

3 Secrets to Thinner Thighs

Step 1. Stop the storage of new fat!

Exercising is pointless if later that day or the next you are adding more fat. One thing you must fully understand is this: we don't store fat due to a lack of exercise; we store fat because we supply too many calories at a time. So exercising to lose fat is a waste of time unless you can stop storing new fat and the most effective method of stopping the storage of new fat is to stabilize energy levels.

The human body is constantly burning calories, 24 hours a day and the amount varies based on how active you are at different points throughout the day. So the key to stopping the storage of new fat is to only give the body the amount of fuel it needs. For example, if your body needs 400 calories but you give it 700, there's extra and there's only two places the extra calories can go: muscle cells or fat cells.

MATCH YOUR EATING TO YOUR ACTIVITY LEVEL – GIVE YOUR BODY ONLY WHAT IT NEEDS.

The next question is, how do you know what your body needs. Well, it varies from person to person and no number or point system can do that for you. The easiest way to figure it out is to continue eating what you eat now, provided your weight is not going up, but break it up into smaller and more frequent feedings.

You've probably heard it before, "Eat 5-6 meals per day." Well, there's a good reason for it. Eating smaller and more frequent meals/snacks makes it easier to give the right amount of food and not extra. This is a complex topic and one that requires a more detailed explanation. Just remember this:

Stop the storage of new fat before you even think about trying to burn off the existing fat.

Step 2. Increase metabolism with progressive strength training and high intensity cardiovascular exercise.

This is easier said than done. I speak with so many women who say "I don't know why it's not working, I strength train 2-3 times each week." Well, just because you exercise doesn't mean it's going to give you the desired results.

The one reason I think most people are unsuccessful with exercise is the lack of progression. They do the same exercise all the time, using the same weight, and never do anything to make it more challenging. You must give the body a reason to change.

Some ways to progress with exercise are to increase the weight and/or repetitions in strength training and increase speed, time/distance, exercise frequency and perform intervals for cardiovascular or aerobic exercise.

If you have questions about strength training or cardiovascular exercise, please contact me at info@wonderfullyfit.com or terrine@wonderfullyfit.com.

Step 3. Target those trouble spots.

Let's say that you are really trying to tighten and tone your hips and thighs. Rather than waste your time on the inner/outer thigh machine week after week, you should incorporate some exercises for the particular trouble spot that will shock the muscles (blast) into making large improvements in a short period of time. Normally you would strength train a muscle group once or twice a week at a moderate to hard intensity level. When you are trying to blast an area you train it more often, perform more sets and reps, and with higher intensity. Just remember, work hard and smart.



The New Year is approaching. Holiday Eating and Festivals are nearing. The time for New Year Resolutions is almost upon us. Resolve to be healthier and feel great in 2008. Let us show you how. Visit www.wonderfullyfit.com for personal training packages, fitness programs, and classes.

In health and fitness.