

# The West Australian

# mind & body

## Down sizing

The muffin top may be the best part of a muffin — but it's not the best part of the hipline writes **Leah Fogliani**

**I**t might have a delicious-sounding name; the muffin top — but that extra layer of padding between the waist and hipline is not so enticing.

And as summer draws closer, it's even harder to hide.

Exercise is a great way to banish a muffin top but forget about committing yourself to loads of sit-ups, because that alone won't make much of a difference according to exercise physiologist Fiona Simper.

"Spot reduction is the idea that by exercising a certain body part you will lose weight from that area. It's a common misconception," she said.

"You will never attain a flat tummy by performing hundreds of crunches; to lose fat anywhere on the body, you need to burn calories following a cardiovascular and weight training program."

Health author Caitlin Reid said the focus should be on shedding fat from all over, and the best way to do this was to include activities that used the major muscle groups, such as running or kickboxing.

Varying your work-out intensity could also encourage greater results. She said

research showed that interval training was more successful at shifting abdominal fat than exercising at one constant intensity.

"This doesn't mean that endurance exercise isn't as good as interval training; just that it's beneficial to put some high intensity training into your work-out occasionally," Ms Reid said.

She said combining endurance and resistance activities has been found to be more effective than endurance training on its own.

And if you are really determined to slim down, she advised stepping up the exercise from 30 to 60 minutes daily.

"The recommended 30 minutes of moderate-intensity physical activity on most, preferably all days of the week, provides meaningful protection against various chronic disease, but greater benefit is achieved by exercising for longer and harder," she said.

"If you want to lose weight, you need to lock in an hour a day of moderate-to-vigorous intensity exercise."

**INSIDE: Banish the muffin top.**



inside:



## TONE UP Look Good for Xmas...SALE

One more week

**FOLDING BIKE**

Aluminium 9kg frame, folds in 6 seconds, grease free belt, disc brakes, carry bag, Blk, Red, Blue, Silv, Yel.

Was \$495  
**\$295**



**VPR 7**

1.25HP motor, all steel frame, works entire body.

Was \$395  
**\$195**



**VPR 1**

1.5HP motor, side rails, true vibration motion.

Was \$695  
**\$395**



**VPR 2**

1.5HP motor, side rails, speeds 1-50, works entire body.

Was \$759  
**\$495**



**VPR 3**

2HP motor, speeds 1-50, larger plate, user weight 150kg, dual display

Was \$995  
**\$595**



**Vibration training achieves great results fast.**

Developed by Russian scientists and now proven world wide to improve bone density, blood circulation, lose body fat and to tone muscles. Just two 10 minute sessions is the equivalent of 60 minutes in the gym. Being low impact enables any age or fitness levels to benefit without putting strain on joints and other parts of body.

Call us NOW for more information.

**Renouf**  
IMPORT-DIRECT  
**9474 2488**  
364 Canning Hwy, Como WA 6152

**BUY OR HIRE...Delivery anywhere in WA...BUY OR HIRE**