

3 Action Steps: No Shape Or "Tree Trunk Legs"

Same as reducing and slimming - BUT add:



Look at sodium content of diet and discuss with doctor. (Possibly look for other ingredients/additives which may be prevalent in your personal diet)



Seek medical attention and testing for possible circulation issues and remedies, treatments (in addition to proper nutrition/exercise)



Realize that some of the "Tree Trunk" leg "look" may actually be genetic and a certain degree may have to be accepted - BUT not until you've done all you can to rule it out - within reason.