

**Craig Ballantyne:** Hey, everyone. This is Craig Ballantyne from [TurbulenceTraining.com](http://TurbulenceTraining.com). We are here today with the question and answer section for abs questions from moms, from post pregnancy, from everything about c-sections and getting flat abs after you've had your baby.

So, I decided to go to my friend Holly Rigsby from [ClubFYM.com](http://ClubFYM.com). Holly is going to help us with our answers today. So, Holly, welcome to the call.

**Holly Rigsby:** Hey, Craig. Thanks so much for inviting me today.

**Craig Ballantyne:** We're really happy to have you, because we know you are going to give us awesome answers, because you have so many thousands of women that take your advice and you've probably got feedback from so many moms, more than even I have.

So, we're going to start off by getting into one of the questions that comes up so much. The question that has come up so much on my blog is really all about the c-section scar and the problems that it brings to the table when women are trying to get flat abs after having a baby.

Holly, why don't you tell us what women can do to get rid of the fat that's around the c-section scar and also how they need to maybe train their abs a little bit different, or if they don't necessarily need to do that at all, but just give us some insight into that from your personal experience and also from helping so many women?

**Holly Rigsby:** Absolutely. This is a very stubborn area for many moms who undergo this procedure, but the good news is that it can be diminished. You really just have to take a step back and account for the healing process that takes place.

Self care is essential any time that you have any type of surgery. So, the way that you're taking care of yourself and the directions that your doctors give you to allow this healing process to take place the right way is so vital to you being able to heal in a way that the scar is less noticeable.

Because this is located in the lower abs section, which is the area of fat storage that seems to be the last to go, knowing that it's last means that as you begin your fat loss plan, whether it's right after having a baby or several years later and you're looking at this area thinking, "What can I do?" it is important to understand that consistency is so essential with your eating and your exercise plan.

When it comes to your exercise plan you have to make sure that you're following a full body plan that allows you to incorporate your core in the exercises as well, because

that healing that needs to take place and, of course, your doctors give you, especially right after having that surgery gives you guidelines on when you can begin. It is essential that you follow through with that and begin with very basic strengthening exercises that allow you to work those deep abdominal muscles.

Not the muscles that we feel when we do a crunch, but these are deep abdominal muscles known as transverse abdominis, TA muscles very deep in there. Those are just basic exercises like your plank and your side plank. But, starting off with a program that allows you to progress into that is the best way to begin strengthening those muscles back up.

Really, it is the eating part that comes into play when we're looking at that stubborn fat. Initially for a lot of new moms they're breast feeding, so their body is bringing more calories and they're able to drop pounds pretty quickly. Then when they choose to stop breast feeding that's when they hit that point where they're stuck. That's when we need to make changes to how we're eating, because our body no longer requires the amount of calories that we were taking in to support the production of breast milk.

Knowing that, when you begin your fat loss plan that there's always going to be a point where you have to stop and reassess and say, "What was working? Now it's stopped working. What can I do to change this up?" We're always in search of the magic calorie count or the perfect fat loss workout plan that we can just follow without even thinking about, when in reality it's always changing based on our body's needs.

Post c-section, post baby this is one of those examples as well. Initially we may see some results, but we may have those lingering fat deposits that we really want to get rid of. So, it becomes an area that we stay so focused on and once you get the basics of the fat loss part down you understand that it's a matter of cleaning up what you eat. You see a few more pounds and inches dropped.

You're able to get back into your skinny jeans, but there's still that little roll or that little muffin top by the scar. That's when it's a matter of saying, "What else can I do to refine what I'm eating to help diminish that because the amount of crunches or ab exercises that I do is not going to make a difference?" We all know this. You can't spot reduce that fat. It all comes back to what you're eating.

The [Fit Yummy Mummies](#) that I work with, what they've found to be most successful is going through what a lot of people term as an elimination diet. A lot of us have food intolerances that we don't even realize. The top two food groups that we tend to be intolerant to are wheat and dairy.

