

Summer
Holiday
SOS

HELP!

I'M NOT BEACH BODY READY

Still feeling like hiding under layers of clothing rather than stripping off in the sunshine? Whether you want to sweat it out – or style it out – our expert tips will help you get body confident in time for your beach break



TONE UP

in time for take-off

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Didn't do the bikini boot camp sessions? Fear not, just follow this round-the-clock routine from personal trainer Laura Williams

Rise and SHINE

7 AM MORNING CORE CRUNCH

Wake up your abdominals with this early morning exercise

Lie face up on your bed, minus your pillow, with legs bent, feet flat. With arms folded behind your head, slowly lift head and shoulders off the bed keeping stomach muscles pulled in tight (keep breathing!). Pause, then lower. Do 10-15 reps – if your mattress is on the soft side, do this crunch on the floor.

8 AM TEETH BRUSHING SQUAT

Clean your teeth and tone your bum in just two minutes

Stand tall and position your feet hip-width apart. Slowly lower down to the floor by pushing hips back and bending your knees, keeping your back straight. Stop when thighs are parallel to the floor. Hold the squat while you brush your teeth for five seconds, then return to standing and repeat. Do 10 squats.

9 AM TRAFFIC JAM BOTTOM-LIFT

Give those glutes a workout while you commute

Whether you're driving or standing on the train, all you need to do is squeeze your buttocks for a count of 10, then relax and repeat. Do 10 reps at any time throughout the day.

Discover DESKERCISE

10 AM SEATED THIGH SCULPT

Time to tackle

those troublesome inner thighs

Use a cushion to try this discreet thigh toner. In a seated position, place the cushion between your knees – or you could always use a rolled up sweater – and squeeze for 10 seconds. Relax, then repeat. Do 10 reps. And you can fit in a few more of these in the evening while watching TV.

12 PM INVISIBLE CRUNCH

Strengthen your core with this

simple, anytime tum toner

Sit or stand upright before gently pulling your tummy button back towards your spine (don't hold your breath and lift upwards) and at the same time, engage your pelvic floor muscles. Hold for a count of 10, then relax and repeat. Do up to 10 reps at a time. Do these throughout the day and you'll soon see the results.

2 PM WORK WAIST WHITTLES

Take a much-

needed screen break with this subtle waistline cruncher

Sit tall in your chair, clasp your arms behind your head, keeping your elbows back. Next, tighten your abs as you lift opposite knee up to opposite elbow. Do 20 lifts, then switch sides.

64%
OF BRITS DIET AND EXERCISE BEFORE GOING ON HOLIDAY, ACCORDING TO A NEW SURVEY*. HOWEVER, ON AVERAGE, THEY START THEIR PRE-HOLIDAY REGIME JUST SIX WEEKS BEFORE GOING AWAY!

Multi-tasking EVENING WORKOUT

6 PM KITCHEN TOP PUSH-UP

Make the most of meal prep time and try the new push-up

Place hands shoulder-width apart on the edge of your kitchen work surface and walk your feet back, so your legs are straight and weight is distributed between balls of feet and hands. Bend your elbows and lower your chest towards the surface, then push back up. Do 15-20 reps.

7 PM WHILE-YOU-WAIT WALL SIT

Dinner's in the oven, so use the time to tone your thighs

Stand against a wall with your feet 2-3 feet in front of you positioned hip-width apart. Bend your knees and slide down the wall until knees are at 90° angles and thighs are parallel to the floor. Reposition feet if necessary. Hold for 10 seconds, push back up and repeat. Do 12 reps.

8 PM TV TUMMY TUCK

Blitz your abs while you catch up on your favourite drama

Sit on the sofa, hands behind your head, then lean back from the waist, so that your body forms a 'V' shape between chest and thighs. Bring knees up towards your chest, then use your stomach muscles to lower them. Lift back up and repeat. Do 15-20 reps.

8.30 PM HOVERING SOFA SQUAT

Put glutes through their paces as you get up to change the channel

Stand in front of the sofa with feet shoulder-width apart before bending knees and lowering your body down almost to your seat, making sure you keep your back straight. Hold this position, pushing your weight through your heels, for 10 seconds. Push back up to your starting position and repeat. Do 20 squats.

9 PM SOFA ARM SCULPT

Work your upper arms every time there's an ad break

From a seated position on the sofa, place your hands either side of your hips, bend knees and position your bottom next to the edge of your seat. Now lift your bottom off the sofa and bend the elbows, lowering your body to the floor until your elbows reach 90°. Push back up and repeat for 15-20 reps.

