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## Fitness Tips

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

I work out a lot, but my thighs aren't getting any smaller!

***Question:** I'm working out regularly, but it feels like my thighs are getting bigger instead of smaller. Is there any way to slim down my legs?*

**Answer:** The old standbys -- making healthy eating choices and exercising -- are the BEST two ways to stay healthy, tone up, and feel good! First, make healthy eating choices ALL the time. Consult with a registered dietitian for a "nutritional check-up" to be sure you are getting all the necessary nutrients in the right amounts. Then add cardiovascular exercise and strength training into your fitness plan. Cardiovascular exercise needs to be at least three times a week for thirty to sixty minutes each time, and within your target heart rate. (Google it or send me an email, I can send you the "target heart rate" chart!) Strength training needs to include all muscle groups for maintenance of lean body tissue. It also helps strengthen bones and muscles, and keeps your metabolism humming along smoothly, burning more calories when you are at rest. For most people, it's difficult to lose weight in these areas. Although strength training exercises will help tone and shape your legs, you will not lose excess fat there without cardio exercise and watching what you eat. Taking in fewer calories than you expend will help you lose some fat -- but no one can guarantee where on your body that will come from. You'll end up losing fat from everywhere, you just have to keep working at it until you see it making a difference in your thighs!

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