

Planning Guide

Wedding Day Body

If being in the spotlight on your big day has you feeling body-conscious, you're not alone. That's why so many pre-nuptial fitness programs are cropping up around the world. Of course, looking great in your wedding pictures is a motivator to get in shape, but the benefits don't end there: starting a fitness plan means you'll be entering wedded life with habits that will benefit you both for years to come. Below, three bridal fitness experts show how to launch your new health regimen. —Anne-Marie Cook

PLAN IT

“Prepare your goals early: generally six to eight weeks minimum is required to achieve a noticeable result. Schedule your training to taper off two weeks before the wedding day—for an eight-week program, ensure the majority of hard work is done in the first six weeks. Also, be aware that your body shape will change, so have dress measurements finalized as late as possible.” Chris Twigg, managing director of [Buff Bride And Groom](http://buffbrideandgroom.com.au) (buffbrideandgroom.com.au)

JUMP START

“Do a cleanse to jump start your program; it will also help you get regular. Increase your fiber intake by adding soluble fiber to your diet and get rid of foods that cause bloating, like soy milk and sugar-free gum.” Cynthia Conde, creator of [Bridal Bootcamp](http://bridalbootcamponline.com) (bridalbootcamponline.com)

WORK OUT

“Mixing up your workouts will improve your fitness level tremendously and keep you challenged without becoming bored. Try to incorporate cross-training, including various cardio modalities, resistance and flexibility exercises.” Pam Adams, creator of the “Beautiful Bride” package at The [Medical spa at nova](http://novamedspa.com) (novamedspa.com)