

FITPRO'S FUN FATLOSS CIRCUIT

STEP with ViPR UPPERCUT

It's not only Dave Gentry that can deliver a solid upper cut. Fitpro's experts demonstrate how to use the ViPR for an equally powerful move.

This is the second exercise in the Fitpro Fun Fatloss Circuit. Once you have mastered the technique, the idea is to do these exercises back-to-back and to maintain a relatively high intensity.

STEP ONE

- Stand with feet slightly more than hip distance apart
- Hold the ViPR vertically in front of body using both handles

STEP TWO

- Take a big step forward with the right leg
- As you step forward, swing ViPR up and over right shoulder
- End with right hand at rear, left hand at front

STEP THREE

- Step back to start position
- As you step back, swing ViPR back down in front of body

STEP FOUR

- Take a big step forward with the left leg
- As you step forward, swing ViPR up and over left shoulder
- End with left hand at rear, right hand at front

STEP FIVE

- Step back to start position
- As you step back, swing ViPR back down in front of body
- Repeat x 10 each side

TOP TIPS

- Maintain a tall spine throughout
- Load through the hips
- Choose a range of motion that can be controlled

For more information or to purchase a ViPR go to

www.fitpro.com

Coming Next: Add this one on next time – the ViPR Flip!



FAMOUSLYFIT.COM

World Club

Avoid & Beat the Hangover



Ann Mather, Celebrity Nutritionist

It's New Year again, and the chances are you will end up with a hangover at some point over the festive period. The safest way to avoid a splitting headache, intense tiredness and a queasy tummy is to lay off the booze, but maybe that is wishful thinking at this time of year.

Remember, alcohol breaks down in the body to form toxins and it is these that cause the horrible symptoms. So here are a few hints and tips to help you, but none are guaranteed to work, so you have been warned!

- **Avoid darker drinks**, including red wine, which contain congeners - they are even more toxic
- **Avoid mixing your drinks**
- **Eat a balanced meal** before you start to drink - never arrive at the party hungry
- **If it's a long night**, have something else to eat a few hours later - crisps from the bar don't count!
- **Avoid spicy, salty and junk foods** - they tend to dehydrate and irritate the stomach
- **Drink a litre of water** before you go out
- **Drink a glass of milk** before drinking - it lines the stomach
- **Drink 2 glasses of water for every drink of alcohol**
- **Drink a litre of water before going to bed**
- **Drink water and fruit juice in the morning**
- **Avoid painkillers and antacids** - they could make things worse
- **Avoid the 'hair of the dog'** - you are just delaying the inevitable
- **Avoid caffeine based drinks** including cola and coffee
- **A good snooze is a great cure** - a few hours after getting up, sneak back to bed again
- **Eat a breakfast that is a good source of amino acids** (protein) to speed up the metabolism
- **Think about eating some artichoke or pineapple** - they help the liver clean the blood faster
- **Go for a light jog or fast walk** - it increases oxygen flow and improves your metabolism
- **Take some multi-vitamins** to replace the vitamins drained by drinking



HAPPY NEW YEAR FROM EVERYONE AT FAMOUSLYFIT.COM!



OK! MAGAZINE FULL OF FAMOUSLY FIT PEOPLE!



Just a Day on the Slopes

At this time of year, many of us think of setting off to cooler climes to hit the slopes. You have got your boots, bindings, helmet, jacket and gloves - but it is all too easy to forget about skincare when you are covered from head to toe in ski wear. A day on the slopes can result in intense sunburn as well as dry cracked lips:

Here are my hints and tips to keep your skin safe:

- **Protect the skin from sun damage.** Snow reflects the sun's ultraviolet rays so pick up a high SPF designed for athletic activity, use generously and reapply
- **Protect the Lips.** As well as becoming chapped and sore, your lips can get burned too. Find a lip balm or chapstick with sun protection
- **Shield the Hands.** Wearing gloves may not be enough. In cold temperatures and with the wind, your hands can become dry, cracked and chapped. Look for an ultra-hydrating lotion for on and off the slopes
- **Protect your Eyes.** Oh yes, your eyes can burn too! Ensure that your sunglasses offer 100 percent UVA and UVB protection and keep them on all day
- **Eye Cream.** The skin around our eyes can be quite sensitive, especially if your eyes start to stream. Consider using an eye cream to treat those sensitive, fragile areas
- **Soothe the Muscles.** After a whole day on the slopes, your muscles will be worn out. Slip into a soothing bath with a formula designed to relieve muscle tension as well as awakening your senses.
- **Boost the Moisturiser.** Even covered up, your skin will take a beating from the cold and chill. Use a thicker and heavier moisturiser before going out and after you come back in

Bunny Stanwey-Meyers,
Beauty Editor, FamouslyFit.com

