

Summer Sun Workout Get Toned and Ready for Summer

with the Female Face of Famously Fit

Amy Guy (aka Gladiator Siren)

starts a 5 part series to target those bits usually on show during the summer - legs and arms.

Apart from a small weight (a small water bottle will do) you don't need any equipment, so you can do these anytime, anywhere!

Repetition

I recommend 3 sets of 10 repetitions every single day!

Dumbbell Leg Curl - Back of Thighs

Step One



- Lie down on your stomach
- Position a weight between your feet so that the top of the weight is resting on the soles of your shoes



Step Two

- Fold your arms under your chin and relax your shoulders

Step Three

- Squeeze your feet together and bend your legs so that the bottoms of the feet are toward the ceiling



- Tuck in the abdominal muscles
- Raise the feet up, squeezing the bottom
- Lower the legs with control

Top Tip

- If you always tuck in your abdominals as you lift your legs, you get the added advantage of a great little ab workout
 - Don't relax the bottom in between repetitions
- Next week - Single Leg Bridge - Bum, Back of Legs and Core Muscles**

DID YOU KNOW? Of the billions of dollars spent on diet products, over 40% is spent on imitation fats & sugar substitutes!



FAMOUSLYFIT.com World Club

Louise Cliffe's Top Health & Beauty Tips

Our resident glamour model gives away some more beauty tips ...



- Put slices of cucumber on the eyes if they look tired and red
- Use vaseline to flatten down eyebrows and nourish eyelashes
- Use cold water for final rinse for ultra shiny hair
- Exfoliate bikini line before having it waxed for a smoother finish
- Wear handcream under gloves when washing up for a nourishing hand spa

OK! MAGAZINE FULL OF FAMOUSLY FIT PEOPLE!



DID YOU KNOW?

Botanically speaking, the banana is a herb and the tomato is a fruit.

It is impossible for the majority to lick their elbows... but a few can!



Is The Steam Room Just "A Load Of Ole Hot Air"?

FamouslyFit's Celeb Couple Jenny & Wayne (aka Gladiators Enigma and Doom)



Rest and recovery are an important part of health and fitness. Jenny and Wayne continue their three part series by exploring the benefits of hot air!

After workouts, we often use a steam room because we have heard it is good for us! And now we have done a bit of research which we want to share with you.

Relief from muscle tension and stiff joints
The heat in steam rooms relieves pain because heat causes blood vessels to expand and increases blood circulation, taking more oxygen and nutrients to damaged parts of the body

Helps repair damaged muscle caused by exercise - For the same reasons as outlined above - that is why many people use a steam room after a workout.

Lymph Detoxification - Mucous from the colon is easily excreted in a steam room according to some theorists and experts - not that I am going to try! And the sweating provides a natural detox.

Sinus and Congestion Relief

- Steam is a common treatment for colds and bunged up sinuses, very good for healing and preventing ear infections - but see Dr. Lidder's comments below.

Skin Cleanse - Heavy sweating in a steam room cleanses your skin more thoroughly than soap and water because the hot steam opens your pores and allows the deep seated dirt to flush out and run free!

Skin Conditions - Helpful with treatment of acne and other skin conditions, so they say! Steam deeply cleanses the skin's pores which may help with some skin conditions

Stress Relief - Steam rooms aide stress relief and help with a good night sleep. Calming misty hot atmosphere in a steam room combined with muscle relaxing properties of the hot steam create a perfect stress busting treat for anyone - speaking from experience!



Dr. J. Lidder, top Harley Street Medical Expert, endorses these benefits, but does warn that this environment can cause problems with skin fungal infections. He also cautions those with underlying medical conditions (e.g. blood pressure, thyroid problems and ear, nose and throat conditions) to seek medical advice.