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PLUS! GORGEOUS SUMMER RECIPES ★ WHY YOU NEED VITAMIN C ★ EXERCISE & DIABETES

Shape your bust!

Many of us worry about the appearance of our chest. Here's four top exercises for gym or home to keep your bust firm. Words: **Jeff Archer**

PRESS-UPS

Areas trained: Chest, shoulders and arms.

- * Adopt the half press-up position.
- * Keep your feet and knees on the floor.
- * Place your hands slightly wider than shoulder-width.
- * You should have a straight line from your shoulders to your knees.
- * Lower your chest to the ground, keeping your eyes looking in front of your hands and your head in line with your body.
- * Push with your arms to raise your body back to the start position.
- * Repeat 15 times.

Tip:

- * Keep your chest open and your tummy muscles tight throughout.



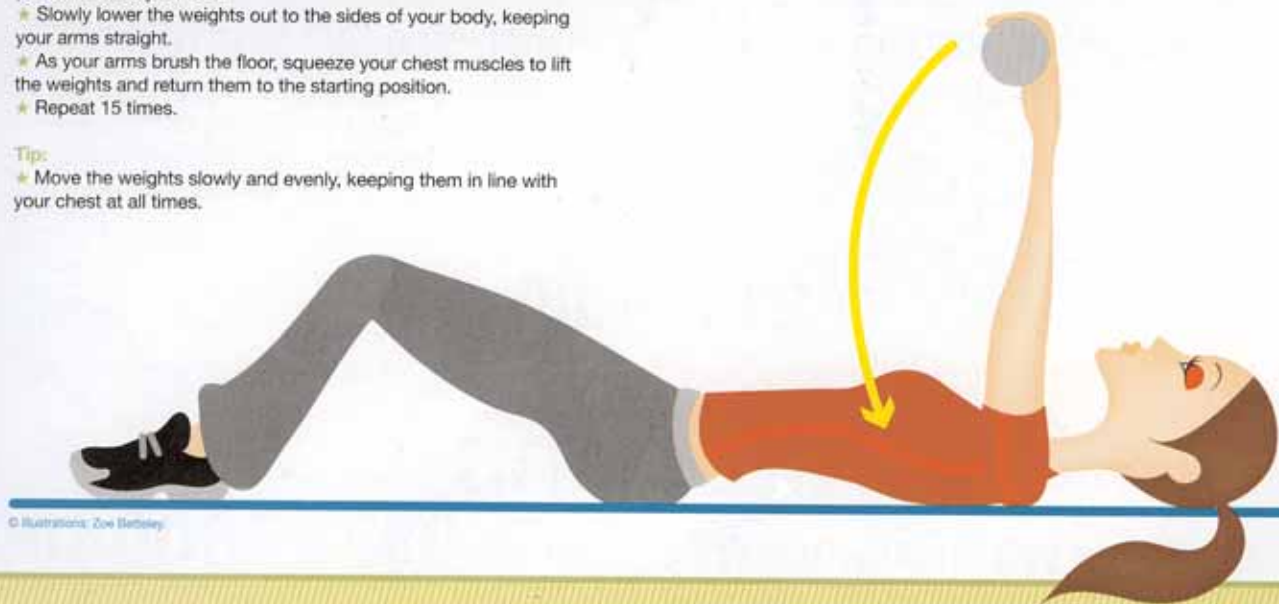
CHEST FLYES

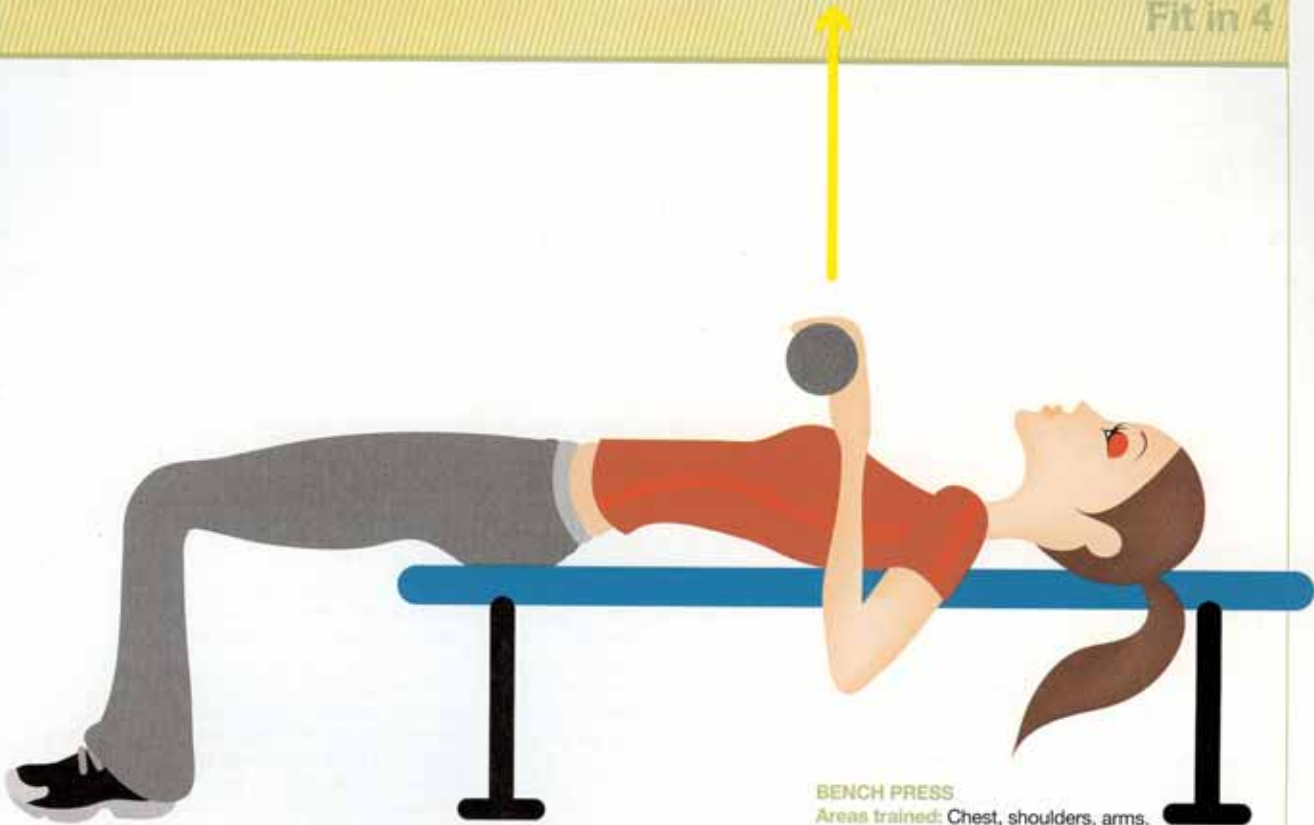
Areas trained: Chest and shoulders.

- * Lie on the floor face-up with your knees bent and feet flat.
- * Hold a light dumbbell in each hand above your chest with your palms towards your feet.
- * Slowly lower the weights out to the sides of your body, keeping your arms straight.
- * As your arms brush the floor, squeeze your chest muscles to lift the weights and return them to the starting position.
- * Repeat 15 times.

Tip:

- * Move the weights slowly and evenly, keeping them in line with your chest at all times.





