Los Angeles plastic surgeon Daniel Yamini, MD says. "And the results are not permanent. Our skin has a memory based on accumulated damage caused by aging and hormonal changes. It will decide how much it will stretch back out no matter what procedure—invasive or not—we do." But these types of treatments do have a place. Duxbury, MA, plastic surgeon Christine A. Hamori, MD, explains that skin-tighteners work for superficial wrinkling of the abdomen around the belly button and lower abdomen in slimmer body types.

THE BOTTOM LINE: Chances are you'll probably see some effect on how tight the skin on your stomach is—hard-to-tame areas may also be improved—but the results are not perpetual and upkeep is necessary.

TUMMY TUCK

WHAT ELSE YOU NEED TO KNOW: Not everyone looks to a tummy tuck as a last resort—some know it's the only thing that's going to help. Regardless if a variation of the traditional tummy tuck is needed—a modified- or mini-tuck (done on the bottom part of the stomach) or a more extensive tuck (for those with excessive skin and fat)—the end result is quite impressive. "We can take someone who has a lot of loose skin and a protruding belly and make the skin and stomach completely flat, smoother and free of many of the stretch-marks," says Dr. Tachmes.

WHEN TO DO IT: Always diet and exercise first but, when that's not enough, you may need to consider surgery. "There's this misconception, especially in post-pregnancy patients, that hardcore dieting and exercise will tone up shapeless skin on the lower stomach but that's not the case," says Dr. Yamini.

THE BOTTOM LINE: Expect a permanent, dramatic change—but it doesn't come without discomfort or downtime. "Anticipate a recovery of a good 10 days," says Dr. Tachmes. To keep your new figure in shape, eat healthfully and work the core with Pilates and crunches.

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