



Make the most of wearing ultra-high heels to tone up your calf muscles

10 MINUTES TO A FITTER YOU

Worried that sitting down all day is making you put on weight? Fret no more. Celebrity trainer Jeff Archer, from *The Tonic**, reveals how to maximise the six secret exercises you're already doing at work...

WEARING HEELS

Wearing heels tones your calves, which means you can miss out the calf-raising machine at the gym.

Take it to the max: Pop on your seriously high stilettos for the evening, for maximum stretch!

SITTING AT YOUR DESK

It may sound simple, but sitting up straight pulls in your stomach muscles and avoids the need for a gruelling set of sit-ups.

Take it to the max: Sit tall then pull your stomach muscles in. Hold for 60 seconds, relax and repeat. Continue until you feel a mild ache in your stomach.

TALKING ON THE PHONE

Long phone calls may be tough on the ears, but they're great for arms. Holding the phone contracts your bicep, which will increase definition.

Take it to the max: Take that long call standing up rather than sitting. The extra energy required will burn more calories. Standing will also improve your flexibility and mobility.

TAKING THE STAIRS

If you usually take the stairs at work,

good on you – going up and down them twice a day (assuming you escape for lunch) burns calories and boosts your chances of a firmer bottom.

Take it to the max: Take three stairs at a time rather than walking up each one slowly. Your glutes (bottom muscles) will work much harder, and you should see a difference after just one week.

STRETCHING AT YOUR DESK

Simply stretching your arms and legs is great for boosting your circulation – which is key for a fit body – and for keeping your muscles long and lean.

Take it to the max: Sit with your feet flat on the floor. Stretch one leg out straight, so it's parallel with the floor. Curl up your toes in your straight leg until you feel a pull in your calves and hamstrings. Hold for 30 seconds then release and change legs.

GOING TO THE COFFEE MACHINE

Even standing up and walking to the drinks machine will burn up calories. If you use a computer, it'll also give you a screen-break.

Take it to the max: Walk to the drinks machine, taking the long way round.



SEXERCISE SECRET TRICEP TONER: A sexy way to tone up the back of your arms! Get your man to lie down on his back with his legs spread, flat. Lie over him, legs either side of his, torso hovering over him (at about 45 degrees) palms on the bed and elbows slightly bent. During sex, rock your body forward and back, feeling your arms tighten.

exercise life boost Keeping fit isn't just great for getting your body in shape. Here's the latest thinking on how exercising can give your life a makeover. It can...

...enhance your relationship. **Fifty seven per cent of regular exercisers say that working out has brought them closer to their partner. And 37 per cent of women, who have increased the amount of exercise they do, say sex is now better than before.

...help you enjoy Friday nights even more. Researchers at Stanford University, California, studied women with stressful jobs and put them on an exercise programme. After a year the women had significant drops in stress-induced blood

pressure and psychological stress. Remember that even exercising once a week for 20 minutes is enough to de-stress from the hassles of the week. Ensure you spend your weekend having a good time rather than worrying about work.



"I keep fit by pole-dancing. It's much more fun than aerobics."

SADIE FROST, ACTRESS.