

Summer Sun Workout Get Toned and Ready for Summer

with the Female Face of Famously Fit

Amy Guy (aka Gladiator Siren)

This is the second in my five part series to target those bits usually on show during the summer - legs and arms. For this one, you don't need any equipment so you can do it anytime, anywhere!

Repetitions

I recommend 3 sets of 10 repetitions - on each side - every single day!

Single Leg Bridge - Back of Leg, Bottom and Core Muscles

Step One



- Lie on your back, raised onto your elbows for support
- Extend your left leg on the floor, and bend your right knee

Step Two



- Tuck in your abdominals
- Raise your bottom up until your knees are in line with each other
- Ensure you have a straight line between your shoulders hips and knees
- Hold in this position for a couple of seconds, with the abdominals tucked in



Step Three

- Slowly lower your bottom to the floor
- Perform the move again on the same side for 9 more repetitions
- Don't rest in between repetitions

Step Four

- Change legs and do it all again!

Top Tip

If you always tuck in your abdominals and hold the position for a few seconds when you are up, you get a great little core workout to trim the waistline

**Next week - Weighted Side Lunges
- Inner Thighs**

COMING SOON - THE WORLD'S GREATEST KICKER



Dave Gentry reports on his exclusive interview with Grandmaster Gary Masniewski - world renowned for his incredible kicking ability!

Go to

www.famouslyfit.com

to read the full interview

FAMOUSLYFIT.COM World Club

12 Good Reasons to eat more slowly

Ann Mather, Celebrity Nutrition Advisor,
Famouslyfit.com



One of the problems in our daily lives is that many of us rush through the day, with no time for anything ... and when we have time to get a bite to eat, we gobble it down. This leads to stressful, unhealthy living. Taking just a few more minutes at each meal can have a profound effect on your health and wellbeing. Here are some reasons to eat more slowly:

Lose Weight: if you eat slowly you will consume fewer calories and reduce the risk of overeating.

Appetite Reduction: your brain takes 20 minutes to register that you are getting full. Eating slowly gradually reduces the appetite from the time you begin to the time you finish.

Portion Control: eating slowly makes it much easier to eat less without feeling deprived

Enjoy your Food: you get to really feel the different tastes, textures and smells. Your food becomes more interesting - you get more great taste with less going into your stomach

Improved Digestion: digestion starts in the mouth - the more you do there, the less you need to do elsewhere.

Increased Absorption: the slower you eat the easier you metabolise your food and absorb important minerals and vitamins.

Heartburn & Acid Reflux: eating too quickly can cause heart burn and acid reflux

Reduced Stress: when you eat, you should eat and nothing else. See your meals as a time and place where you can take it easy and de-stress your mind and body. Eating quickly actually puts the body under enormous stress!

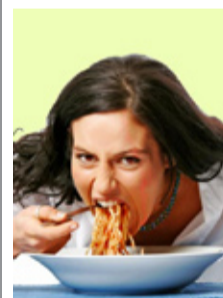
Reduced Risk of Obesity: research shows that there is a direct correlation between rate of eating and obesity.

Reduced Risk of Heart Disease & Diabetes - research shows that eating quickly is directly associated with insulin resistance which increases the risk of heart disease and diabetes.

Lower Blood Pressure & Lower Cholesterol - once again,

research shows that there is a link between fast eating and conditions such as high blood pressure and high cholesterol

The Fast Food Syndrome - experiments show that when people eat fast food slowly, they actually don't like it and start to choose things that are better quality.



OK! OK! MAGAZINE FULL OF
FAMOUSLY FIT PEOPLE!
FIRST FOR CELEBRITY NEWS

FOOD FOR THE SKIN Healthy skin is so much more than the soap you use and how often you moisturize. One of the most important things to maintain healthy, clear skin is the food that you put inside your body. So start to stock up on the following:

Almonds ... full of Vitamin E

Avocados - high in Vitamin B, monounsaturated fats and omega-3 fatty acids

Berries - just loaded with anti-oxidants to fight off free radicals

Brazil Nuts - excellent source of the mineral selenium, and contain the powerful antioxidants Vitamins A and E

Carrots - contain beta-carotene and Vitamins C

Dairy Products - some are good for the skin - cottage cheese and low fat yoghurts

Green Tea - loaded with Vitamins C, D and K as well as riboflavin, zinc, calcium, magnesium and iron

Pomegranate Juice - contains anthocyanins

Salmon - and other oily fish contain essential Omega-3 fatty acids

Sunflower Seeds - a great source of Vitamin E

Sweet Potatoes - contains a powerful combination of Vitamins C and E

Turkey - high in zinc

Water - this should be at the top of the list - make sure you drink at least 1.5 litres a day!

Whole Grains - contain Vitamin B's - essential for normal skin functioning

**Laura Main, Famouslyfit's
Celebrity Beauty Editor**



These types of foods combined will help to protect your skin, reduce the risk of premature ageing, fight off free radicals, and give your skin a more youthful and health look.

Remember - you are what you eat!