

# The glamazons are coming

*Skinny minnies in string bikinis – so 2007. This summer it's all about looking sleek, toned and super-glamorous on the beach. And have we got the solutions! From the amazing underwater gym to the vibrating fatbuster that burns 400 calories in 15 minutes, here are the new workouts everyone's talking about*

**IN A BIKINI PANIC? LOOK TO LA, WHERE THIS SUMMER ALL THE HOTTEST BEACH BODIES ARE GOING GLAMAZON.** It's also where every fast diet and fitness trend – from the PowerPlate to the South Beach plan – started. Right now, everyone's talking about the Pineapple. Similar to the PowerPlate, the Pineapple (pictured overleaf) works more muscles and burns more calories – a beach-friendly 400 in just 15 minutes. As the flat, square box wobbles up and down (rather than buzzing smoothly from side to side, like a PowerPlate), your muscles become 'switched on' to keep you steady – especially the core ones, which keep your stomach flat. It also has rotating handles and resistance pulleys, so you can do yoga and Pilates moves while vibrating. In a studio there'll be Pineapples of different sizes so you can stand, sit, jump on and off, or even lie flat on them. 'You're only limited by your imagination,' says creator Nick Morris.

**TRY IT YOURSELF:** the Pineapple is expected in UK gyms any day now, but you can order an at-home model online at [www.pineapple.la](http://www.pineapple.la) (£2,100, including shipping). Or try Yoga Vibes – a hot new class where you carry out a succession of yoga moves on a regular PowerPlate. Visit [www.yogavibes.com](http://www.yogavibes.com) or call 020 7403 9988.



## WITH THE 5-BITES PLAN

This summer any LA types looking to get bikini-ready in a rush are turning to the 5-bites plan. But be warned: it shouldn't be followed for more than a week. Designed to mimic a gastric band operation, where patients can eat only a few bites of food at a time, the plan is the brainchild of LA weight loss expert Dr Alwin Lewis, who claims it can help you shed up to a stone in a week. You only take five (decent-sized) bites of every meal – roughly a small bowl of cereal or pasta or just over half a sandwich. To feel fuller more quickly, Dr Lewis suggests eating slowly and chewing food thoroughly. **TRY IT YOURSELF:** Increase the number of meals you have, but stick to five bites. 'If you eat five bites of healthy food six or seven times a day, you'll lose weight,' says trainer Patrick Murphy, who works with Eva Longoria. 'It's the way A-listers in LA eat – little and often to speed up the metabolism.'

## THE 800-CALORIE UNDERWATER WORKOUT

Aqua aerobics and swimming aren't enough in LA these days – now everyone's into aquatic fusion moves, where you work out on a treadmill or a spinning bike, underwater. 'Working against the water forces muscles to work a third harder than on land,' says Leslie White, fitness director at Californian spa Cal A Vie. 'Californians find it too hot to exercise outside, and gyms get boring, but with this new underwater equipment you can work hard but stay cool.' Experts say that you can burn up to 1,000 calories in a 45-minute session, compared with 250 in aqua aerobics. **TRY IT YOURSELF:** Those with their own pool (!) can invest in an underwater bike or treadmill at [www.hydrorider.com](http://www.hydrorider.com) (from \$800). Or take to your local pool wearing underwater running shoes with little fins on the side – they add resistance while you swim. Try Aqx Aquatic Training Shoes (\$49.99, [www.aqua-running.co.uk](http://www.aqua-running.co.uk)).

