

Beach-ready by Christmas

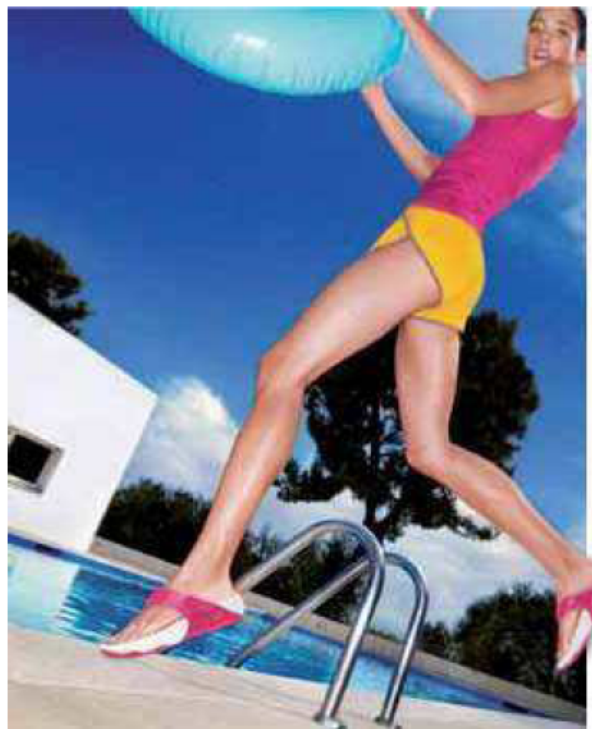
So you've let your healthy habits slip over winter? **Jessica Reid** gets you back on track with these helpful tips to get a beach-ready body by the summer holidays

cent want more attention paid to shoulder and back hair. See www.philips.com.au/grooming for women's preferences and how men can achieve the look. One of the new products is the all-in-one Philips Body Groom which has been designed to trim and shave all body zones comfortably.

17 PORTION DISTORTION.

According to Amanda Clarke, dietitian and author of *Portion Perfection: a visual weight control plan*, most of us gain a few kilos every year simply by overeating. Diabetes Australia agrees with this claim, stating that the average meal size has doubled since 1970. To help get plate portions right, Clarke's book outlines correct serve sizes and, to make it even easier, you can also buy a set of plates with clearly marked sections for carbohydrates, protein and vegetables. For more information see www.portionperfection.com.au.

18 KILLER PINS. Damo Di Leva from Goodlife Health Clubs says lunges, squats, horizontal leg presses and leg extensions are excellent moves for getting your legs ready to bare on the beach. "The key is do 10 to 15 repetitions in each set and repeat that three or four times." He also says that regularly changing exercises and weights will help tone legs even



faster. See www.goodlifehealthclubs.com.au for classes at Goodlife that help tone legs including ABT (abs, butt and thighs), step and cycling.

19 WALK A MILE IN THESE THINGS.

Researchers in biomechanics tested Fitflops (the Walkstar *pictured above*) over three years to identify the benefits to legs and found a 30 percent increase in bottom muscle activation, a 16 percent increase in hamstring muscle activation and an 11 per cent increase in lower leg muscle activation and an overall improvement in posture. So swap your plain old pluggers for a pair of Fitflops (from RRP\$89.95). See www.fitflop.com.au for stockists.