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Mom said “Hold your stomach in or you’re going to have to wear a girdle”

Wednesday, October 31, 2012

I was probably about 9 years old and I remember that vise-like contraption that my mother and most of her friends used to wear. For you youngsters, it's what you would call a body shaper today. Except we didn't have the terrific fabrics you see now. Ours were heavy and tight and even had some strips of plastic through them. Synthetic whalebone, maybe?

Anyway, while other mothers may have told their daughters to stand up straight or given them some other bodily advice, mine regularly reminded me to “hold my stomach in!” And I did. After a while it became a habit and thinking back, it was probably the main reason that I was the sit-up champion of gym class.

A comment on my blog yesterday asked if there was any exercise I used to “stay trim in the middle” and I immediately thought of Mom.

After my 3rd child was born, the doctor at my 6 week checkup actually asked what I did to get my tummy back in shape so quickly. Nothing! Like a rubber band it just returned to normal. No stretch marks either. Now, before you hate me, I did get stretch marks on my boobs, rear end and thighs. They didn't have the muscle support my stomach did. Too bad Mom didn't have some warning advice about those parts of my anatomy. I could have saved a lot on gym memberships.

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CD11824494

Hahaha! That's awesome! It gave me a giggle! Thanks again for sharing a wonderful memory!
3146 days ago



MOOSLADY

Actually, wearing a boned corset for reenacting makes my back feel great! Holding in my stomach is one of the hardest things for me. After 5 pregnancies (and even no excess weight gain during them), I just have very little muscle there. Surgery a year ago got rid of what little tone I had. I am working on it, but for me, building it back is so slow. My mom's admonishment was to sit up straight at the piano (piano teacher fussed about that too) and walk with my toes pointing forward. The latter turned out to be bad advice as the reason I was walking duck toed and due to a congenital knee problem, but I won't deny it looks better to walk straight toed.
3146 days ago





WATERMELLEN

I remember the same advice from my own mother! To go shopping downtown in summer, she'd wear her girdle, bra, half slip, garter belt, stockings, pumps, fitted waist dress, short gloves, hat: yes, really. My sister and I would be wearing the "little girl" equivalent: dresses, short white socks, mary janes.

And: I do have great abdomen muscles, just like you. So: guess it worked!!
3148 days ago



BOILHAM

Girdles are those new fangled things which replaced corsets.
3148 days ago



MJZHERE

So here we go again...my mom's number one saying to me (though she left off the girdle part except when she really wanted to make her point). She was in the first women marines and had perfect ramrod posture with no stomach and a tucked in tush till the day she died. No stretch marks here either and I was so proud of that concave stomach when I was a young teen. Wish I had more closely followed her example of exercise - not only did she never sit down all day long, she also had a gym membership (when gyms were brand new), outwalked DH and I on the mountain when she was in her eighties, and still rode her bike everywhere.

3148 days ago

Comment edited on: 10/31/2012 11:24:26 AM



CD11026554

Wow, that brought back memories of my own mother's Playtex PantyGirdle! Haha!
3148 days ago



NELLJONES

I remember girdles. All "nice" girls wore them. It was the best way to keep stockings up before pantyhose was invented.
3148 days ago



MNNICE

Yep, I knew I should've listened to mom!!
3148 days ago



WILSONWR

Great story!
3148 days ago



SUZYMOBILE

Boy, do I remember that saying! My mom, however, did NOT advise me that wisely. She appeared to have given up on the whole project and was never seen without a girdle on.
3148 days ago



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