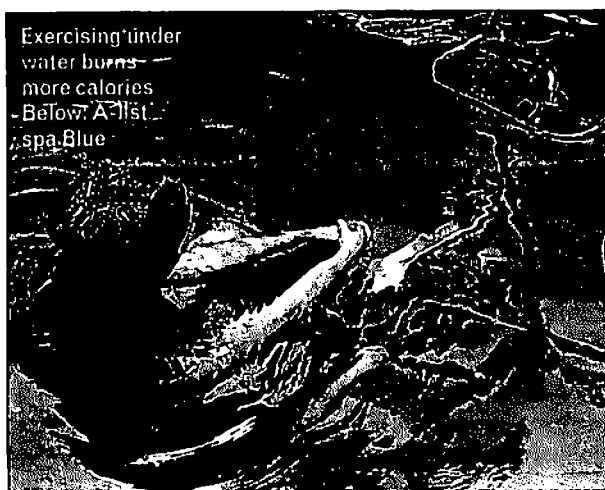
## THE FAST FAT-BURNING DRINK

Everyone's talking about Muscle Milk – the new diet in a drink storming the US. It's low in calories and contains a hefty dose of protein, which speeds up your metabolism and keeps you full for hours. Rumour has it, new mum Jennifer Lopez is a fan, and her trainer Gunnar

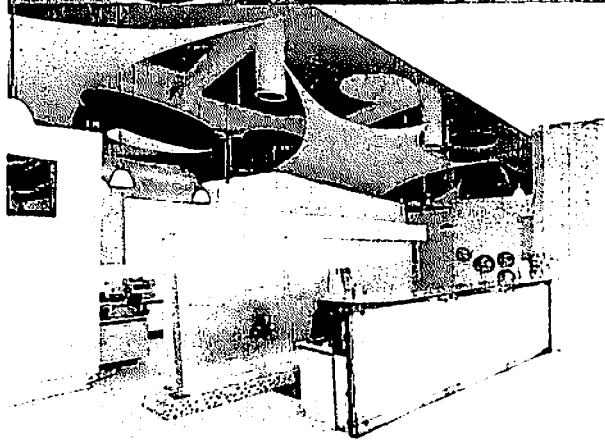
after their workout to boost their lean muscle mass and increase the number of calories their body burns. You can expect to get a leaner body in a matter of weeks. **TRY IT YOURSELF:** Buy Muscle Milk Light from Body Active (0845 370 5470; [www.bodyactive-online.co.uk](http://www.bodyactive-online.co.uk)).

## THE NEW 'SMART BELL' WORKOUT

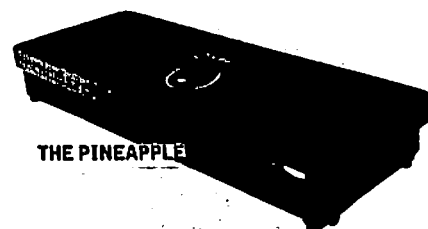
Last year it was all about lifting kettlebells (Geri Halliwell and Penélope Cruz were said to be fans of the 8kg metal weights). This summer it's the turn of Smart Bells, which look like a car steering wheel and weigh just 5lbs. 'Heavy kettlebells only use stop and start movements, which limit results,' says Smart Bells trainer Jeremy Levine. 'But with Smart Bells you can lift, twist and swing them in different directions to tone up fast. You can flow from one move to another – like tai chi, but with weights.' You can burn up to 1,000



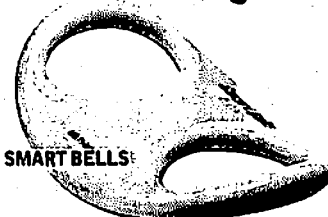
Exercising underwater burns more calories – Below: A-list spa Blue