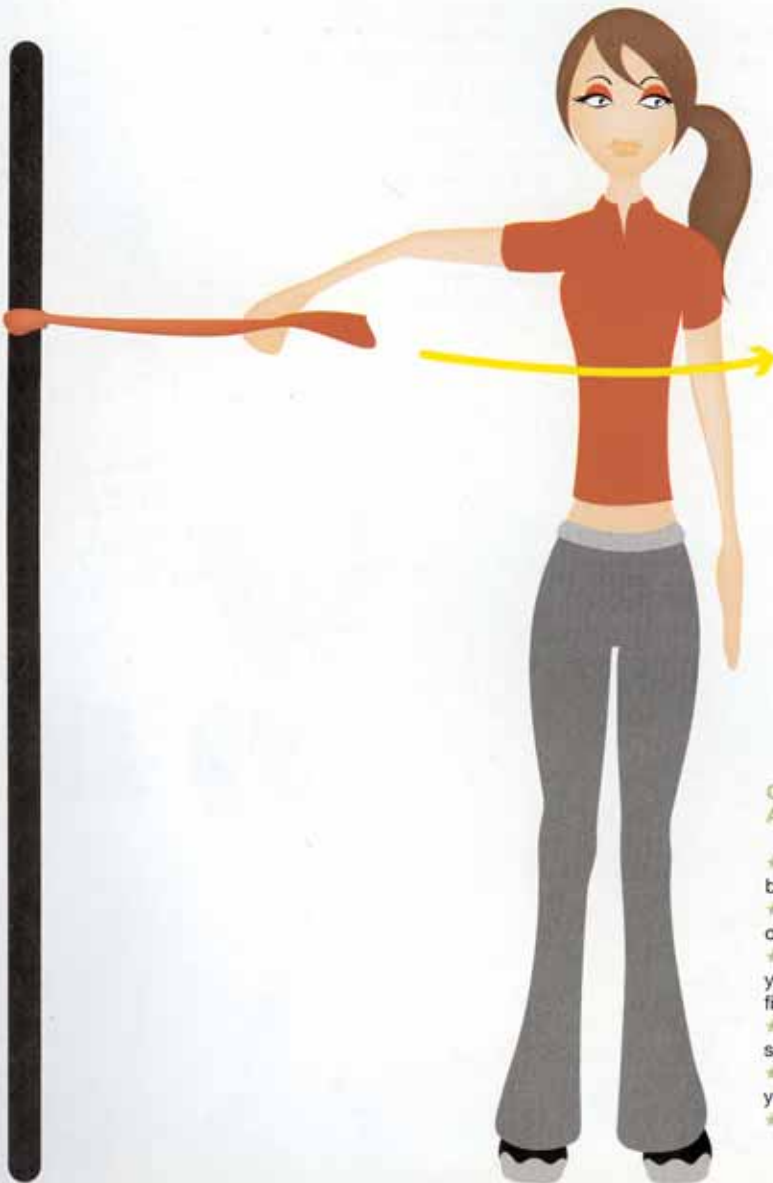
BENCH PRESS

Areas trained: Chest, shoulders, arms.

- ★ Lie on a bench with your feet flat on the floor and your knees at right angles.
- ★ Hold a dumbbell in each hand above your chest, palms towards your feet.
- ★ Bend your elbows and lower the weights slowly in a narrow arc until they are resting to the sides of your chest.
- ★ Raise the dumbbells back to the starting position.
- ★ Repeat 15 times.

Tip:

- ★ Hold your stomach tight throughout the exercise to help you balance on the bench.



CROSSOVER WITH BAND

Area trained: Chest.

- ★ Fix a Dynaband to a solid base – a gym machine or banister – at chest height.
- ★ Stand sideways to the band with your arm outstretched.
- ★ Keeping your arm straight, draw your hand across your chest, keeping your knees, hips and shoulders in a fixed position.
- ★ As your hand comes in line with your body, focus on squeezing the muscles of your chest.
- ★ Gradually release the tension in your chest to allow your hand and arm to return to the starting position.
- ★ Repeat 15 times.

Shed those holiday pounds

Have you put on weight during your summer holiday? Here's how to shed the holiday bulge and swiftly get back to normal.

Words: **Jeff Archer**

With your summer holiday over, you may find yourself carrying a few extra pounds. It's not unheard of for holiday indulgence and complete abandon to add up to an extra half a stone, so here's a plan to shift the excess baggage as quickly as possible.

