

Whittle that waist

Beat that belly bulge fast with our fat-busting workout

There's no doubt that following a healthy diet could help you to lose some weight – but if you really want to see the pounds come off you need to exercise, too. Not only will regular exercise help you to burn more calories and reduce your tummy, it could have all sorts of other benefits.

“By becoming fitter and stronger we can reverse the ageing process by 15 to 20 years,” says **Yours** personal trainer Maureen Hudson (MSc Exercise Phys).

“And a regular workout could lower your risk of heart disease, colon cancer, high blood pressure and, of course, obesity. It also keeps your bones strong and improves your balance.”

The **Yours** ‘reclaim your waist’ workout could help you tone up your whole body, feel fitter and stronger and lose your tummy tyre. It’s simple and easy to do and all you need are some trainers, some hand weights or bottles of water and a chair. Get set for a whole new you...

Walk off your weight

Walking is a great way to burn extra calories without injuring yourself or spending lots of money, and you can do it anywhere at anytime – so there’s no excuses. If you briskly walk for 30 minutes you could burn an extra 212 calories*, which on top of a healthy diet could help your waist emerge faster.

**based on a 13st woman*

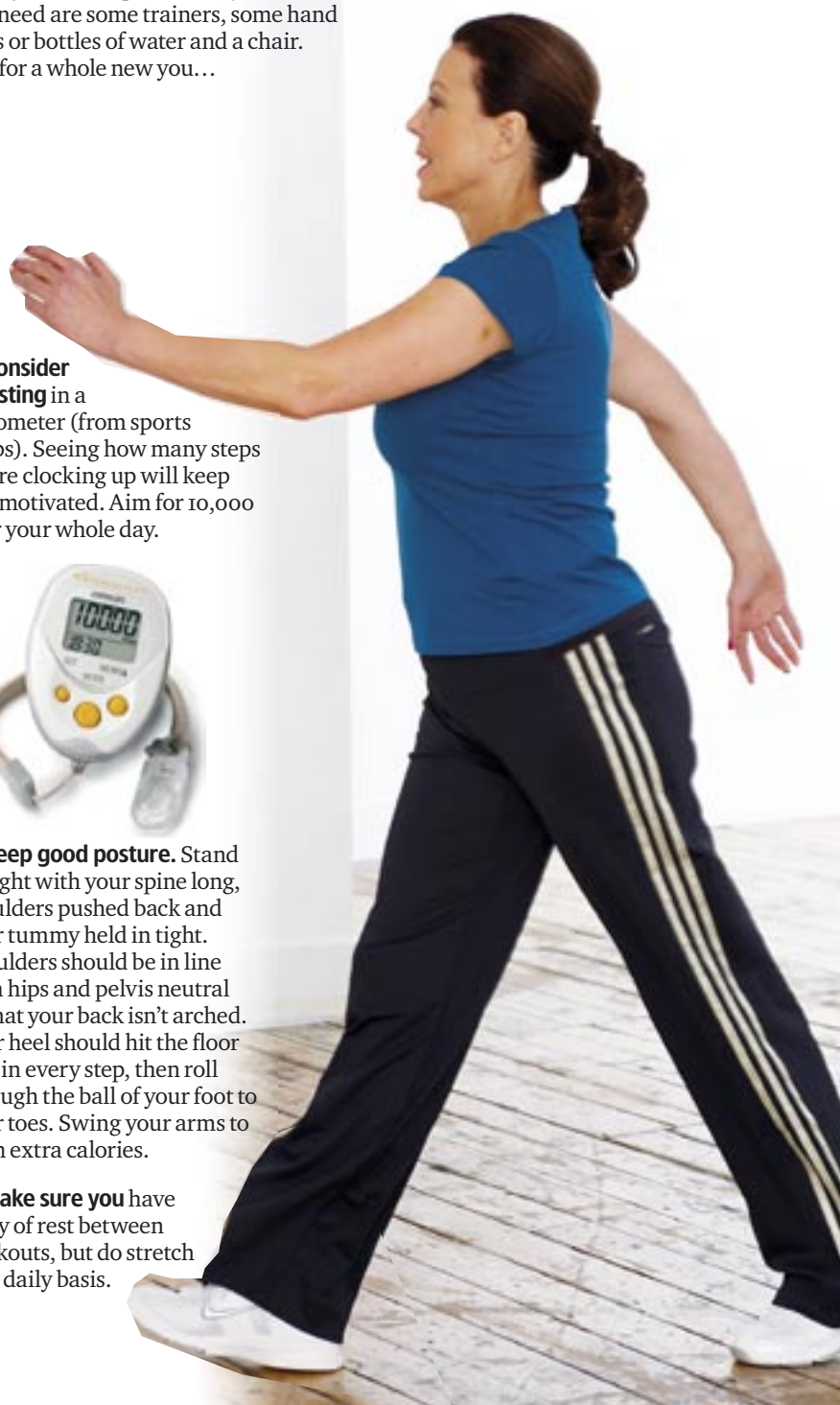
Maureen's top walking tips

- ❖ **Invest in good trainers** to support your feet and your ankle, knee and hip joints.
- ❖ **Always warm up** by walking at a slow or normal pace for five or ten minutes before picking up the tempo.
- ❖ **Pay attention** to your heart rate and breathing. Walk at a pace that challenges you and ups your heart rate – but don't over do it – you should still be able to hold a slightly breathless conversation.
- ❖ **Always take** a bottle of water with you. Keep hydrated by sipping water prior to, during and after exercise.