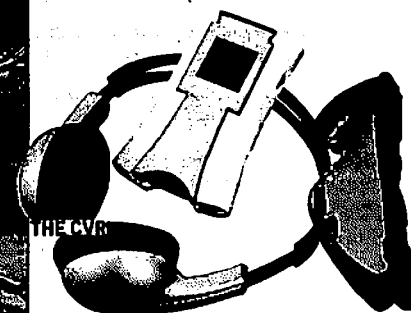
THE NEW FAST FAT-BURNING DRINK



THE PINEAPPLE



THE SMART BELLS



THE CVR

## THE NEW 'BIKINI BULLIES'

Created by hip A-list spa Blue ([www.bluespa.com](http://www.bluespa.com)), the idea is to stand in front of one of three 'open but blunt' grooming gurus, who'll tell you exactly what you need before you step on the beach. 'Most people want to look better in a bikini, but don't know how to go about it – so we tell them,' says spa owner Ronda Nofal. The advice covers everything from skincare to surgery (via personal training and teeth treatments). 'Some people have one or two things done, others everything we recommend – and look incredible afterwards,' says Ronda. **TRY IT YOURSELF:** Book the £499 makeover package at London spa Paul Edmonds (020 7589 5958). You'll get a cut, colour, facial and body treatment – plus a manicure, pedicure and make-up bag overhaul.

*Glam LA types wanting to slim into their sexy bikinis find gyms boring. With underwater equipment they can work hard but stay cool*

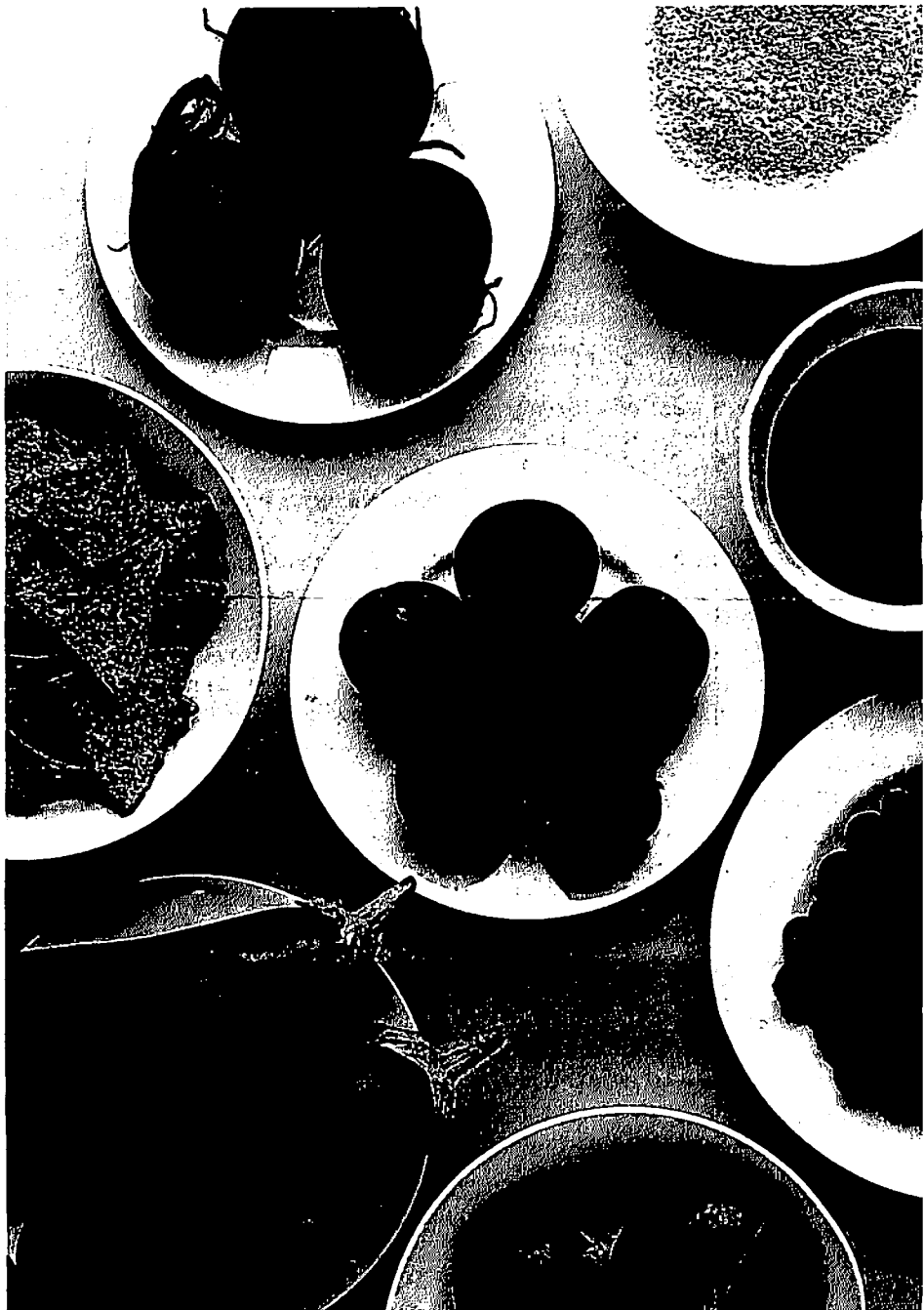
calories an hour, and continue to burn calories for many hours afterwards. LA gym Crunch, where Jennifer Aniston and Drew Barrymore have been spotted, use Smart Bells to help deepen yoga and Pilates moves. **TRY IT YOURSELF:** Any day now, [www.smartbells.com](http://www.smartbells.com) will be up and running, and ready to take your orders. Or call 01489 611751 for a starter package of Smart Bells and an instruction DVD (from £39.99, plus delivery).

