

Exercise



for a SLIMMER You

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TAKE A LOOK in that full-length mirror. Satisfied with what you see? Why, what's the matter? Don't you have those Betty Grable legs or that Lana Turner figure?

Probably not, but look again. What do you see? A "college-girl slump?" Or perhaps you have what is often termed as "Iowa State Legs."

Then doubtless you're looking for suggestions. Here are some: First do what you can with what you have. Exercise is good—plan on getting plenty of it—but a good diet must be its constant companion. That means three good meals a day. No skimping at the table and then a coke and a candy bar to fill in when you're so hungry you can't resist.

Exercising is a day-by-day job. You can't exercise for 20 minutes once a week and then go back to your old habits for the other 6 days. If you do, you'll have only stiff muscles to show for it.

Try Mirror Analysis

The best thing you can do for your health and your figure is **GOOD POSTURE**. Practice it all the time. Take your natural position in front of the mirror. Analyze yourself. Pull in your hips and pelvis. Lift your chest and hold your head high. Stand straight and tall with your weight on the balls of your feet. Now look again. It's almost pure-magic. Your waist decreased by several inches and you've lost that slumped, worn-out look. Walk away from that mirror just as you are, feet straight ahead. Be poised but not stiff.

Now here comes the hard part. Don't forget that position all day. Perhaps it would help to play a game with yourself. Pretend that you're a puppet hanging from a string attached to your ears. Your body will be in straight alignment.

Watch it! Don't go bouncing into that nice, deep chair. Where's your poise? Glide up to that chair. Get the feel of where to sit without having to flounder around. Put one foot a little in front of the other and with a straight back and control through the trunk—lady, be seated. Sounds simple, doesn't it? Well, try it.

Now for a good sitting position. The best way to sit is with your legs uncrossed

or crossed at ankles. That may be a strain if you've had the habit of crossing your legs at the knees. Keep this in mind: If you cross your legs at the knees while sitting, keep the weight on both hips. You'll discover that this keeps your hips from spreading. And keep that trunk upright. To get out of a chair, slide forward while you are still seated. Then pull yourself up straight and tall. This takes even more practice. Just don't go lunging out of the chair as if you were crouched for a sudden cat-like attack.

Everyday activity is one of the best exercises available. This includes active sports such as tennis and golf. Of course not all of us have time for this type of daily work-out. You can get excellent exercise while doing everyday tasks. When making the bed, s-t-r-e-t-c-h for those sheets and blankets. Don't forget—lean from the trunk. When you're picking up something, don't bend in the middle and lean over awkwardly. Bend in the legs and keep your back straight.

One of the best exercises is to try to make your body fit flat against a wall. The small of your back won't touch if you stand naturally. But by trying to make your whole back touch, you are pulling in your stomach and straightening your back.

Psychological Effect

Good carriage has a psychological effect on you as well as improving your appearance. You will gain self confidence. This is an asset wherever you go—interviewing for a position or meeting your future in-laws. Your appearance improves because you look slimmer and your clothes fit better.

When you're tired, pull yourself together. Don't let that slump creep up on you. Pull your waist up from your abdomen, your chest from your waist, your neck from your chest and your head from your neck—you know—somewhat like the familiar "Dry Bones" song. You won't feel so tired then.

