

# Slim Your Hips 3 Ways

By Susan Hall

## Skinny foods



### The Foods

It's a tough fact of life: Even as early as our 20s, our bodies naturally begin to hold onto fat—and store it around the hips. While there are no magic foods that target that flab, there are eats that blast all kinds of stubborn fat, including hip heft, says Keri Glassman, RD, author of *The O2 Diet*. Here, her picks:

**ADD BLACKBERRIES.** They deliver tons of catechins, antioxidants that ramp up your metabolism to help you burn more fat and shrink those hips.

**EAT SALMON.** Fish is a great source of lean protein, which helps build fat-burning muscle mass—a secret to staying svelte.

**DO GOAT CHEESE.** Like other low-fat dairy, it's got conjugated linoleic acid (CLA), which burns fat and keeps you feeling full—so you eat less and keep those pounds off your hips.

## Flattering jeans



### The Fashion

**THE PERFECT JEANS.** Who isn't looking for that ultimate pair that makes your bottom line look flawless? Take this advice from stylist Samara D'Auria on your next denim hunt. The number-one rule is to go with a flattering midrise style; avoid low riders (they hit at your widest spot, drawing attention to it) and high-waisted pairs (because they nip in at the waist, they exaggerate your hips). Second rule: Choose a dark wash, which shrinks you all over. It also helps if the pocket detail is minimal and the stitching is on the dark side, to create an uninterrupted long lean line. Finally, rock the boot cut: Its below-the-knee flare balances out a hippy frame.

**GET THE LOOK.** Hudson Signature Bootcut Mid Rise jeans (\$187; hudsonjeans.com)

## Toning move



### The Move

**TRIM YOUR SIDES.** This move from Tracey Mallett's *Butty Barre* class at Gold's Gym Fitness Institute works deep into the muscles surrounding the hips—your glutes and obliques—to tone and whittle your lower half.

**HERE'S HOW:** Stand next to a chair or countertop, resting your right hand on the chair back or countertop. Place left hand behind head and bend left knee to lift left foot (A). Curl your body toward the chair and contract your abs to reach your left elbow toward your left knee (B). Exhale and lift knee out to the side away from the chair as you rotate hip outward and lift elbow upward, gazing toward it (C). Next, bend the supporting knee as you rotate your body back to crunch position. Do 2 sets of 10 reps 3 times a week.