By experimenting with eliminating these from the foods and meals that you're eating for a good three weeks, about 21 days and reintroducing them back into your diet will help you see if that is what has been the obstacle to seeing further fat loss in that stubborn area by the c-section scar, in that lower abs section.

A lot of times the wheat and dairy products that we eat are present in so many foods, especially processed foods. Not only can it hinder your ability to burn more fat, but it's also going to cause bloating, water retention and distension, causing your belly to bulge out, along with a lot of intestinal distress. So, the only way to determine if that's what is causing this is to get rid of it.

For a lot of women out there when they first hear about this they're like, "I don't want to do that. I love my milk. I love my bread." Then it's a matter of saying, "What are you willing to live with? Are you willing to live with that stubborn fat that is still lingering there or are you willing to take it to the next level just to see if maybe that is what has been causing you to not see further results?"

Those are the two big food groups that really make a big difference, whether it's just trying to get rid of the last little bit of stubborn fat around your belly or if you're just getting started, because that really does kick start your fat loss plan as well.

A lot of moms on my Fit Yummy Mummy blog I have a mom who actually had six children and three c-sections and she is standing there with her arms up in the air in a bikini, and you cannot even tell, because she's mastered this part of the eating process that allowed her to get rid of any signs of having a child or having a c-section and getting rid of that lingering fat.

**Craig Ballantyne:** That's very cool. That seems like a pretty good blueprint there to working around that problem. So, we pretty much covered everything. Are there any advanced exercises that once a woman has built up that area with the deep muscles that you mentioned, she's done the elimination diet, she's really burned that fat and obviously done her interval training as well, is there anything that maybe is the next level?

Instead of just getting started working on that problem maybe putting on the finishing touches. What are some of the other things that wonderful woman, mother of six, has done to get her amazing results, anything that you can think of or have we covered everything?

**Holly Rigsby:** I would say it just goes hand in hand with following that full body resistance training program, because your core is incorporated into so many of those full body moves and because once you get past that beginner level of strengthening those

deep inner abdominal muscles continuing to challenge yourself, whether you're going from body weight movements to now movements that are allowing you to use your body weight in a different way and a more challenging way.

Let's say going from a pushup plank position to now you're feet are on the stability ball to do a jackknife, much more challenging than doing just a static body weight move, or doing movements that allow you to use weights such as dumbbells or medicine balls for wood chops. Another full body move, but you're incorporating your core there and you can find a way to make it more challenging by increasing the weight that you're using.

I believe it is built into your resistance training plan. It's not those individual ab exercises that you have to focus on, it's the plan that you're following is designed to be challenging so that as your body adapts the program adapts with you to keep you challenged.

**Craig Ballantyne:** Okay, cool. Let's move on to the next biggest question that women sent in. I know it's going to be quite a bit of overlap from what we just talked about. But, they're talking about the loose skin now that's around their abs.

That's a number one problem, they've had a couple of children and they've got the loose skin issue now. That goes just beyond losing belly fat, because it's simply the skin. It's the elasticity of the tissue.

What kind of advice do you have for women, what should they expect, how long is it going to take for that skin elasticity problem to clear up? Is it able to come back to relatively normal after having the children?

**Holly Riggsby:** I'll tell you, this is another common question that I get too, Craig. It's hard to give a blanket statement, because it really does vary based on each woman's individual experience. A lot of women believe they have all this excess loose skin, but in reality it's a lot of loose skin coupled with belly fat.

It can be a little misleading and it's hard to assess too when you can't see somebody in person and saying, "Now I see what this is, let's work on this." So, it's a matter of experimenting with a couple of different approaches and seeing what exactly is going on.

When it comes to loose skin, of course with each pregnancy the collagen fibers in skin, and the collagen is what allows your skin to have that elasticity so it bounces back, those collagen fibers become stretched out. That's a normal consequence. The degree

to stretching depends on so many variables from a woman's build, whether she's petite or not, the weight she gains, how quickly that weight is gained, the size of the baby.

