

# DEAR ROSA

## HUGE LEGS!

Dear Rosa,  
I have been going to the gym for years, however my body is still out of proportion! No matter what I do or what I eat, it just doesn't budge. I have really skinny arms, a flat stomach and my legs are huge. I'm just not happy with the way I look. Can you help me reshape my body and life? I just want to bring these legs down once and for all. I have stopped training my upper body as I feel I need to focus more on the lower half.

Please help me Rosa.

Kaitlen,  
BNE

Dear Kaitlen,  
First of all let it be known that you are not alone. So many of us struggle with issues like this every day and the fact is, no one has the perfect body. I, person-

ally, am always looking at ways to improve and that is the beauty of body sculpting. There is so much we can do and it is an ongoing learning process. It is therefore important we embrace the challenges we face along the way. When it becomes an effort, that's when problems arise. So we need to keep a level head, make the necessary changes and think positively so that we may achieve great things above and beyond. As much as one would like to 'spot reduce' weight and fat in our bodies, it is simply not possible.

There is no easy way out. In your case I would suggest training legs twice a week but focusing more on the hamstrings. I would keep the repetitions high, somewhere between 20 to 30 reps per set, as we don't want to build muscle, rather tone and trim the area. The higher the reps, the faster your legs will come down in mass. You may find it is necessary to reduce the amount of weights being lifted in order to complete the entire set. Keep the rest in between sets to a minimum of about 45 seconds. By the end of each set, your legs should be burning! This will be an indication if you are working them hard enough or not. In your case, I would also suggest incorporating track workouts comprising of plyometric squat jumps and sprinting once or twice a week, a bit like interval training.

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I believe your body will respond fast to these changes.

With regards to your diet, make sure you are consuming small meals throughout the day (between five and six) and drink plenty of water. Never say never Kaitlen, your body is screaming out for change. Don't be afraid to try something new and I promise, it will do you the world of good.

Love,

Rosa

## WEIGHT PROBLEMS

Dear Rosa,  
I have been struggling for a very long time now to put on weight. I am 163 cm tall and sitting on about 45 kg. I train six days a week and have three big meals a day. My metabolism is so fast that no matter what I eat, I simply cannot put on weight. I hope that you might be able to help me overcome this problem as many people are assuming I have an eating disorder and it is affecting my self-esteem.

Regards,

Shandra,  
NSW

Dear Shandra,  
I am so sorry to hear you are feeling down and that you have been struggling with this problem for quite some time. First of all, we need to make some changes to your diet. I

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recommend eating at least five and six meals a day comprising of protein, complex carbohydrates and essential fats in order to increase strength and muscle development. Your diet should include foods high in protein and you should be consuming lots of greens as well as essential oils such as Flaxseed and Udos Oil. Avocado, cashews and almonds are also a good source of polyunsaturated fats. All of these foods are vital in order for your body to function properly and to maintain a healthy and well-balanced overall appearance.

You mentioned that you train six days a week but I am unsure if it is a combination of weight training and cardio. From the information you have provided, I would suggest minimum cardio to begin with. Twenty minutes light walk three days a week is more than enough for you. Train one body-part per week, three to four exercises and keep the reps low at about six to eight. I believe you may be overtraining, so I recommend having three full days off from training per week. Sometimes doing too much can actually have a negative effect. In your case we need to focus more on the diet side of things and ensure you are providing your body with all the nutrients it requires in order for you to gain some good quality muscle mass which will, in turn, help you train better and efficiently.

Love,

Rosa

## ABDOMINAL PROBLEMS

Hi Rosa,

I am super fit with a pretty good body (well I think so he, he, he!). The only problem is that my mid section is wide and I can't for the life of me, get rid of the excess bodyfat around this area. How do you keep so trim girl? I mean, you have had two kids and your waist is super tiny! Any tips would be greatly appreciated. Thanks for your time Rosa. By the way, congratulations on your success overseas, you are such an inspiration to all of us.

Ginelle Mel

Hi Ginelle!

Thanks a million. It makes me happy to hear that I have inspired others and it's partly the reason why I have been involved in the fitness industry for quite some time.

It sounds to me as though you have reached a plateau with your training. This is such a common problem. It is so important to change your routine every four to eight weeks so that the body does not become accustomed to the same exercises, which can, in turn, slow down the whole process. I would suggest incorporating cross-training with pilates and yoga as part of your workouts. These will help speed up your metabolism and help strengthen your mid section fast.

I am also inclined to say that your diet needs to be 'spiced up' a little, so to speak. By that I mean a change in the foods being consumed/times and portions throughout the day.

Now, with regards to the width of your midsection, that is something we simply cannot change, however

we can work around it. In order to make it appear smaller you would need to work on the width of your back and shoulders and build a nice sweep in the quads. This will assist in creating an hourglass shaped figure, which will draw attention away from the middle of your body.

After having two children myself, I am aware that changes to your body are inevitable but this doesn't mean you can't have the body of your dreams. I believe that after having two children my body has shaped up to be it's best ever and you can do the same. Make the changes to your training and diet and I

guarantee you will be absolutely thrilled with the results.

Love,

Rosa **M&F**

CHARLIE SURIANO

