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PHOTOESSAY
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ARE 'FABULOUS'



SHEROES
of
TODAY

WOMEN'S SPECIAL

7 WAYS TO SLIM YOUR THIGHS!

INDIAN WOMEN SEEM TO BE FOREVER FIXATED WITH LOSING THE FAT ON THEIR HIPS & THIGHS. THE FOLLOWING EXERCISES ARE A COMPLETE AND AN ALL-ENCOMPASSING LOWER-BODY WORKOUT FOR TRIMMING AND SLIMMING TO PERFECTION, GIVING THAT ENVIABLE FIGURE THAT EVERY INDIAN WOMAN LONGS FOR!



Get started with 2 sets of 8- 10 (or maximum 12) reps per exercise initially, on alternating days.

THE OUTER THIGH LEG LIFT

Stand as demonstrated in fig. 1 with a body bar, post or simply a wall close at hand for support. Lift a leg out to the side while exhaling & lower back down (don't let it touch the floor though) while inhaling. Upon having completed your 2 sets, turn around & repeat the same on the other leg.



THE PELVIC ROTATION

This is a Callanetic & a Calisthenic exercise, which means that you're going to be reshaping & toning muscles all at the same time. It's a compound exercise which targets the entire lower-body musculature. From a kneeling position, sit back half-way as demonstrated in fig. 2. To make the exercise more challenging, at a later stage, sit back even further, while ensuring that your hips never touch your heels though. Slowly & in a controlled fashion, rotate only the hips clockwise 4 times, & then counter-clockwise 4 times. Breathe normally throughout the exercise.



THE STANDING QUAD LIFT

This exercise strengthens & tones mainly the front of the thighs. While standing near a wall for support, lift up one (bent) knee to hip-level as demonstrated in fig. 3. Keep the back straight throughout the exercise. In this position, lift & lower the knee only by an inch or two, exhaling when lifting & inhaling while lowering. Repeat the exercise using the other leg.

(Those with back or knee problems will require modifications to practise these above exercises.)

DON'T OVER-DO THE SPOT WORK

A common error would be to overwork muscles by doing more repetitions & more sets of the above – detailed exercises that are prescribed above. Remember that when you over - train muscles, they hypertrophy or bulk up. Now that's the last thing you want happening on your thighs! Therefore, resist the temptation to over-work as it'll be counterproductive!

CARDIO

It's really important to combine any form of cardio activity with the above exercises. Cardio activities could include walking, jogging, cycling, aerobics, skipping, and stair climbing. Start with 3 sessions of 45 minutes per week & as your stamina increases, gradually increase from 4 to 5 sessions while taking the time of each session up to an hour as well. Cardio will help the fat, inches and weight to reduce.

NUTRITION

What gets burnt-off due to all your exercises must stay off! This shouldn't happen by starving, skipping meals and depriving yourself, but with an intake of the right food in the right way.

EMBRACE GOOD HABITS

Improve your lifestyle. Ensure you develop good habits. Drink 6 – 8 glasses of water (room-temperature) every day. Avoid alcohol consumption. A full night's sleep is recommended.

The good news is you'll notice positive changes in your body in less than 2 weeks! So get ready, to kiss those child-bearing hips and saggy, elephant thighs goodbye, and hello to the new & improved you! J

Check out www.bodyart.in for more information. ■