

# SELF

FITNESS Q&A

I started jogging to get rid of a few pounds. Sadly the only thing getting smaller is my chest. Help!

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There's no outrunning this one, alas: You lose weight where you tend to gain it, which is largely determined by genetics. For many women, that means the hips, thighs and, you guessed it, breasts. "Fat storage is often concentrated in these areas as nature's way of preparing the body for childbearing," explains Sari Greaves, R.D., a spokeswoman in Bedminster, New Jersey, for the American Dietetic Association. Because it's impossible to choose where you will shed inches, focus instead on perking up your pecs, which will give your bust a boost. Any strength exercise that involves a pushing action will do the tone-up trick. I'm a fan of push-ups, but chest presses are another smart move. To try them: Lie faceup on the floor or a bench, holding a 5- to 10-pound weight in each hand, elbows bent 90 degrees so your arms look like a goalpost. Keeping wrists straight, extend arms toward ceiling over shoulders. Return to start; repeat. Do two sets of 12 reps twice a week and your bustline will reappear in no time.