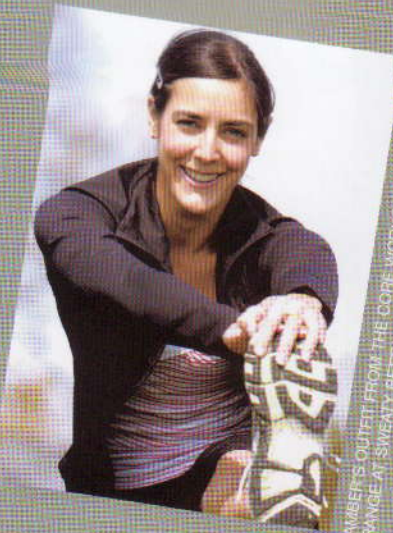




Adidas zippered hooded jacket, £45, from La Redoute, www.laredoute.co.uk



AMBER'S OUTFIT FROM THE CORE WORKOUT RANGE AT SWEATY BETTY

Personal trainer Amber Bryan, who runs Lovefit Training in Waterbeach, gives Style her top 10 tips for getting fit in time for summer...

If you're dreading the thought of sporting a bikini in a few months, now is the time to get fit for summer. Getting yourself body-confident for the beach doesn't have to be a mammoth task – just a few small lifestyle changes can make all the difference. Here are my tips for ensuring you are on top form, not just for the summer months but long afterwards...

1 ACTION PLAN

It goes without saying that preparation is key. So get out your diary, schedule your exercise times and write a weekly shopping list so that your cupboards are stocked with the right foods. If you're looking to shed weight, then aim to lose 1-2lb per week and you're more likely to keep that weight off in the long run.

2 EAT SEASONALLY

Eating fresh, local, seasonal produce will ensure you're enjoying fruit and veg at their best – and you'll be doing your bit for the environment by reducing your carbon footprint. So why not chop up a few strawberries and have them with your branflakes?

3 GET OFF THE BUS TWO STOPS EARLY

Walking for 20 minutes can burn around 100 calories (more if you make it a brisk walk). And if you don't use the bus, how about a quick walk round the block at lunchtime?

4 ENJOY THE FRESH AIR

Spring weather means there's no excuse to stay cooped up. Why not cycle to work? It gets the heart pumping and is great for toning your legs – perfect for those bikini pins! If you don't own a bike or work is simply too far away, then find another excuse to get outside, like jogging after work now that the evenings are lighter. Jogging is a very effective way to lose weight, improve your fitness and it's free! Try to find a jogging partner so you can motivate each other.

*If you are starting an exercise programme for the first time, always speak to your GP.



Crossover black top, £39, by No Balls, www.noballs.co.uk



Shorts, £15, from La Redoute, www.laredoute.co.uk



Puma commander trainers, £45, at Debenhams



Graphic print T-shirt, £12, from Next



Puma tank top, £18, at Debenhams



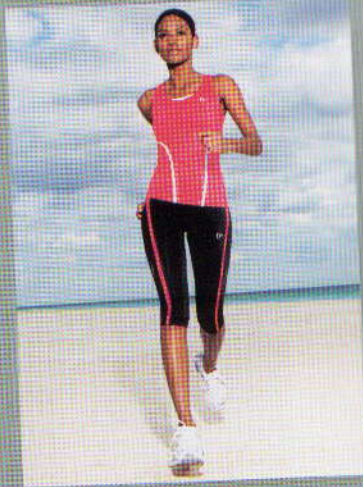
Love Label electro dance body, £22, at www.littlewoods.com



Heart monitor sports bra, £19.50, at M&S



Asics pace knee pants, £30, at Debenhams



Technical sports vest top, £22, black three-quarter length technical sports leggings, £22, at Next



Vivacious halter tank in peacock, £39, at www.noballs.co.uk



Soul Cal Deluxe jogger, £29.99, at Republic

5

SWITCH TO HERBAL TEA

The Style team can testify that herbal teas don't all taste like muddy water (Style Feb 2010)! Try replacing at least one of your daily cups of coffee with a naturally uncaffeinated tea. This will help to cleanse your body, boost energy levels and aid digestion.

6

RESISTANCE IS NOT FUTILE

Grab some dumbbells and get toning! Ladies – do not be put off by the risk of 'bulking up'. Some light resistance work at the gym will increase calorie consumption and give you a more toned physique. If you're not a gym member, try a few exercises at home using cans of food or bottles of water for your weights.

7

DRINK MORE WATER

Keep a large bottle on your desk at work, and a small one in your handbag so you can stay topped up during your busy day. Not only will proper hydration reduce unwanted cravings, it will also benefit your skin and improve concentration. Aim to drink at least 2 litres per day; more when you are exercising and if the weather is hot.

8

DITCH THE SCALES FOR A MONTH

It's all too easy to become obsessed with numbers. Focus on how you look, not just how much you weigh. Look in the mirror and at the way clothes fit, rather than purely relying on the scales. As you start to tone up and burn fat you might not lose as much weight, but you'll look leaner and feel sexier in your outfits.

9

BOOZE IS BAD

We all know that alcohol is full of calories and we should not exceed our weekly units (women 14, men 21). One large 250ml glass of 12% wine is 3 units – so be careful! Don't drink during the week, and if you do drink at weekends then steer clear of sugary cocktails and instead opt for a single spirit with a low calorie mixer e.g. gin and slimline. Even better – you could offer to be driver for the night!

10

SNOOZE IS GOOD

Sometimes doing absolutely nothing is the most beneficial option. Getting plenty of sleep is essential when you're taking regular exercise, as this is when your body restores and repairs tissue. If there simply aren't enough hours in the day, then set aside at least one night each week where you're tucked up by 10pm.

See www.lovefittraining.co.uk and contact Amber on 01223 862346