**LOSE WEIGHT IN YOUR LUNCH HOUR**

If your motivation needs a kick-start, try the latest lunchtime hypnosis. Looking like an iPod with goggles, the CVR (pictured on previous page) is a machine that uses little flashing lights passed through your eyelids to send your body into a dream-like state (a 12-minute session is as refreshing as a three-hour nap). While you're 'dozing', motivational weight-loss messages are piped into the headphones. 'Everyone hears something different,' says Meenoy Kembal from LA's trendy spa The Treehouse, which combines CVR sessions with massage. 'It's like you pick up on the one thing you need. I never eat enough vegetables, but after I tried it, I found myself loitering around the broccoli at LA's Farmers' Market, and my best friend swears it got her drinking eight glasses of water a day.' **TRY IT YOURSELF:** They haven't hit spas here yet, but [www.newrealitylife.com](http://www.newrealitylife.com) sells Personal CVRs for \$595 (£300) plus p&p.

**THE 'WIDE-AWAKE' LIPO**

The Vaser is the latest fat-busting treatment to come over from the States. It takes around 45 minutes – you're awake throughout – and gently breaks up fatty tissue using vibration. The Vaser turns the fat to liquid, which is removed with a gentle suction process. The only UK doctor working with the Vaser is Dr Josh Berkowitz from the Wimpole Aesthetic Centre. 'The Vaser is a much gentler option than liposuction, with less downtime and pain,' he told *Grazia*. Another new fat-fighter we're excited about is SmartLipo MPX. Due over here in early September, it's five times stronger than any other fat-burning treatments on the market right now. 'It's so effective this could be the end of tummy tucks,' says LA surgeon Dr Mulholland who performs the procedure. **TRY IT YOURSELF:** For Vaser, contact the Wimpole Aesthetic Centre ([www.wimpoleaesthetics.co.uk](http://www.wimpoleaesthetics.co.uk); 020 7224 2247);



**THE WRINKLE-BUSTING PURPLE FOODS DIET**

LA is going purple mad right now, and London is fast following suit. Hip LA restaurant Real Food Daily (Nicole Richie lunches there every week) has started using purple cornflour to make croutons, and the Hollywood Farmers' Market (where Jennifer Garner shops) is now selling purple tomatoes, purple carrots and purple cauliflower. And the reason? Foods that naturally contain the colour are among the best sources of antioxidants, which on top of all their other health benefits, can help to ward off wrinkles. **TRY IT YOURSELF:** Tuck into all things purple, including blueberries, beetroot, blackcurrant, acai berries and plums. You can buy purple cornflour

