



TIP: Here it is! The answer to the 1,000,000 question –
What's The Best Way To Tone My Abdominal Area?

Abdominal exercises tone the abdominal muscles. However, if your problem is fat in the abdominal area, toning the muscles is only part of the battle for a slimmer midsection.

In order to lose fat, you have to burn more calories than you take in. So, you'll need to do exercises that burn a lot of calories. Cardio workouts that use the entire body will be the most helpful. The more muscles you use, and the larger the muscles you use, the more calories you're going to burn. Depending on what kind of exercises you're doing, how hard you're working, your metabolism, etc., exercise alone may not be enough. It's very easy to offset your exercise with a little extra food.

So, the answer to the 1,000,000 question is -- there are many good abdominal exercises that you can do. However, you may not see any results if your problem is excess abdominal fat. You cannot spot reduce fat. Doing lots of abdominal exercises won't necessarily make your abdominal area slimmer. It will, however, make the muscles in that area more toned.

Pilates style exercises are great for working your core area, which includes your abdominals, back, buttocks, shoulders, etc. Pilates will help make your abdominal area *look* slimmer, because it improves your posture and gives you the strength to hold in saggy abdominals (along with some of the fat that may surround them).

Reference: Prevention.com November 2007