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## Tip 1: Buy yourself a new bikini and hang it where you can see it daily

Posted by [Alaina Vieru](#) on 20.03.2009  
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Steve Miller, author of *Get Off Your Arse And Lose Weight*, says, "Buying yourself a new bikini and hanging this somewhere you can see it daily, reminds you of your goal. Then tell yourself you're one step closer to having a gorgeous beach body, as now is the time to start working on losing that muffin top so you can flaunt that beach body of yours. Build a daily routine of brisk walking, work up a sweat to rid your body of those toxins and burn off excess fat."

If you find yourself tempted to snack, mentally focus on your goal. Picture yourself on that beach. As the pounds melt away, make sure you reward yourself, by treating yourself to new clothes and accessories for your holiday.

Visit [stevemillertraining.com](#) for more information.

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