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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Spot Reducing is For The Laundry

By Dianne Villano

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by: **Dianne Villano**

- Can you give me an exercise that will get rid of the fat on my stomach ?
- What exercises an I do to tone my thighs ?
- Can you recommend some exercises to make my arms, thighs and stomach smaller and also speed up my weight loss??

I hear questions such as this on a daily basis, both from our clients and from people standing in the grocery line with me who want to know what exercises I do for such "toned" arms. Spot reduction works only in the laundry room, ladies and gentleman – there is simply no such thing as localized fat loss. The reality is – muscles which are stimulated with exercise will increase in size, regardless of what type of exercise gadget is used to "tone" an area. While resistance training is vital to overall fat loss and sculpting the body that you want, "overtraining" an area with the hopes of "toning" it will lead to muscle being added disproportionately and the area getting larger. If you build muscle more quickly that you strip fat in any area , it will get bigger.

Many people focus on exercising a particular body part which is hidden by fatty tissue in an effort to "burn away" the localized fat and expose toned muscles. No amount of dips, lunges or abdominal work will "burn" the fat off in a particular area -. Unfortunately, most people cannot see their beautiful toned muscles because they are covered by a layer of body fat .

That having been said here are the facts regarding "spot reducing, toning and "firming"

1.Body areas which are not "toned" simply contain excess body fat.

2.Physiologically, muscle is always firm

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3. Our bodies are genetically preprogrammed to carry a certain amount in a particular body area.
4. the area of the body that first notices a decrease in body fat will vary from person to person - it is genetically pre-determined
5. In order to lose fat from your body an energy "deficit" must occur (ie" you must burn more calories than you consume
6. it is impossible to "firm" fat , nor can you "tone" muscle
7. No one can predict which area of their body will lose fat first
8. Eventually you WILL experience fat loss in the more difficult areas.

Tips for a "toned" , firm you

1. Perform a well rounded resistance program at least 2 days a week to add lean body mass (muscle) to your frame, sculpt and shape your body . This will increase your ability to burn fat and food calories as well as your ability to sculpt your body just as you would like it. (each pound of muscle burns approximately 40 calories metabolically, each pound of fat about 3)
2. Perform a minimum of 3 30 minute sessions of cardiovascular training each week to stimulate fat loss
3. Watch your serving sizes and portions, eat a balanced diet of carbohydrates, fats and proteins (The American Heart Association recommends a general guideline of 60% of your calories from carbohydrates, 20% from fats & 20 % from protein) . Calories DO count, if you eat more than you burn you will add fat regardless of the source.
4. Use common sense and keep refined sugars, sodas and processed foods to a minimum
5. Drink a minimum of 64 ounces of water each day

Dianne Villano is the President of Custom Bodies Personal Training and Weight Loss Programs. Dianne is a personal fitness instructor certified through the National Academy of Sports Medicine with over 16 years experience who specializes in weight loss programs and programs for beginners. For more articles or free fitness tools visit

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12 Ways to Organize Your Laundry

By Barbara Myers

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1. Develop a system and follow it consistently. Allow your family one month to adjust to it before you alter it.
2. Enlist your family's help. Make each person responsible for transporting their clothing to and from the laundry room. Even a five-year-old can handle that task.
3. Let children help you with the laundry. It's the best way for them to learn.
4. Do all your laundry in one day OR do a couple of loads each evening — whichever works better for you.
5. Take the lids off your hampers. Make it easy to put dirty clothes where they belong.
6. Have a hamper in each room. However, if you have enough space, place all hampers in the laundry room. Label them according to wash loads (whites, towels, jeans, dark colors,....). Have each person sort their clothes into the hampers each night. Wash a load whenever a hamper is full enough.
7. Teach everyone in the family to make a decision about each piece of clothing as they take it off. There are three options: clean (return to closet), hang to air (designated place) or dirty (hamper).
8. Keep a backup supply of detergent, softener and stain remover. When you open the last one, add it to the grocery list. Laundry items are so expensive it pays to stock up whenever there is a sale.
9. Pick up a good stain remover chart and POST it in the laundry room.
10. Have a designated place for items which need mending. Every week or month, mend them or drop them off at the seamstress.
11. Hang a bag in your closet or in the laundry room for dry clean only items. Set up a routine to drop off and pick up on certain days each month. Some dry cleaners will even deliver.
12. Keep a small basket in the laundry room for "found" items such as money and buttons. Use another one for mate-less socks since they will probably show up next time.

Barbara Myers is a professional organizer and author of "Manage Your Wardrobe System." Receive

free tips to help you take control of your time by organizing your life. Visit <http://ineedmoretime.com>

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