

Ultimate Women's Fitness Glossy

Bodyfit

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KELLY BROOK

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P70

199 FITNESS FIXES

- DANCE YOUR WAY TRIM
- FAT-BUSTING BOOT CAMPS
- MATT ROBERTS' STRENGTH MOVES



CLASSES ■ GYM ■ NUTRITION ■ WEIGHT-LOSS ■ GEAR REVIEWS

Hairy MARY?

The next time you reach for that second slice of cake, it's not just extra pounds you could be gaining – you could also find yourself growing a spot of excess hair.

A report published by market research company Mintel revealed that more than half of all women are concerned about excess body hair – which could be triggered by poor diet as well as being hereditary.

One in 10 of us suffer from excess facial and body hair, and eating vast quantities of sugary, refined carbohydrates such as cakes and biscuits may trigger excess hair growth. Why? Well, as these foods are high GI, they release energy quickly, which can cause insulin resistance. This is when the blood-sugar regulating hormone insulin becomes less effective at lowering blood-sugar so the body has to produce more of it to do so. Trouble is, raised insulin could trigger the ovaries to produce too much testosterone... which can lead to excess hair growth. Time to step away from the cake...



Gina's Beauty BLITZ



Gina Hemmings, AKA The Body Guru, is a qualified personal trainer, Pilates instructor and beauty therapist. For more information about Gina, her salons and beauty services visit ginahemmings.com

Get the scoop on all the latest fitness and beauty news with celeb trainer and beauty expert **Gina Hemmings**

Treatment

of the month



THE TREATMENT: Lipo-Light approx. £35-£45 for a single treatment and £150- £200 for a course of five, lipo-light.com

THE LOW-DOWN: Lipo-Light is the first red light-based system for body sculpting, contouring and lymphatic drainage, which is said to trigger the body's own natural ability to burn fat. Eight light pads are placed on the area you want to lose the fat from then switched on for 20 minutes. The light pads enable the fat cells to release fatty acids and glycerol (a process known as lipolysis), which are then burned off during exercise, enabling faster results in the gym even after the first treatment.

GINA SAYS: "By all means try this, but I recommend you use this in conjunction with regular exercise and a calorie-controlled diet. Remember, it takes years to put that weight on, and nothing can make it vanish overnight!"

Hot Diet Supplement

BetterYou Total Nutrition
£15.30, betteryou.uk.com,
Unlike traditional protein shake supplements, this contains a powerful hit of pre-sprouted barley, apple, flaxseed, barley grass, quinoa, spirulina, bilberry fruit, carrot, turmeric and kelp. Its fast-acting antioxidant qualities are said to provide a stable energy release and generate 400 percent more than conventional barley.



Best Beauty Buy

Dermalogica Multivitamin Power Recovery Masque
£33, dermalogica.com/uk
This is my favourite facial mask, especially at this time of year when your skin is susceptible to the harshness of the winter elements. I find that it gives instant rejuvenation to stressed skin.



Stick it in your kit bag!

Move it tone it

HIGH BOX KICK WITH REVERSE LUNGE

This is a very powerful exercise that will help firm up your bum and thighs:

- 1 Start with a boxing stance, hands in front, fists up, right leg back, left leg forward. Go into a reverse lunge with the right leg.
- 2 Immediately bring that leg forward into a high kick in front of your body, keeping your leg as straight as possible. For balance, draw your stomach in throughout. Do 20 reps, then repeat on your left leg.

