



Find out all these and so much more in the November issue of CLEO, out now!

Health & Fitness

Welcome to askCLEO.com!
Where no question is too hard to tackle, so fire away!

Keyword search

Eg. "slimming", "sparkles"

Find it!

LOG IN NOW!

Not a member yet?
[Register now!](#)

[Forgot password?](#)

Advertisement

FASHION

BEAUTY

SEX & MEN

HEALTH & FITNESS

MONEY & CAREER

ENTERTAINMENT

OTHERS

ABOUT CLEO

I've worked hard, and now I'm at my ideal weight. But what can I do now to maintain



Photo Credit: Getty Images

Q it?

Weight maintenance is all about the balance between the calories you take in, and the ones you use. Mavis Chung, Personal Trainer from Amore Fitness gives us some tips on keeping your weight steady.

"Basically when the amount of calories you take in equals the amount you use, then your weight stays the same. You can do this either by reducing the amount of cardio you do each week or increasing your food consumption," Mavis says, "but be sure to keep doing your resistance training in order to keep off the fat."

Got advice?

15 reader(s) helped you

We think you'd also like to know about...



Weighty Issues

Deal with the emotional side of your weight

[read more](#)



Trimming without Losing

Get your body in shape!

[read more](#)



The Right Fit

Finding the perfect fit makes a difference to your workout!

[read more](#)



December CLEO out now!

Read about

ARCHIVES

- Working the weight
- Bump the arms
- Get Well!
- Multi-supplements
- Mystery Discharge
- It's all pear-shaped
- Confidence booster
- Stop the smoking!
- Multi-Vitamins
- Scoping It Out
- The Scent of You
- Spidery Veins
- Sleep Issues
- The Weight Ratio



Health & Fitness

Welcome to askCLEO.com!
Where no question is too hard to tackle, so fire away!

Keyword search

Eg. "slimming", "sparkles"

Find It!

LOG IN NOW!

Not a member yet?
[Register now!](#)
[Forgot password?](#)

FASHION

BEAUTY

SEX & MEN

HEALTH & FITNESS

MONEY & CAREER

ENTERTAINMENT

OTHERS

ABOUT CLEO

How can I trim my stomach without losing weight?



Photo Credit: Stock Byte

Q You can have a trimmer stomach without losing the body weight, and here's how you can do it through thorough proper exercise and nutrition.

Firstly, you'll need to up the amount of cardio exercise that you're doing. "This will help your body to lose overall fat loss. At the same time, incorporate specific abdominal exercises to firm up the stomach muscles," says Mavis Chung, Personal Trainer at Amore Fitness. Very often, a big stomach is a result of weak abdominal muscles. At the same time, you should also increase your resistance training to build up lean mass.

"We know that muscles weigh more than fats. As you burn fat, you'll also lose muscle mass, meaning your body weight would reduce. To maintain the muscles mass (and your body weight), you need to do some weight training," Mavis says. Together with a balanced diet, you'll be able to have that flat stomach in no time!

Got advice?

12 reader(s) helped you

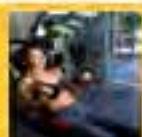
We think you'd also like to know about...



No Pain, No Gain

Exercising is good, but don't go overboard!

[read more](#)



Cardio or Weights?

Not enough time to do a complete workout? What's the fastest way to trim your body? What should you do to get the best workout?

[read more](#)

Advertisement



ARCHIVES

- o Working the weight
- o Bump the arms
- o Get Well
- o Multi-supplements
- o Mystery Discharge
- o It's all pear-shaped
- o Confidence booster
- o Stop the smoking!
- o Multi-Vitamins
- o Scoping It Out
- o The Scent of You
- o Spidery Veins
- o Sleep Issues
- o Maintaining Weight



December CLEO out now!

Read about