
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Thin People Need to Exercise too!

***Question:** I have a friend who is a fanatic about exercise and working out. She keeps telling me that even though I don't need to lose any weight, I should be exercising "for my health". I feel healthy! Why should I bother with exercise?*

Your friend is right, but she could have been a little more specific: exercise for your heart's health! Research has shown that among people who didn't exercise, levels of LDL cholesterol (the "bad") were comparably high in both lean and obese men. If you fear that exercising will make you thinner, don't worry. Most lean people automatically compensate for increased activity by eating more. Luckily, exercise has the opposite effect in overweight people, downshifting their appetite as well! Another bonus for lean people exercising is that strength training (a critical part of exercise, not just cardio activity) can add healthy "bulk" to an overly lean frame. And you'll still feel healthy!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
