

LOOK & FEEL AMAZING!

Health & Fitness

New Year 2008 *£3.20

HOT FOR 2008
MUST-TRY TRENDS COMING YOUR WAY NOW

THE EASIEST SHAPE-UP PLAN EVER!

Get the body you want - FAST

Detox and revive

Your new year vitality guide

WORKOUT HANDBOOK 18 PAGES OF EXPERT ADVICE AND INSTRUCTION



Firm your hips and bottom



Lean, strong legs!



Kickstart your fitness

8 WAYS TO STAY SLIM FOREVER

It's easier than you think!

YOU CAN DO IT Burn calories, tone up, get flexible

Find the best workout for you

SHILPA!
THE MOVES THAT KEEP HER LOOKING THIS GOOD

Future



PLUS NEW WALK FIT PAGE + SECRETS OF THE HEALTH GURUS + COOL GYM STYLE BUYS



VACUSTEP

WHAT IS IT?

The VacuStep is a non-surgical, body re-shaping, cellulite-busting machine that combines a vacuum with an elliptical cross-trainer to (it's claimed) increase your body's metabolism and stimulate blood flow to those stubborn problem areas, burning fat, slimming you and zapping away dimpled skin. You put a rubber 'skirt' around your waist which is fixed to the rim of the machine, and then exercise on the cross-trainer inside a sealed vacuum for 30 minutes.

HOW CAN I TRY IT?

See www.vacustep.com for venues where you can try it. It costs £495 for 20 half-hour sessions.

Hot 2008 trends

Forward fitness

Be at the cutting edge of fitness trends with our hot tips for 2008's best new classes and workouts

AQUA JOGGING (a.k.a. deep-water running)

WHAT IS IT?

You wear a buoyancy belt or vest to keep you afloat and upright, while you do a running action in water deep enough so your feet can't touch the bottom of the pool. Developed by physiotherapists in the 1980s as a rehabilitation tool for injured athletes, aqua jogging has recently found its way into public pools due to the multitude of benefits it also offers. 'Jogging' in water up to neck level reduces the impact on joints by as much as 90 per cent compared to running on land, and the stress placed on joints and muscles is greatly reduced, while the resistance of water means you'll be burning up to 11.5 calories per minute, compared to eight calories when running on land for the same time. Good for non-swimmers, it's also great for pregnant women as the water reduces the pressure on the bladder and joints.

HOW CAN I TRY IT?

Local pools are starting to offer Aqua Jogging classes and sectioning off lanes of pools specifically for 'joggers'. Selected Virgin Active gyms are also offering sessions (www.virginactive.co.uk). To try it on your own, buy an AquaLogger belt, from £28.95; www.physicalcompany.co.uk.



OUTDOOR GROUP WORKOUTS

WHAT IS IT?

A world away from the gym, outdoor group workouts have become all the rage in Australia and the US, and are set to be the next fitness sensation here too. Led by motivating instructors, outdoor exercise classes combine circuit training, drills and relays to test and develop your strength, agility, coordination, balance and speed for a dynamic all-over body workout, whatever your fitness.

HOW CAN I TRY IT?

Optimal Life Fitness (www.optimallifefitness.com) offers Outdoor Extreme sessions in London, St Albans and Glasgow, while Fit for a Princess provides women-only classes at various London Parks (www.fitforaprincess.co.uk). Virgin Active's Outdoor Active groups are held at all of its clubs with outdoor facilities; www.virginactive.co.uk.



WORDS: JOURNALIST/PHOTOGRAPHER: SHARON

