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BODY

Tighten and Tone: The Ultimate Guide to A Well-Contoured Body

From at-home workouts to in-office helpers.

By [Tatiana Bido, Features Editor](#) · Feb 3, 2021



A well-contoured body may appear out of reach after a long period of hibernation and inactivity, like these "unprecedented times" of furloughed gyms, canceled running clubs and group workouts on pause, which have made it seem more difficult than ever to keep things firm. Here, we uncover the easiest ways to get a tighter, toned physique and tackle the new year with strength and curves in all the right places.

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Nonsurgical Treatments

"For mild-to-moderate contouring, CoolSculpting is a good option for certain patients with small pockets of fat in the abdomen, upper arms, thighs, and back," says Pasadena, CA plastic surgeon [Q Lily Lee, MD](#). "It freezes the fat and results in a 20 to 25 percent fat loss in that area." "For those with minimal skin laxity in the arms or thighs, BodyTite is a minimally invasive treatment that includes radio frequency to melt fat while also tightening the skin," says Houston plastic surgeon [Q German Newall, MD](#). "Results are not as dramatic as surgery, but it is a great nonsurgical option." Muscle builders like Emsculpt and CoolTone can also help reshape the arms, legs, abdomen, and butt. "These technologies have allowed us to get more creative with spot-treating target areas more effectively," Dr. Allenby says. "Strong pulses of magnetic energy penetrate the muscle layers and induce involuntary contractions that result in increased muscle strength, tone and firmness."



This 45-year-old patient had two CoolSculpting treatments with Dr. Lee on her love handles to streamline her shape.



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