
Fitness Tips

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

How can I get rid of my "cankles"?

Question: *I have chubby calves and ankles -- cankles! Are there any exercises I can do to define this area?*

Answer: Any time you have fat in one area, there's a pretty good chance that you have that fat all over your body, and the best way to burn fat is to do cardio. It's not enough to do just cardio, however... you're going to combine that cardio activity with making healthy eating choices and watching your portions!

The latest thing I've been telling my clients to do can solve your "cankle" problem with some persistence: jumping rope! It's a simple and inexpensive way to get your cardio time along with definition for your calves and ankles. Don't worry about getting a fancy weighted jump rope, just borrow one of the dollar-store jump ropes from your kids.

Warm up with a 5-minute fast walk or light jog. Then grab your jump rope and jump for 30 seconds at an easy pace, bouncing your feet twice on the ground before the rope makes its way back around. Then jump as fast as you can for 30 seconds, and rest for 30 seconds. Repeat and continue to exhaustion.

Calf raises can also help define your calves and ankles. Stand with your toes on the edge of a step or curb and slowly lower your heels as far as you can. Hold for ten seconds, go back to starting position, then raise your heels so you're standing on your toes and hold for ten seconds. Repeat this exercise 10-20 times a day. It will help strengthen your ankles as well as stretch and strengthen your shins and calves.

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