

# HEALTH & FITNESS

## Junk in your trunk?

Although contrary to what you may think, the "junk in your trunk" is not intended to provide you with a nice seat cushion. The gluteus maximus — the largest muscle in our body — is often under-worked and over-looked, causing the butt to sag, bubble, or become shaped like a pear.

If you're ready to remove some of the junk and re-shape your trunk, first identify which butt problem you may have: saggy-flat, bubble, or pear-shaped butt. Next, read the butt solution to ascertain the best way for you to attain a shapelier, sexier backside.

**Butt problem:** Saggy-flat butt (SFB) **Butt solution:** The saggy-flat butt usually occurs with age and in individuals who spend a lot of time using their gluteus maximus as a seat cushion. The buttock muscles flatten as the muscles become weaker and the hips appear to widen due to the lack of muscle definition. Acquire gravity-defying glutes by increasing the size of your gluteus maximus with weight bearing activities, resistance and hill climbing. To optimize

strength and definition, perform fewer repetitions and increase weight or resistance.

**Butt problem:** Bubble butt (BB)

**Butt solution:** The bubble butt is less common than the saggy-flat one and is typically determined by your genes. You are more likely to have strong gluteus maximus muscles and more adipose tissue (i.e. fat) in your trunk. To minimize your bubble, concentrate on losing weight with calorie-burning cardio exercises (walking, running or swimming) and perform more repetitions of the strengthening exercises with less weight or resistance.

**Butt problem:** Pear-shaped butt (PSB) **Butt solution:** People with the pear-shaped butt usually have weak gluteal muscles and more junk in their trunk. Extra fat on the hips and upper thighs makes the butt look flat and wide. Develop definition in your gluteus max-

### In Shape



Surveyor Columnist  
**Caroline Creager**

imus by strengthening them with lunges and squats; they won't make your butt look bigger. Slim your hips and thighs with cardio-burning exercises — rope skipping, hill walking or walking on the treadmill with a 10 percent grade or more.

Now that you have discovered the best butt solution for your body type, perform the five exercises below to develop a round, firm and functional derriere.

**Gluteus maximus squeeze:** Lie on your abdomen with ankles flexed to 90 degrees. Place a pillow

under your abdomen and tighten the buttock muscles. Keep the right gluteal muscle contracted and raise the right foot off the floor one inch. Focus on using only the GM and relax the low back and hamstring — back of thigh. Perform two sets of five on each side, and repeat three times per day. This exercise ensures that all individuals, regard-

signed with a laser. That means they can slide in and out very easily.

Finally, unlike your visit to the nurse, no substance is injected into your body, and no fluids are withdrawn. It's just the needle by itself. That means acupuncturists aren't searching around for a vein, which is another reason hypodermic needles often hurt so much.

Many people wonder that if the needle isn't going into a nerve? No. In addition to your blood, your lymph and your nervous systems, there is another system that circulates around your body. It is composed of 12 main "rivers" of energy, also called meridians, which comprise 365 primary acupoints. If there is a blockage in any of these meridians, you will have pain or other problems, just as a river with too much or not enough water will have its troubles. When these points are stimulated with tiny needles, blockages are moved and energy is balanced, which allows the body to heal itself naturally.

If that sounds incredible to you, consider that we still aren't sure how gravity works, yet it exerts itself on us every day. And although you can't see electricity, we

use it all the time.

Western science is also working to discover why acupuncture works so effectively. I won't go into details here, but it's been proven that acupuncture helps balance the immune system. It also has been shown to raise levels of endorphins (your natural pain killers) and serotonin (one of your "happy hormones"), as well as improve circulation.

In the west, acupuncture is often used as a last resort. However, as people learn how impressive the results can be, and how relaxing a treatment really is, I anticipate that this ancient medicine will be used more and more to help correct numerous physical and emotional problems all around the country.

*Thad Ekdahl is a licensed acupuncturist in Colorado and graduated from a Master of Acupuncture and Oriental Medicine program at Southern California University of Health Sciences. His passion is helping people restore body-mind balance naturally and gently. Contact Gateway Natural Medicine and Diagnostic Center at 970-532-2755 for more information.*



Surveyor Columnist  
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Photos by Rick Padden  
Squat and rotate shoulder press, position one.

less of butt type (SFB, BB, PSB), will contract the GM properly.

**V lift:** Tie a resistive band around your feet and lie facedown on a bench or bed with hips at the edge of it. Draw your navel to your spine, tighten the buttock muscles, and raise straight legs up into a V position — until they are even with your hips. Move your ankles together and then separate legs into a V again. SFBs and PSBs perform two sets of five. BBs perform two sets of 10 without the band.

**Squat and rotate shoulder press:** Stand with feet hip-width apart and hands on shoulders, holding a dumbbell in each hand. Draw your navel to your spine as you squat down and lightly touch the bench with your bottom. As you stand, rotate the upper body to the right and straighten arms into an overhead press. Return to starting position. SFBs and PSBs perform three sets of six with five-10 pound dumbbells, and BBs perform two sets of 15 without dumbbells.

**Reverse dumbbell lunge:** Stand with feet hip-width apart, holding a dumbbell in each hand. Step left foot back and lower your right knee until it almost touches the floor. Repeat two sets of 10 on each side. SFBs and PSBs perform three sets of six with five-10 pound dumbbells, and BBs perform two sets of 15 without dumbbells.

**Plank with leg raise:** Assume the



Squat and rotate shoulder press, position two.

plank position with elbows bent and aligned below shoulders. Draw your navel to your spine and lift your right leg, with foot flexed, off the floor. Move the right leg out to 45 degrees, keeping the toes pointed down. Return to starting position. SFBs, BBs and PSBs, repeat two sets of five on both sides.

Regardless of whether you have a pear-shaped, saggy, or bubble butt, these exercises will shape and tone your backside. To remove additional junk from your trunk, remember to add cardio-burning activities into your program.



V-lift position one.



V-lift position two.

## Got pain? Get stuck

Is it true that some people actually pay to get stuck with needles? And this makes them feel better?

Strange as it may sound, acupuncture has been used safely for thousands of years to help people with all kinds of disorders from back pain to sleeping problems, from headaches to colds and flus.

But the real question is, does it hurt?

When you think of a needle, you're probably imagining a person coming at you with a scary-looking hypodermic injection aimed squarely at your arm or behind, saying "This won't hurt a bit ..."

The needles that modern-day acupuncturists use are very different from any kind of vaccination or blood donation that you've experienced. For one, the needles are very thin — even thinner than a cat's whisker in many cases. Because of their tiny size, people often don't feel anything upon insertion, or they may feel something like a mosquito bite.

Secondly, the needles we use are not hollow like the instrument that nurses use. Not only are they solid, they are de-

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