That all determines how much damage is going on with those collagen fibers. Unfortunately, there are no specific exercises that correct loose skin. Also, be careful of being lured by the promises that creams and lotions promise to bring that elasticity back to your skin.

Yes, there is some evidence that Retin-A compounds stimulate the skin to build more collagen, but be careful especially if you're a new mom, because you're not supposed to take that when you're breast feeding. Any other time, of course it's not going to hurt.

You also want to keep in mind that the health of your body is also determined the degree of healthy foods that you are choosing to eat. Obviously, if you're going to be eating more nutrient rich meals that is giving your body the vitamins and minerals it needs that allow your body to heal and allow that skin to bounce back.

Some women for prevention purposes know that if you go on any type of extreme weight loss program or you lose a lot of weight very quickly the guaranteed side effect and consequence is loose skin, because your body just cannot keep up with that rate of fat loss and your body cannot heal, and your skin cannot bounce back with that rate of fat loss that is taking place.

So, know that when professionals such as Craig and myself are telling you about how long it takes to get your body back and to reach your fat loss goals it takes time. The reason for this is because that's how your body naturally adapts and also because of situations like this with the loose skin.

Now, if you have loose skin with belly fat, obviously it's a matter of getting consistent with your workouts and your eating plan, avoiding those drastic measures by trying to lose a lot of weight very quickly. When you lose weight in that progressive fashion it provides your body and your skin the opportunity to adjust and bounce back.

Because each person's case is so individual and it just depends on what you've tried, how long you have stuck to something, how consistent you've been, there's going to be cases where over time, yes, it bounces back. There are plenty of women who are out there who have had several children who look like they never have. It's a matter of taking care of their bodies, sticking to their fat loss plan, their interval training, their resistance training, their eating plan, and little by little they understand the process that it takes. Yes, it takes a lot of patience and persistence, but it does happen.

**Craig Ballantyne:** Very cool. That's excellent. It really will answers a lot of questions that we get so many times from people, like you said, who have just lost weight in general and not just moms, but also people who have lost a lot of weight.

Another question along those lines something that's not necessarily we can impact with nutrition and exercise, but it's the stretch marks issue. How does someone get rid of those, will it prevent them from showing their abs, what is something that women can do to get rid of those?

**Holly Rigsby:** Yes, stretch marks. The question about will it prevent me from showing my abs, the good news is no. I have worked with women personally on Club FYM, actually there's a lady who just posted her before and after and her middle is riddled with stretch marks, but yet she has a flat toned stomach.

I'm repeating myself, but she did this because she followed through with consistency with her resistance training workouts, her interval training workouts and eating clean. So, just because you have stretch marks does not mean it's going to hinder your ability to see your abs.

Now, when it comes to stretch marks and the question that you had sent me, Craig, she had mentioned that the problem areas don't want to budge. So, I wonder if the problem areas that have the stretch marks still have a layer of fat, because the layer of fat is the only thing that's standing in the way of us being able to see more tone and definition.

So, it's a matter of going back to tightening up your nutrition plan, even considering those foods that may be causing those intolerances. Trying an elimination diet, tightening up your nutrition plans, making sure you're eating enough, making sure that you're eating those foods that support fat loss.

When it comes to the look of stretch marks you can fade them, but once they're there, they're there. I'm sure that there are surgical procedures that some women turn to in order to diminish that, but for a lot of us that's the brand of having a baby and it's making the most of what your body has, the blessings that your body has brought into this life and appreciating and embracing that, knowing that there are other things that you can change about your body to improve the look, feel, and performance of your body and not being overly concerned with that.

**Craig Ballantyne:** Is that something that you can tan away, like maybe just for one event lie going to the beach if you have a nice tan and creams can you diminish how they look?

