

Winter Issue

Women's Health

WINTER 2012/13 | £3.60

It's Good to Be You™

EAT, DRINK & STILL SHRINK

SLIMMER FITTER SEXIER!

10 MINUTES + 5 MOVES = 1 HOT BODY

PULL A SICKIE GET A PAY RISE

ISLA FISHER
Her Ultimate Tone-Up Plan p.24

BETTER HEALTH IN JUST 7 MEALS
YOUR ONE-WEEK MENU

98

FAST BEAUTY + STYLE FIXES



Isla Fisher, 36, Actress
Shares Her Mind & Body Tips



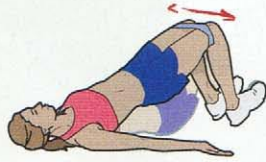
10
SECOND
SUCCESS
TRICKS
From Olympians

BOOST YOUR BRAIN WITH SHOPPING!

MORE ORGASMS LESS EFFORT

FLAT-BELLY SPECIAL!

- 60-SECOND Fat Burners
- SMART Flab-Fighting Snacks
- SPEEDY Ab Toners
- INDULGENT Guilt-Free Desserts



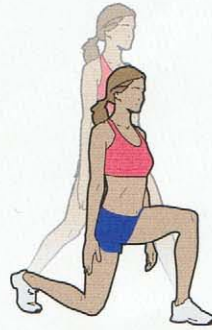
4 GLUTE BRIDGE

You'll get: A tighter, toned tush and slimmer hips.

Use: Just before bed at the end of an especially 'challenging' day.

Why: As well as elongating your spine, the effort involved in this move gets your feel-good endorphin hormones flowing. By focusing solely on a single muscle group, it's also a really good way to connect your body and mind.

- 1/ Lie on your back with your knees bent, feet flat on the floor, and your arms at your sides.
- 2/ Loop a Pilates ring around your knees (optional).
- 3/ Lift your hips towards the ceiling until your body is in a straight line down to your knees.
- 4/ Pause at the top, then lightly press your knees outwards, pressing against the ring if you're using one. You should feel your bum muscles activate.
- 5/ Contract and hold in your abdominal muscles to ensure your back doesn't arch.
- 6/ Slowly lower back down, then repeat until your glutes conk out.



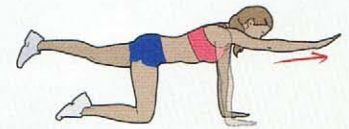
3 SPLIT SQUAT

You'll get: Lean legs and a firm, peachy bum.

Use: To give yourself a lift before a big night out.

Why: This move raises your heart rate and really gets your blood pumping. The result: a glowing complexion and a massive mood boost.

- 1/ Stand tall and take a big stride forward with your left leg.
- 2/ Bend your right knee and lower your body, keeping your back straight, until your right knee is just above the floor.
- 3/ Press through your left heel and ensure your left knee aligns with the outside of your left foot.
- 4/ Trying to keep your weight off your back leg, push back up until both of your legs are straight.
- 5/ Do as many reps as you can, then swap sides. And yes, it hurts.



5 SUPERWOMAN

You'll get: A sleek, toned back and slender arms.

Use: Post-work, pre-Come Dine With Me.

Why: This is a tricky move to master that requires focus. Concentrating on holding every part of your body in the right pose will allow your mind to switch off for some welcome 'me time'.

- 1/ Kneel on your hands and knees, back straight, and then straighten your left leg backwards behind you to form a straight line.
- 2/ Contract your core muscles to stabilise your body, focusing on a maintaining a straight line from the back of your head to the heel of your left foot (no wobbling).
- 3/ Actively think about keeping your shoulders down, your arms straight and your chest lifted.
- 4/ Once you've nailed that pose, lift your right hand and raise it up and slightly out to the side.
- 5/ Hold, keeping your lower back stretched out, for 45 seconds to 1 minute, then repeat on your right side. Now say so long to stress. **WTH**

DRESS UP YOUR WORKOUT

Look the part and get the most from your exercise moves with these expert kit tips from Gill Owen, Pilates pro and founder of lifestyle clothes retailer lovestretch.co.uk



• Yoga bra, £32, Berlei

▲ A great sports bra is essential. For Pilates, you don't want it quite as tight as a normal exercise bra though, as it may restrict breathing.

▼ Look for non-restrictive gear so you achieve any posture, in fabrics that will adjust to changing body and room temperatures.



• Sweatshirt, £83, American Vintage*



• Top, £40, Oakley

▼ You need to be able to move your arms and legs about freely, so look for clothing that moves with you. Choose styles that allow your instructor to see your body's form, so they can make the proper corrections to your alignment.



• Yoga pants, £65, HPE

▼ Trousers should be fitted enough to show your shape but not tight, with a slight flare below the knee to keep your cool. Look for a breathable fabric with some stretch such as an organic cotton and elastane mix.