



THE PROBLEM

Muffin Top

Excess stomach, hip, and back chub that hangs over the top of a too-tight waistband (a.k.a. love handles, spare tire).

THE SOLUTION

High-waist shapewear "ensures a smooth line under clothes," says "Bra Whisperer" Susan Nethero, founder of Intimacy boutiques. "For extra smoothness, pull shapewear all the way up to your bra." Adds Glassman: "Higher-waist pants and skirts in suck-it-in fabrics like Ponte are also great."

AVOID Low-rise jeans, cropped tops, any waistband that squeezes you.

CAN YOU GET RID OF IT FOR GOOD?

Yes, but you have to be vigilant about both diet and exercise. "Avoid alcohol, sugar, processed carbs, and excessive dairy," says NYC fitness expert David Kirsch. "Oblique crunches will tighten that specific area." *Blouse, St. John. Pants, Rafuella. Earrings, Melinda Maria. Bracelets, Julie Collection and Melanie Auld.*



"Has built-in tummy-whittling shapewear." —Adam

High-waist panty, \$70; shop.cosabella.com. Blue top, \$86; miraclebody.com.

after

"These magical pants are instantly slimming. And they're only \$49!" —Adam

THE FIX

UNDER



THE FIX

UNDER



Chantelle high-waist panty, \$58; bare necessities.com.



High-waist panty, \$38; missioncontrolusa.com.

"Make sure tunics are fitted on top to avoid a maternity look." —Adam



Orange top, Boss Black, \$275; hugoboss.com.

THE FIX

UNDER