**Holly Rigsby:** There are a lot of stretch mark creams that are out there, and that's once again being careful of the branding that takes place. If anything it fades it slightly. I've not personally worked with anyone who has tanned and been able to make them unnoticeable. The women I do work with, they're severe stretch marks, they're deep dark purple stretch marks.

If you have light stretch marks, yes, I can see where the tanning process and maybe those creams that fade it slightly will make them a lot less noticeable. But, what I had envisioned in my mind when I got this question was the women who really have those deep very noticeable stretch marks. Those are the ones who are most concerned, because they really don't seem like they're going anywhere.

So, once again it just depends on the degree of the stretch mark.

**Craig Ballantyne:** Perfect. Okay, another big problem that women have is the diathesis, the separation of the abdominal muscles through the pregnancy. I know this causes some discomfort and it can also oddly shape the abdominals and obviously it's going to cause you weakness as well when you get back to training with people.

What is something we can do about that, some solutions, some exercises, anything we can do to help the listener?

**Holly Rigsby:** Absolutely, yes. It's funny how we had discussed this earlier, Craig, but all of a sudden now I've been getting a lot of questions about this too. It's like the hot topic. I think it's just awareness of it, because a lot of women they are committed to their fat loss plan, they have reduced their body fat, they're back in their skinny jeans.

Once again, another instance of women who are able to get back into their skinny jeans, but there is this bulge on their belly. They're like, "What can I do? I'm eating clean, here are my food logs." I'm like, "You're right, you are."

Understanding that yes, this is something that happens during pregnancy as your uterus grows it pushes against the abdominal wall, in addition to your pregnancy hormones softening that connective tissue, so it's going to cause your organs to protrude and it leads to weaknesses, lower back pain, and of course the frustration of not being able to achieve a flat tummy no matter how much you've refined your nutrition plan and no matter how consistent you are with your workouts.

How do you know if you have it? Because I know a lot of women are probably like, "Well, maybe that's what my problem is." Well, a quick self test what you can do, there's a series of steps here. First of all, you've got to lie on your back, knees are bent, feet are flat on the floor. Place one hand behind your head and the other on your

abdomen. With your fingertips parallel to your waistline, so right at your belly button. With your abs relaxed just gently press your fingertips into this area.

Next, roll your body up off the floor slightly into a crunch position. You're just lifting your shoulder blades up and you're feeling your abs contract. Think of moving your rib cage closer to your pelvis. Now, it's at this point where you're going to notice something. Yes, because I know when I first did this I'm like, "Oh my god, I have it." No. A small amount of separation is absolutely normal.

You'll know it's normal if it's about one to two fingers width. If the gap is larger than this and you can actually see a mound protruding from your midline then yes, you have abdominal separation. Now, the degree to which the abdominal separation is really varies.

I first want to say that if you're overweight or you have excess belly fat it is going to be very difficult to determine how much of this is fat and how much of it is actual separation due to lack of integrity in your abdominal muscles. So, if you just had a baby, and keep in mind if you just had a baby that everyone's connective tissue resolves at around three to six months postpartum.

If your children are older, either case, it's going to be a matter of focusing on once again strengthening those deep abdominal muscles, your transverse abdominis, as well as your pelvic floor. Women, you know what your pelvic floor is because of kegels.

You want to start off with abdominal exercises and pelvic floor contractions. Things like static holds, like your plank, your side plank, and your pelvic tilt. When you're starting off you want to follow through with this for a good six weeks and then reassess and see if you're making a difference.

As you are able to recondition your abdominal muscles you can progress to more intermediate exercises. It all depends on the severity of the separation. So, in these types of instances it is really the best step is to make an appointment with a qualified women's health physical therapist, preferably somebody who specializes in strengthening the pelvic floor.

There are several programs out there that do focus on this. If you're worried that you have severe abdominal separation, obviously go see somebody personally. If it's not that severe and you just want to work on it, if you're following a full body resistance training program that has basic core moves that's fine to follow, or you can go into something more specified.