Dietary plan

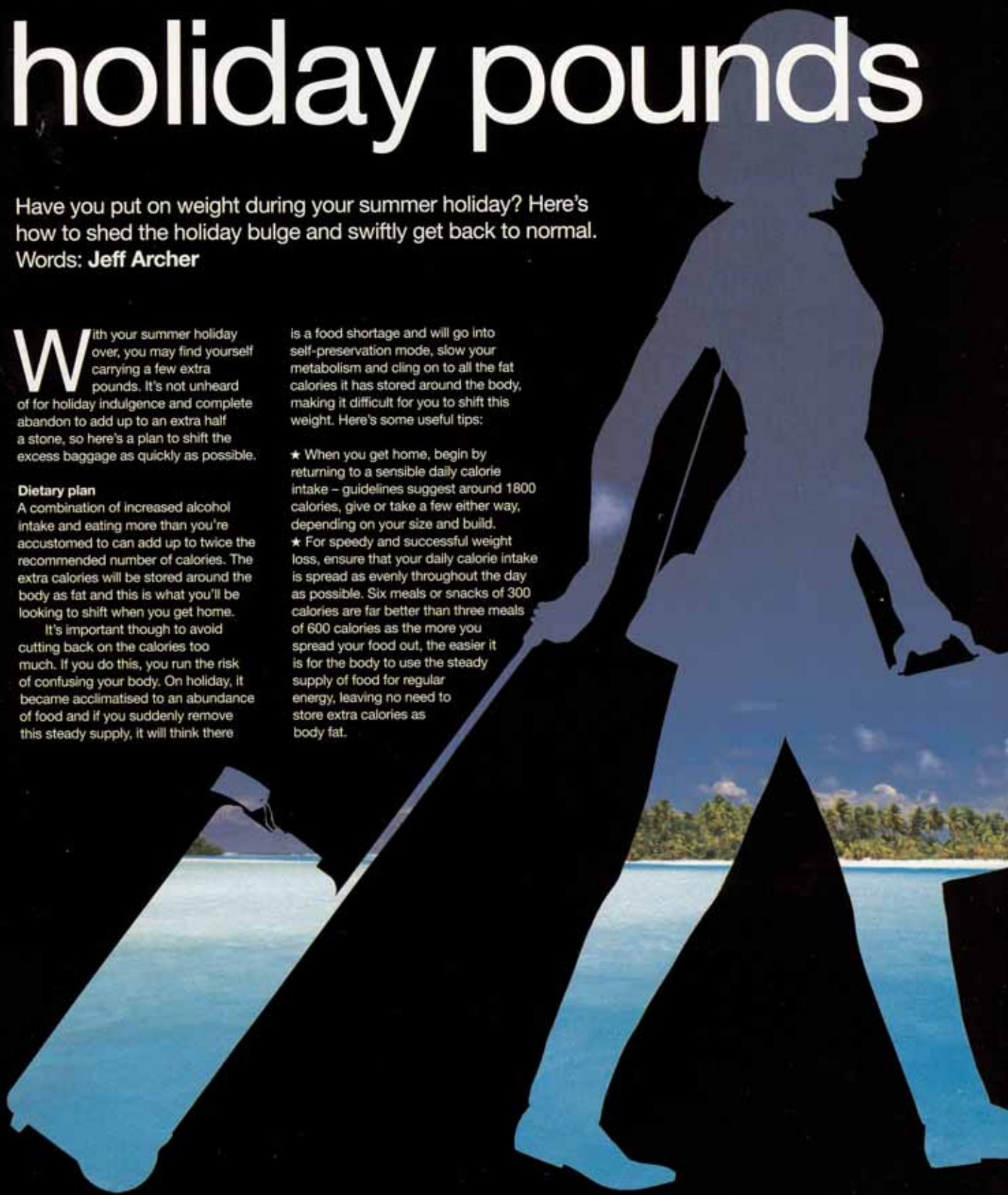
A combination of increased alcohol intake and eating more than you're accustomed to can add up to twice the recommended number of calories. The extra calories will be stored around the body as fat and this is what you'll be looking to shift when you get home.

It's important though to avoid cutting back on the calories too much. If you do this, you run the risk of confusing your body. On holiday, it became acclimatised to an abundance of food and if you suddenly remove this steady supply, it will think there

is a food shortage and will go into self-preservation mode, slow your metabolism and cling on to all the fat calories it has stored around the body, making it difficult for you to shift this weight. Here's some useful tips:

★ When you get home, begin by returning to a sensible daily calorie intake – guidelines suggest around 1800 calories, give or take a few either way, depending on your size and build.

★ For speedy and successful weight loss, ensure that your daily calorie intake is spread as evenly throughout the day as possible. Six meals or snacks of 300 calories are far better than three meals of 600 calories as the more you spread your food out, the easier it is for the body to use the steady supply of food for regular energy, leaving no need to store extra calories as body fat.





