



Foam Rolling 101

Get leaner looking muscles with these moves from **Gwyneth Paltrow's** pro



Just roll with it: Self-massaging with a foam roller is a great way to soothe sore muscles. But according to **Gwyneth Paltrow's** trainer **Lauren Roxburgh**,

10 minutes a day can also give you a leaner frame. Her moves smoothe out dense areas in the fascia — the connective tissue that wraps around your muscles. “You’re reducing inflammation and getting rid of thickness,” explains the author of *Taller, Slimmer, Younger*. “By making that connective tissue less dense, you feel and look thinner.” The L.A. pro give *Us* three moves to try.



A post on Paltrow's site, Goop, raves about the lengthening effects of foam rolling.

The Posture Improver

Lie on your back with the roller underneath you at the bra line. Interlace your fingers behind your head to support your neck. Using your feet to drive the movement, inhale and move the roller up, stopping at the top of the shoulder blades. Exhale as you roll down the spine, stopping at the bottom of your rib cage. Do eight to 10 times.

The Thigh Smoother

Start facedown on the mat with your forearms propping up your body. Place the roller underneath you at the top of your thighs. Separate your knees, then place your heels together. Keeping your core tight to prevent arching your lower back, exhale as you move the roller down to your knees. Inhale and roll back to start. Do eight times.

The Waist Shrinker

Begin lying on your left side, placing the roller between your ribs and hip. Put your forearm on the ground, elbow under shoulder. Place your right foot on the floor in front of the left knee. Bring your right hand behind your head. Inhale and rock forward, leaning your upper body to the roller. Exhale and roll back. Do six times, then repeat on your right side.