It goes with everything

What goes great with everything yet it is not found in stores? Your body that’s what! Many search for the perfect dress or pants to make their bodies look great. Once you find that perfect outfit or outfits they turn into your ‘go to’ items in your closet when you are getting ready for a special occasion or even just getting ready for work. If what you are wearing does not look or feel good on you; it can really compromise your mood for the day. When we look good we feel good and when we are not pleased with how the outfit looks; if weather permits we cover it with a jacket, keep our office door closed or just stay in our seats and move around as little as possible.

Of course, having a healthy fit body comes with many health benefits, but I will not bore you with those details. Everyone knows the value of exercise where health is concerned. However, does everyone also know that their wardrobe is taken to the next level when their body is fit? A fit body compliments almost anything that you wear; making getting dress a real confidence booster.

When you exercise, particularly weight bearing exercises your muscles change in density and definition. These changes allow what you wear to take up less space. Many believe the muscle and fat are the same, but they are two different types of tissue in our bodies. You cannot replace fat tissue with muscle tissue. What you can do is develop your muscle tissue using weight style exercises. And you can drop your body fat tissue with more cardiovascular style exercises along with dieting.

Exercises great for the arm include biceps curls and triceps dips. Together these exercises develop the upper portion of your arm and look great over your clingy long sleeve sweater. The shirt will contour to your arm and show off your muscle definition. This makes your shirt look even sexier on your arm so you wear that clingy shirt with confidence. You (as well as others) can see your arm is not filling your clingy top. The biceps curls and triceps dips exercise you faithfully perform created definition in the arm and it wears nicely over that clingy sweater.

Add shoulder presses and pushups now your shoulder, chest and back enhance your sweater even more. Many show off shoulder definition by going sleeveless. This is a look you can definitely pull off when you add these three exercises to your upper body weight training. Your sleeveless shirts looks great allowing you to show off your arms, but when we talk about taking up less space the chest area exposes that your shirt is not making contact with your chest. You have created space in this area so the shirt wears differently. You are not filling the shirt instead it is framing and making minimal contact with your chest where muscles has developed and body fat has diminished.

The icing on the cake to make that sleeveless shirt or sweater look amazing is a conditioned torso. Everyone loves a good looking mid-section because it makes whatever you are wearing noticed. You don’t need fancy equipment or risky moves to improve on your tummy area. There are so many variations to crunches that you can focus on crunches and create a smaller waist and flatter tummy. Once you do this, wearing a belt takes on a whole new meaning because now it flatters your waist and accentuates your curves.

A few simple leg moves and skirt, dress or every pair of pants will give an amazing fit. Lunges and squats are the dinosaur moves that will never go away because they work. When you do lunges you trim your hips, and entire thigh. Trimmer thighs are hard to obtain but lunges have proven to be quite effective in this hard to trim area. Results come pretty quick with lunges; especially when you alternate them with squats. Squats target more of the hip area and hamstring (back of thigh) than lunges. Lunges target more of the inner thigh (harrrddd to reach area) and front of thigh (really conditions around the knee cap). If you perform both of these exercises you can create a better looking pair of legs and a great rear view.

Invest more time in your exercise program and less money on a designer wardrobe. You will do wonders for your body and your bank account. Next time you ask yourself ‘what will I wear,’ remember with a healthy fit body it will go great with everything.