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Shrinking Your Thighs

(HealthNewsDigest.com) - Women's body image trends are always shifting and evolving. From Angelina's plump lips to the First Lady's toned and sculpted arms to Kate Middleton's defined tipped nose, pop culture and celebrities have a big influence on today's standard of beauty and fitness.

The newest craze to hit popularity seems to focus on the gap between your inner thighs. Women are seeking everything from cosmetic procedures to exercises to diet so they can widen this space by shrinking their thighs and making this "thigh-gap" bigger.

There are a few different ways to achieve a sought-after thigh gap, including surgical procedures and non-invasive body sculpting, specialized exercises that target the inner thigh, and a regulated, nutritional diet.

An easy lifestyle change you can make to achieve the thigh-gap is to re-evaluate your diet. According to **Franci Cohen, personal trainer, nutritionist and exercise physiologist**, most women tend to store fat in the dreaded hip and thigh region of their bodies. But, this means that if you alter your diet to induce weight-loss, the first place you will lose will be your thighs! "Generally when we gain or lose weight, the same specific areas in our bodies are affected," says Franci.

- **Green Tea:** Contains special compounds that slow fat absorption in the body, therefore promoting fat loss. The high antioxidant content is an added bonus that promotes healthy skin and an all-around healthier you! Although the effects of green tea are not rapid, if you consistently start swapping your afternoon coffee for a green tea you will definitely start to see the results.
- **Back to Nature:** Fruits, veggies, lean protein and whole grain carbohydrates are a boom to the body. Processed foods, fatty fried foods, and refined sugars are toxic to the body. Make the healthy choice and choose foods that are closest to the form in which they are found in nature. These foods will offer the most vitamins, fiber and energy- ultimately helping to trim those thighs!
- **Steer clear of the dairy downfall:** Too much dairy can make those thighs look extra puffy. Although dairy offers beneficial nutrients, most importantly calcium, it has been shown to promote a bloated and bulky appearance. In studies involving people on identical diets with dairy being the only differentiating factor, the non-dairy group appeared leaner and slimmer at the end of the trial period. That being said, do not cut dairy out entirely- that calcium is great for bone integrity- but do tread lightly for thin thighs.

- **Diet Division:** A term coined by Franci to convey two key concepts while trying to promote fat loss in the thighs. First concept is the division of your plate at each meal. Your plate should be filled halfway with raw or lightly cooked veggies, a quarter with lean protein, and a quarter with whole grain carbohydrates. The second concept in the "diet division" is with regard to meal size and timing. Try to consume four to seven small meals throughout the day as opposed to a traditional day composed of three large meals. Even without reducing your overall calorie intake, increasing the amount of meals you eat will promote your body to burn more calories overall. Your body ultimately burns more calories by initiating the digestion process more often. This balance between proper plate ratios and frequent meals will promote satiety consistently throughout the day, will prevent overeating, and will allow you to burn additional calories that would have otherwise stayed on your thighs in the form of fat.