1953

It's Time to Shape-Up

Karen Termoblen

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Termoblen, Karen (1953) "It's Time to Shape-Up," The Iowa Homemaker: Vol. 33 : No. 1 , Article 3.
Available at: http://lib.dr.iastate.edu/homemaker/vol33/iss1/3

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
It's Time to

Shape-Up

by Karen Termohlen
Home Economics Freshman

Spring means sunbathing, swimming or changing to shorts and shirt for a fast game of tennis. But it also means time to see if you'll look slim and sleek in these briefer sport clothes.

If you want to start slimming yourself now, here's a plan that should fit into the room and time of any college coed.

First of all, correct posture must be emphasized. Just by standing and sitting properly, prominent hips and thighs can be minimized. Stand tall, tuck your hips in and down and notice the difference. The wall stand is an excellent method for achieving good posture. Slide your back against the wall, trying to make your entire body touch it. You won't be able to do it at first, but trying will help you acquire the correct posture necessary for a smooth appearance.

Then there are the weight-reducing diets and weight-distributing exercises that go hand in hand in giving you slimmer proportions. Actually, most college women can lose their extra pounds by simply eliminating between-meal eating. This needn't exclude an occasional snack at the Union or on a date; but for your weight-losing plan to be really effective, why not order coffee—black?

Exercise 2, Step 1

For college women to eat very little of the food served at meals or skip meals entirely in the hope of losing weight is poor judgment. Not eating at meals will merely serve to make you hungry when you're away from the table and only fattening foods are available. The meals at your residence have been planned by a competent dietician and include the items necessary for the maintenance of good health. Push away the whipped cream, maybe, but not the meat, vegetables and fruit that will keep you trim.

What about exercises? The right exercises can pleasingly distribute excess weight if they are combined with correct posture and the proper diet. But here's a word of warning—avoid those exercises in which the hips and thighs are vigorously pounded and hit on the floor, wall or other hard surfaces. That type of exercise breaks up the fatty tissues instead of firming the muscles, as is the desired result.

Here are two exercises, chosen with the help of Mrs. Madge Bowers, Department of Women's Physical Education, which should firm hips and thighs into sleek lines if faithfully and correctly done.

1. Lie on back with arms out to side. Pull right knee up to chest, swing it across to left side of body, then straight down to first position. Repeat with left knee, alternating each time. Do six times, then rest. Do 12 to 18 times altogether.

2. Get on hands and knees. Grasp left ankle with left hand, raise left knee forward and lower head and chest to meet it. Pull left foot and leg back and upward. At the same time move head and chest upward. Pull should come directly in leg and buttock muscles. Repeat first one side, then the other, four times. Rest. Do eight times altogether.

Doing these exercises daily and increasing the number of times done gradually will have the best results.

This plan will require a little effort and self-control. If, tonight, you would start doing these exercises and saying a sweet "No, thank you" to those candy bars, you'll be a sleeker, smoother spring miss.

Step 3

(Model: Anna Carlson)