



## 5 Things You Need to Know Before You Start Waist Training

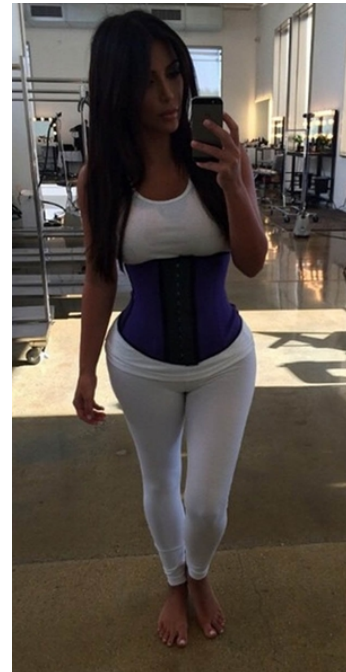
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Waist training. You've double-tapped on your favorite celebrity's Instagram selfie of her at the gym or post-workout with her corset on, sharing with the world that she's training her waist to shrink. The hashtag #WaistTraining has over 260,000 posts. Brands are paying celebrities to endorse their corsets and offer a discount code to their followers. Yeap, the craze is real! But before you place that order and type in that discount code, do you really know what you're getting yourself into?

Photo Courtesy: @KimKardashian via Instagram

I talked to Dr. Caroline Cederquist, author of *The MD Factor* and co-founder of BistroMD, to share a few things you should know before you clasp and hook a corset:

1. First and foremost, you should consult with your doctor for possible health issues or risks that may come along with wearing a corset for hours at a time.
2. Corsets can be restrictive on internal organs, including the lungs. When a corset is really tight, you can bruise your internal organs, such as the kidneys, liver or spleen.
3. When you wear a corset for an extended period of time, your back and core muscles can weaken as they become reliant on the corset for support.
4. Corsets can lead to discomfort and/or injury when they are misused or incorrectly fitted.



**New York City nutritionist and fitness trainer, Franci Cohen** adds “if the corset is worn tight enough, tiny capillaries can burst, leaving red/purple marks under your skin.”

Here's the deal, if you want to transform your body, the best way to do so is by eating healthy meals and working out regularly. You want to make lifestyle changes, not temporary changes that can cause injury and health risks.