



Would You Like Slimmer Arms?

WAYS TO BEAT BINGO WINGS...

Like cellulite, you don't have to be overweight to have flabby upper arms. Fat naturally accumulates there and the ageing process means we lose skin elasticity making the skin sag. But there are things you can do and paying loads of money to join a gym isn't one of them! *Emily Hogarth*, lifestyle and fitness expert offers some easy ways to beat bingo wings

BEAT BINGO WINGS:

Stretching your arms

Ok, so a bit of stretching isn't going to melt your bingo wings away but regular stretching, say five times a day, will make muscles longer and leaner and it's a great way to release stress and stay flexible.

BEAT BINGO WINGS:

Flex and tone

We all love the easy exercises you can do while watching the television, so try this one:

1. Sit up straight or stand with feet hip-width apart.
2. Hold a small dumbbell, a bottle of water or a can of beans in each hand - anything with a bit of weight.
3. Start with your arms at your sides, flex your arms from the elbows up to the shoulders and down to your sides. Repeat 10-15 times.

BEAT BINGO WINGS:

Use your own body weight

Press-ups are one of the best exercises to lose the fat on your arms. If you find it difficult to do the traditional version of a press-up, i.e. pushing yourself up from lying on the floor, try standing up press-ups.

1. Lean against a wall, standing at arm's length, legs shoulder-width apart.
2. Push yourself away from the wall using just your arms. Do three sets of 8-10 press-ups.

BEAT BINGO WINGS:

Chair dips

1. Sit on the edge of your bed or a sturdy chair, put your hands by your side, with your fingers facing forward and hanging just over the edge.
2. Walk your feet out a little so that your hips and bottom are off the chair.
3. Now use your arms to lower yourself down so that your bottom is just a few inches from the floor.
4. Use your arms to slowly pull yourself up again. Try to keep your back straight and don't tense your shoulders.

This is quite a tough exercise, so don't worry if you can only do five. Aim to build up to 10.

BEAT BINGO WINGS:

Eat less!

If you want slimmer upper arms you may need to lose weight too. So, although it might sound obvious, you need to take in fewer calories as well as exercising. And drink lots of water, 1-2 litres a day. This will help fill you up, detox and get your digestion and circulation working properly.

BEAT BINGO WINGS:

Personal Training and Nutrition Plans!

June is a fabulous time to start an exercise programme. If you are looking for motivation and/or nutritional advice during these summer months, please give me a call for a free consultation.

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