



The Story Behind the “Flab”

“Flab” that is due to sagging, un-toned muscles means you need exercise to strengthen the muscles in that area. Various kinds of crunches (the new and improved version of sit-ups) strengthen the abdominal muscles. On the other hand, excess body fat, around the waist or anywhere else, is not fixed with toning exercises or “spot reducing.” Extra body fat means that you’ve been eating more calories than you burn up. You can fix that by cutting back on your calorie consumption or boosting your activity level through general exercise like walking and cycling. For most people, doing a little of each is most successful. Many people find that waistline “flab” calls for both losing some extra body fat and toning muscles that have gotten out of shape.

For more information on ways to become more lean, contact your local **Health and Wellness Center (HAWC)**.

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