There's something out there called the tupter technique that has a step by step program that allows you to do that. There's a lot of Pilates classes out there that allow you to focus on this area as well. But, if you're going to take Pilates be sure that you have a qualified instructor who is trained to help you with abdominal separation and somebody who is going to be able to give you enough individual attention to correct your form when needed, because it's very important that you take precautions as you begin.

You have to make sure that you are avoiding activities that stress the midline of your body or overly stretch and expand your abdominal wall, because then you could just be making it worse. A lot of women who discover that they have this realize that the ab exercises that they were doing was only making the problem worse.

Some things to avoid are crunches in any form. Crunches, they're only working the outer layer of your abdominal wall and they're causing your abs to bulge, which is only making the problem worse. Avoid oblique curls, avoid any type of twisting ab exercises, anything overhead that is an ab exercise, because this is overstretching. Any types of exercises that have you lie on a stability ball where you're rolling all the way back, this is overstretching.

There's even basic everyday movements that can aggravate your condition, such as lifting and carrying heavy objects. If you're rising up from a lying down position by rolling straight up, like a sit up, where instead you should roll to the side and push yourself up with your arms. So, basically any type of move that causes your abs to bulge out upon exertion are not helping the situation.

Once you are made aware of this and you begin to apply these lower level ab exercises, please understand that when you begin this reconditioning process that it can take a good six to 12 months to correct it. It all depends upon the degree of the separation. This is just another example why your commitment and consistency is essential.

You just can't say, "I'm going to work on it for one week." And then abandon it for two or three weeks. It's something that requires your attention just like your fat loss plan, just like your intervals, just like your resistance training, just like your eating plan. This is something that you must make a commitment to and be able to follow through. That way you're able to progress and make a difference.

**Craig Ballantyne:** You mentioned something there that happens after three months, do you remember what that was?

**Holly Rigsby:** Something that happens after three months.

**Craig Ballantyne:** You said something resolves after three months or something.

**Holly Rigsby:** That would be postpartum, the connective tissues that soften because of the hormones.

**Craig Ballantyne:** Okay.

**Holly Rigsby:** Yes. Right after having a baby that's all going to be open and soft in there, so new moms, don't freak out. It would be after a good three to six months, that's when you can retest and see what's happening.

**Craig Ballantyne:** Okay. Now, you gave us a lot of things that you can't do. Are there any exercises that you can do? You pretty much listed every exercise off there that you shouldn't be doing. Is there anything that moms should be doing with that?

**Holly Rigsby:** Yes, like I had mentioned the lower level ab exercises, like the plank and the side plan. Those side holds are best, and we know this because that's working your deep abdominal muscles just like we had mentioned before in the other question.

Any type of pelvic floor exercises, like doing pelvic tilts, whether you're lying on the floor or with support with pillows, really focusing on that. That's why if you're unsure of what to do, instead of haphazardly throwing it together follow something that is a step by step plan or having the personal one on one instruction so somebody can make sure that you're not doing it improperly and making the problem worse.

This has been a discussion that's been going on in the forums at [Club FYM](#) and I actually had one of my Fit Yummy Mummies contact me and said that her personal experience was that it severe enough that she could put her whole hand in there.

**Craig Ballantyne:** Holy.

**Holly Rigsby:** Yes. In the process of following Fit Yummy Mummy after she diagnosed herself she just stuck to the basic core exercises and avoided the ones that were pointed out, the twisting and any type of crunch like movement and instead of substituted the static holds for to replace those, so the safer choices when you're trying to correct the abdominal separation.

She said that over the past few months she's been able to close that very successfully. It's not that she just did those exercises, keep in mind that she's doing other things to take care of her body as well.

**Craig Ballantyne:** Okay. That's great, that's fantastic news for everybody listening. Just kind of a general question here. Two specific questions came in.

One was is it possible to have a six pack after three kids? The other question was how do you tone your abs after pregnancy, especially after several in a row?