- ❖ **Consider investing** in a pedometer (from sports shops). Seeing how many steps you're clocking up will keep you motivated. Aim for 10,000 over your whole day.

- ❖ **Keep good posture.** Stand upright with your spine long, shoulders pushed back and your tummy held in tight. Shoulders should be in line with hips and pelvis neutral so that your back isn't arched. Your heel should hit the floor first in every step, then roll through the ball of your foot to your toes. Swing your arms to burn extra calories.

- ❖ **Make sure you** have a day of rest between workouts, but do stretch on a daily basis.



The Yours pull-out

	Walking programme	Toning	Total workout time
Mon	Walk for 5-10 minutes at your normal pace Walk briskly for 30 minutes Walk for 5 minutes at your normal pace to cool down		45 minutes max
Tue	Rest day		
Wed	Walk for 5-10 minutes at your normal pace	Do the set of six toning exercises on pages 69-70 through twice	30 minutes
Thur	Rest day		
Fri	Walk for 5-10 minutes at your normal pace Walk briskly for 30 minutes Walk for 5 minutes at your normal pace to cool down		45 minutes max
Sat	Rest day		
Sun	Walk for 5-10 minutes at your normal pace Walk briskly for 30 minutes Walk for 5 minutes at your normal pace to cool down	Do the set of six toning exercises on pages 69-70 through twice	1hr and 15 minutes

Try our front room workout and tone up fast...

↓ Squats

• Stand in front of a chair with your feet shoulder-width apart and your toes turned out. Your knees should be over your second and third toes.

• Pull in your belly button and start to lower your bottom down towards the chair. Your knees should make a 90° angle with the floor. Raise your arms out in front of you as you lower.

• Just before you make contact with the chair, stand back up again and bring your arms back down by your sides.

• To make this move easier you could try keeping your hands on your thighs as you move up and down.

• Try to do two or three sets of 12 repetitions – resting when you need to.

Tones up legs and bottom and burns extra calories



Step up →

Great calorie burner and toner

• Using your bottom stair (or an aerobics step if you have one), step onto the stair with your right foot.

• Bring your left knee up to hip height, so your thigh is parallel to the floor. Then lower your leg to the ground and step with your right foot back off the step.

• Repeat the exercise, stepping up with your left foot and lifting your right knee up to hip height.

• Get into a steady rhythm and aim to keep going for 10 minutes – building the time up gradually and resting if you need to. Once 10 minutes becomes easy, try doing it for 15 minutes.



Tricep extensions →

• Rest your left leg on a step and put your right leg out behind you for balance.

• Lean forward slightly and rest your left hand on your left thigh.

• Hold a bottle of water or a hand weight in your right hand and lift your right elbow up behind you to shoulder height.

• Slowly extend your right arm out straight behind you to a slow count of two, without locking your elbow.

• Pause a moment and then bend your arm again, keeping your elbow at shoulder height.

• Try to do three sets of 12 repetitions on each arm.

Firms up upper arms and fights off bingo wings



The Yours pull-out

The following exercises will firm your waist and strengthen tummy muscles

Oblique twists →

- Stand with good posture, with your feet hip-width apart and knees relaxed.
- Hold a hand weight or bottle of water in both hands straight out in front of you at hip height.
- Twist at your waist and turn your whole upper body to the right, swivelling on your left foot.
- Then twist back to your left side, swivelling on your right foot. Twist from side to side, holding in your stomach muscles to support your spine.
- Do two sets of 12 repetitions.

Pulls in and firms your waist



← Abdominal cross over

- Lie on your back with your fingertips at your temples.
- Bend your knees and raise your feet off the floor so that your knees form a 90° angle. This is your starting point.
- Cross your left elbow over towards your right knee for two slow counts. At the same time extend your left leg out straight.
- Return to the starting point before repeating on the other side.
- Try not to arch your back as you extend your leg and keep your tummy in tight at all times.
- Remember to breathe!
- Do two sets of 12 repetitions, alternating sides throughout.

Tones up tummy, waist and hips



Whittles waist, strengthens back and firms your tummy



← Hip rolls

- Lie on your back with your arms out to the side at shoulder height.
- Bend your knees and raise your feet off the floor so that your knees form a 90° angle.
- Pull in your belly button and slowly roll your legs to the right until your knees just touch the floor. Try to keep your shoulders and arms on the floor.
- Hold for a count of two and then use the muscles down the sides of your waist to lift your legs back to the start position.
- Repeat on the other side.
- Do two sets of 12 repetitions alternating sides throughout.

Stay safe!

See your GP before you start any exercise programme. Always warm up and cool down properly to avoid injury, and don't forget to stretch your muscles at the end of your workout.

While exercising, never compromise safety for speed. Build up gradually over the weeks then start to increase repetitions and sets.

See your GP about health concerns before taking any supplements or herbal remedies, particularly if you take prescribed medicines. Always speak to your GP before stopping any medication.