

DID YOU KNOW that your legs house some of the largest and most powerful muscle groups in your entire body? And the bigger the muscle, the more calories you burn when you exercise them. Your quadriceps are comprised of four muscles that run along the top of your leg from your hip to your knee. These muscles are what help you lift your upper leg at the hip, and they also help you straighten your entire leg at the knee. Along the back of your thighs are the three muscles that make up the hamstrings. These help you bend your leg at the knee. In your seat, there is the gluteus maximus, which works with your hamstrings to lift your leg back behind your torso. Why do you need to know all this? Because every time you lift, bend or otherwise move your legs, you're toning these muscles. Exercising these muscle groups will help smooth out your thighs, reduce the appearance of cellulite, lift your seat, and provide separation between your thighs and seat. *(LifeScript)*

DID YOU KNOW that lifting weights isn't what it used to be? Nowadays it's less about grunting, sweaty, over-muscled men and more about getting toned, burning fat and boosting your metabolism. In fact, a lot of evidence supports the value of adding resistance training to your fitness regimen—especially where belly fat is concerned. Take this study for example: Researchers in Korea found that combining aerobic training with resistance training decreased fat—particularly belly fat—better than aerobic training alone. The researchers divided a group of 30 obese women aged 40-45 into three groups: an aerobic-only (cardio) group, a combined-exercise (cardio plus

resistance training) group, and a control (no exercise) group. At the end of 24 weeks, the researchers found that the control group increased their body fat percentage. The aerobic-only group lost body fat but did not increase their lean body mass. The combined-exercise group significantly increased their lean body mass, decreased their body fat percentage, and lost two and a half times as much belly fat as the aerobic-only group. Talk about a good reason to pick up those dumbbells! *(LifeScript)*

So remember both your top and bottom is important!