It's kind of a general question after we've talked about these very specific issues and I know you've probably covered the general strategy for this, but is there maybe three to five rules that are common across everything that we kind of talked about, kind of summing up all the great information that you've given so far?

**Holly Rigsby:** Oh, heck yes. I will say that yes, it absolutely is possible to have six pack abs after three kids. I'm like, "This sounds like a really familiar story," because I've posted on my blog a couple times about moms who have three children who now have six pack abs.

When it comes to six pack abs it truly is a matter of setting a goal that allows you to burn excess body fat. You know this, you want to lower your body fat and you know how to do this. I'm not going to keep repeating myself. But, we get the exercise part, it's the eating component that is the difference maker in turning flat abs into six packs abs.

While it's very easy to think that we do eat right, we must be willing to take it to the next level if you want to see more definition in your abs. If we're talking six pack here you have to understand what type of goal you need to set. Not only measuring where you are right now, but setting that goal of understanding that six pack abs are going to be achieved when you get your body fat in the mid to lower teens.

Once you get under 20 percent that's when you're going to see the top portion of your six pack. When our body loses fat from the top down, and that last little bit to go is going to be around the belly button or lower area. So, the lower your body fat percentage is the more definition you're going to see in that area.

It's a matter of, and I'll say this as one of the rules, make sure that you're eating enough. A lot of women think, "Hey, I'm going to reduce my calories to be able to see six pack abs." If you're at the point in your fitness plan where you have flat abs and you're pretty darn fit you've got to make sure that you're eating enough to fuel your body to be able to burn more fat, because cutting calories is just going to cause your body to go borderline starvation mode and it's not going to let go of that last little bit that's preventing you from seeing the true definition.

So, making sure that you're eating enough. Just for an example, I personally do not eat anything less than 2,000 calories and typically more than that. I'm 5' 4", 115 pounds and

on my Facebook fan page for Fit Yummy Mummy I had posted my Bahamas bikini ready results where I was able to really cut some definition into my abs. I did that by telling you everything that we've done today. It was really cleaning up what I was eating, but making sure I was eating enough.

This is where journaling is a must, because you've got to identify the foods that you could swap out for cleaner eating and eliminate the foods that are going to hold onto fat, such as sugar, processed foods that are loaded with chemicals that are going to hinder your results, artificial sweeteners, and those top two food groups that I talked about before, breads and dairy, especially pasteurized milk, a lot of milk products.

It's so funny, because when I do my research on this stuff I'm like, "Dairy and fat loss or belly fat." Every single article that's online talks about how dairy is good for you to lose more belly fat and that's just contradictory advice. It's a matter of going through the elimination diet and seeing what a difference it can make to be able to cut that last little bit off of your abs.

The best way to approach eating for six pack abs is to plan all of your meals around protein and produce. Produce, of course is your fresh fruits and vegetables. Your protein is lean meat, fish, eggs, nuts, beans, some dairy, because of the way that it is processed it does not hinder the belly fat to be burned. That would be like Greek yogurts or organic cottage cheese. Once again, making sure that you're eating enough, making sure that you're eating every three to four hours.

When you follow this type of plan it's allowing to get the protein that your body needs to help burn more calories, boost your metabolism, build the muscle so your body has that fuel, but you're also allowing yourself to get about 10 servings of produce a day, which not only keeps you energized and satisfied so you're not turning to junk food that hinders your ability to burn more fat, but it's cleansing out all the bloat in your belly in addition to providing the fat burning effect.

Since your body has the nutrients it needs to create a healthy metabolism. I always tell the ladies a healthy body is going to burn more fat than an unhealthy body. So, that being said, taking a good quality multivitamin is also essential.

Going along with all this, obviously, women give up way too easily, way too quickly. You've got to stick to this. When I hold my challenges or I'm helping Fit Yummy Mummy get started on the plan I make it very clear that you're going to re-measure that you're four to six weeks into the plan. That's just the start.