Follow the plan

Your body loves stable conditions, so avoid trying too many different approaches when you get back from your holiday. Put these simple changes into action and then stick with the plan and perfect it over time. Change only one or two things at a time – maybe drink one less latte or add a new CV workout to your routine – but steer clear of too many changes at once. For instance, avoid doing a week on one plan followed by a week on another plan. If you confuse your body by making random changes, it will usually go for the safe option and start storing body fat, rather than burning it off.

So make some small changes, but stick to them and you should soon feel that you're back on track.

- ★ If you feel the need to speed up your results at any stage you can reduce the number of calories you consume. However, only do this a little at a time and opt for smaller snacks or meals rather than skipping snacks and leaving long gaps between meals.
- ★ If you avoid food for more than four hours, there's a risk of your metabolism slowing down, making it more difficult to shed fat, so keep your metabolism firing with regular doses of fuel.

Exercise strategy

If you've had a rest on holiday, ease back into your exercise routine gently. There's no need to try to make up for two weeks of missed exercise in a two-hour visit to the gym; in fact, over-exercising straight after your holiday is only likely to lead to aches, pains and demotivation.

- ★ Make your first couple of workouts after your holiday fairly gentle. Begin by doing half of your usual routine and gradually add elements back over the first few sessions.
- ★ Make sure you do plenty of stretching after each of these workouts.
- ★ Once you're back into the swing of things, make sure that each workout session is targeted, focused and as effective as you can make it.
- ★ To help shift those holiday pounds as effectively as possible, you should aim for cardiovascular exercise that pushes you to a high level of exertion. Activities involving whole body effort are good for this, like running, rowing and swimming.

- ★ Try gradually ramping up the intensity of your CV exercise and then see how long you can keep up with a maximum effort. The duration of maximum effort should increase over time, bringing with it an improvement in your fitness and ability to burn body fat.

★ Experiment and become accustomed to repeating your maximum effort on every piece of kit, incorporating recovery periods where you are still exercising but at a lesser intensity between your maximal bursts.

★ Strength training is great for boosting your metabolic rate so incorporate a selection of exercises with resistance machines or dumbbells. Choose exercises that will work many body parts at once, such as squats, bench presses and bent over rows. As with your CV exercises, a maximal effort will have the quickest results, so gradually work up with the weights you use until you're struggling to get to 15 with each set.

★ To fast track your fat-burning potential, structure a workout where you're constantly moving between CV kit and strength exercises, with maximum effort on every exercise and only a short rest between each.

Lifestyle needs

To be most effective in shifting holiday weight, you must ensure that your lifestyle choices support your aims at all times. Set yourself some simple guidelines to follow:

- ★ Choose an acceptable and realistic target for how many times you will eat

out in a week and how many times you have food delivered at home.

- ★ Plan food choices in advance. Just because you're not cooking doesn't mean you need to lose sight of your objectives. Your body doesn't know who prepared the food or under what circumstances you're eating it; it only knows that too much quantity and too many calories need to be stored as body fat.
- ★ Choose fresh options, white meat, tomato sauces and wholemeal foods, and never eat more in any meal than you could fit into two cupped hands.
- ★ Squeeze activity in wherever you can. Make every journey a mini-workout. Walk fast, clench your butt, swing your arms and get those calories burning whenever and wherever you can.
- ★ Be realistic about what you can pack into your schedule. Make sure that you take on the right challenges and do them well. Plan some downtime and ensure your routine allows you the sleep that you need.

Avoid the pitfalls

As long as you are diligent with your approach and consistent with your behaviour, you will lose your holiday pounds swiftly and painlessly. None of the potential pitfalls to losing body fat, such as that extra glass of wine or bar of chocolate, will be as enjoyable as the satisfaction of hitting your target weight, so keep your focus, hold your nerve and your efforts will soon be rewarded. ■

“As with your CV exercises, a maximal effort will have the quickest results”

See the results

Sow the seeds of success by visualising positive results at all times. Picture your body in the shape you want it to be. Imagine how you will feel when you reach your goal. What will you be thinking, and what will others be thinking, about what you've achieved? What type of conversations will you be having about how you did so well with your regime? What will you be saying to advise others on how they too can be as successful as you?