10 PM BEDTIME BRIDGE

Tone up and tune out with this all-in-one move to end your day

Lie on your back, legs bent and feet flat on the floor. Inhale and as you exhale, lift hips so that your body forms a straight line. Remain in this position and squeeze your buttocks for a count of 5. Repeat 5 times... then go to bed!

10 ways to SHAPE UP without slimming

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Want to look leaner right now? Forget the sprints and super-crunches and style it out with these quick fixes that help you fake a slim figure

1 FAKE THOSE CURVES

Contouring make-up might be loved (J-Lo is a fan) and loathed (Bobbi Brown is not) in equal measure, but used correctly and in moderation this long established pro-technique can disguise a double chin and chisel out cheekbones.

'Just remember two simple rules,' says make-up artist Rebecca Frances. 'Light and shimmery shades draw features forward, and darker matte shades make them shrink. Choose a matte, dirty bronze shade (no warm terracotta please!) to mimic natural shadow and sweep a soft line from the top of your ear towards the corner of your mouth with a large fluffy make-up brush, forever blending as you go. Use the same method under your jaw line to diminish a double chin.'

2 BLEND YOUR BOTTOM

If you're one of the millions who ask, 'Does my bum look big in this?', then follow these stylist tricks:

- ★ Ditch shorts and trousers without back pockets unless you want to amp up your sizable asset à la Kim Kardashian! Pockets help break up bigger bottoms and give the impression of a bijou backside.
- ★ 'The eye will always focus on detail and lighter colours first, so pop a big bottom in plain and darker fabrics, and add an eye-catching necklace or statement top to draw the eye up,' says style advisor Lesley Clarke.
- ★ 'Turn-ups are a great trick,' says personal stylist and blogger Natalie Carlisle from glamrosie.blogspot.com. 'Don't let your hems drag on the ground as it makes the whole trouser ruche up and look unflattering,' she explains. 'A simple turn-up will let the trouser hang correctly.'

4 SPEAK THE SAME LANGUAGE

'Confident body language makes you seem more attractive and positive,' says confidence coach Jo Painter. 'Make a pact only to say positive or factual things about your body to friends and colleagues - and this will send messages to your brain that you're feeling confident, which means you'll begin to feel confident, too.'

3 STOP THE SLUMP

Working at a desk or regular texting has allowed us all to become masters of 'the hunch'.

In fact, a US study suggested people were considered more attractive and slimmer, regardless of their size, when they stood up straight! So give this posture pep-up a go: lift your sternum up a notch (that's the bone at the centre of your chest), then squeeze your shoulder blades together. You'll instantly grow a few inches taller and look a whole lot more confident - you'll be strutting your stuff on the sand in no time.

5 PERFECT YOUR PAPARAZZI POUT

Get the model look in holiday snaps by turning your body three-quarters towards the camera, so that your shoulders are facing the lens - a straight on shot shows you at your widest. Keep your chin up and your hands on your hips, and you'll also slim your face and arms.

6 GO DOWN UNDIS

Nothing beats good underwear for smoothing out those bumps and bulges, so go for uplifting bras if your bust is small and leave too-tight knickers in the drawer as these can make your lower bits lumpy.

'Embrace seam-free underwear and shape-wear, such as Spanx, to smooth, streamline and hold you in,' says image consultant and personal shopper Helen Richardson. 'Ensure you choose the correct style and size for your body shape and your holiday wardrobe will look much better.'

7 INVEST IN YOUR ASSETS

'Focus on a part of your body you like and pay it some attention,' says Alice Stapleton. 'Buy some flattering shorts, a new hair product or piece of make-up, knowing you're doing it to show off what you love about yourself rather than hiding your flaws, and the more confident your sense of self will be.'

8 WRAP UP

Try a salon detoxifying body wrap before you head off on holiday. The therapist will massage your body with detoxing solutions, then wrap you in cotton bandages to help relieve fluid retention and give the impression of a slimmer stomach.

9 USE YOUR HEAD OVER HEELS

If you want to look slimmer, opt for nude shoes and sandals, says Denise Pentecost from style consultancy AuraStyle. 'Ankle straps can shorten you, but natural-coloured footwear will always make your legs appear that much longer. Avoid stilettos if it's height that you're after and choose wedges to support your body frame for a more streamlined look.'

10 FAKE IT TO MAKE IT

'A spray tan really slims the body, but you can also use body cosmetics to give a bit of a glow,' says make-up artist Liza Smith. 'Add shimmer along your collar bone, cleavage, shoulders, along the front of your arms and down the shin (where the light hits) for a super-healthy glow and lengthening effect that no model would be seen without.'