Then you're going to reassess your goals and see what you've learned about your body and what you've been able to achieve, and then set new goals for the next four to six

weeks. This is a process and it takes time, especially when we have these problem areas and we want to see things change, we want to see definition, we want something very noticeable.

Sure, our skinny jeans fit and everybody else is giving us compliments, but when we look in the mirror we're looking through a filter and our eyes go right to our problem areas. It's important to take those before photos, and I know Craig, you talk about that all the time. This is so essential to take those before photos, because as you're making those changes you can't see them day to day.

After four to six weeks in you take those before and afters and you're like, "I see improvement. I see a difference." Then you want to continue to see that difference, and that's where your commitment to being consistent with the plan is so essential. Don't give up after two weeks. Don't give up if you had a bad day or a setback. Get right back up and keep applying what you know works.

We keep telling you each and every day, "This is what works." It's all a matter of staying consistent with it and you will be so pleasantly surprised when you look back and say, "Wow. I'm glad I followed their advice."

**Craig Ballantyne:** Cool. I've got two quick questions for you. First one is what's your Facebook page, so people can find you and [become a fan of Fit Yummy Mummy?](#)

**Holly Rigsby:** [www.facebook.com/FitYummyMummy](http://www.facebook.com/FitYummyMummy).

**Craig Ballantyne:** Okay, perfect. That will get people to you. The next thing I wanted to ask you is maybe if you could just share a couple of success stories? Maybe one from a mom who is under 31, one from a mom who is around 35, then one from someone 45 or above.

**Holly Rigsby:** You're putting me on the spot.

**Craig Ballantyne:** I know you have plenty though.

**Holly Rigsby:** I do. But, what's happening is that we have two weeks left in the challenge, so nobody wants to post anything until the end. What I have is people just posting their progress in their journal, but no before and afters.

I will tell you that the energy, because of being in a transformation challenge is just amazing. These women all feed off of each other. What I have found to be so very helpful is that if one person is having a bad day they can come there and ask for help

and support and there's like 20 or 30 other women saying, "Hey, I understand. I've been there, I've done that before too. Let's get this going."

Yes, the physical changes are great and that's what we all bank of efforts on, but it's really those internal changes that are taking place and developing that belief and the confidence that I can do this that is the most powerful that I've seen. Change in mindset is amazing, because women are very susceptible to self sabotaging behaviors.

We see this each and every challenge, but as they complete these challenges they are able to not let the same things in the past sabotage them. They find this brand new strength about them and it's amazing how consistent these women have been for the past, we're on week nine or week 10, we've got two more weeks. They have stuck through this.

We all know that we're all gung-ho at the beginning for a New Year's challenge. Everybody signs in January to do whatever it takes to lose weight. Here these women are 10 weeks later still doing this. So, in the next two weeks be ready for some jaw dropping results, because the things that they've been excited about are truly inspiring.

I cannot say enough good about what these women bring to the table when it comes to the efforts that they put into their transformations.

**Craig Ballantyne:** Awesome. That's really great stuff. The last question I want to ask you before we go is the time question. So many moms just don't have a lot of time.

One woman has written in, "My number one question is will doing exercises in bits and bites instead of together in a group be effective?" She's a stay at home mom and getting 20 minutes in a row is quite challenging.

I guess there are two questions here. One is hers, can she break it up. Then two is how much time does a women really need to put into the workouts? How long are your follow along DVDs that you send out?

**Holly Rigsby:** Oh, yes, this is a wonderful question. Sure. What I tell the Fit Yummy Mummies is that something is better than nothing. Like I said before, this is about creating a routine and a habit of staying consistent.

If you only have five minutes to exercise then do whatever part of that workout you can do for five minutes. Then whenever you have another five minute break then do it. But, then it's a matter of saying, "How can I adjust my lifestyle to be able to get my full workout in?" When I'm talking about full workout, all I'm asking is 10 to 15 minutes.