

Hip Hamptons.com

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For every woman who says, “Oops, summer is here and I forgot to stop drinking Chardonnay and eating carbs and have to be in a bathing suit this weekend,” there is ice running through her veins, and it’s not just the mocha frappe. What winter months, Spanx, and strategically placed fleece blankets have kept hidden is emerging in the world and frightening ourselves, our boyfriends, and small children.

The dreaded muffin top.

While it is the best part of a freshly baked breakfast product, it is the worst part of the middle aged female anatomy.

Strangely this seems to creep up on us until we are found weeping on the floor of the harshly lit dressing room in a heap of discarded bikinis and need to gently be escorted out of the department store.

So before you hit the Hamptons beaches here are a few keys to what we call the HipHamptons Magic Muffin Top Cures.

PERSONAL TRAINER CURE



Chris Cosich

Personal trainer **Chris Cosich** who is the Training Director for the **Hamptons Gym Corp.** has a passion for his work and takes an approach which may seem counter-intuitive. He advocates heavy weight training for his female clients telling them that their fear of bulking up is unfounded as women don’t produce enough testosterone to build large muscles. A body builder, he assures them, “You’re not going to look like me.” Okay but can we still touch your biceps... pretty please.

As opposed to focusing on a particular what we’ll call unfortunate body part like the muffin top, his system is set up for overall weight loss and tone. “Heavy weights are the **only** way to activate fast twitch muscle fibers, the most metabolically active muscle fibers,” he explains, where your weight loss continues even after the work out.

Another key component of his method is protein, 5-6 times a day, “Digestion of protein elevates your metabolism and aids in building lean muscle, the furnace that keeps your body burning calories.” He encourages women to keep food diaries (does the bread on the table count? How about gum?) and supplement with protein shakes such as Optimum Nutrition.

Cosich cites The American College of Sports Medicine and The American Medical Association to support his approach but feels his clientele is the best proof his system works, “You can ask the more than 15 women I’ve trained in the last two years who have lost 4-10 dress sizes amongst them,” he says. (Maybe we muffin toppers can ask for their designer hand me downs.)

Private Training Rates are \$100 hour off peak and \$120 peak

Chris Cosich
NEW IMAGE FITNESS
www.newimagefitnessny.com

Cell: 917-579-5001