Complementary Blog Post: Firm Your Inner Thighs With These 4 Moves

Subject: How to Get Rid of Inner Thigh Fat

[firstname],

Inner thigh fat can be unattractive and uncomfortable – especially when you’re walking and they rub together. It seems that this can be a problem area for many people and getting rid of it takes a commitment for that specific area.

So how can you get rid of this annoyance?

There are two ways to get rid of inner thigh fat – targeted exercise and eating different types of food.

Watch Out For These Foods

Eating the wrong types of foods can also cause inner thigh fat. By decreasing or eliminating, them your thighs will start to shrink. Some of these foods can include processed and fast food.

In this day it is much easier to stop at the store and get a quick ready made meal or stop at your local restaurant, but the reality is that adds inches to your thighs. Instead start making freezer meals at home or prepping for the week and you won’t have to stop because you’re tired and don’t want to make dinner. Most of it will be done.

Exchange refined grains for whole wheat. When you eat whole wheat it will keep you full longer. By doing this you won’t over eat because you feel hungry.

Exercise

A few different exercises target your inner thighs and this is one of the best ways to firm them up and stop them from rubbing together. These can be done at home or in a gym. If you’re running low on time – fit them in while doing other things like cooking or talking on the phone.

A few targeted exercises include: burpees, squats, leg raises, single leg hip raise, lateral hops and high knees. All of these work the inner thigh muscles. You’ll find by doing these you’ll trim and tone your lower body.

We’ve got a blog post about targeted moves. Check it out on our site.

LINK

The best course of action would be to do both exercise and stop eating these foods, but you could do one or the other to start with. Then when you’ve got into the habit – go to the next part.

[Sign off]