

May 2005

brighton **life** & hove

£2 WHERE SOLD

YOUR CITY, YOUR LIFE

**GARY
RHODES**
On his
new
project

It's that time of
the year...

**The Brighton and
Hove Business
Awards are back**

Jonathan Wilkes
My Brighton with
Gresham Blake

Stephen Grant's
Wedding Diary

Cocktail crazy
in Bar Wars

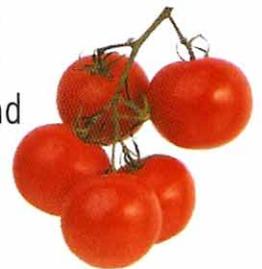
FOCUS ON CHURCH ROAD





Beauty and the beach

Sadly this is the last instalment of our three-part series covering top tips to help transform you into a beautiful beach babe ready for this summer. This month we focus on the troublesome subject of cellulite. We've all got it and now you can find out what to do about it! Plus some easy home exercises designed to tone your lower body from our fitness expert Peter Dudley



Silky smooth, slightly dimpled or completely pitted?

What kind of shape are your bum and thighs in?

Do you

- Drink more than two cups of coffee a day?
 - Smoke more than seven cigarettes a week?
 - Eat red meat more than twice a week?
 - Eat cheese more than twice a week?
 - Avoid eating oily fish?
 - Do less than two cardio sessions a week?
 - Drink more than six glasses of wine a week?
 - Have noticeable signs of cellulite?
 - Feel your thighs wobble when you run?
 - Have a 'sit-on-your-backside' job?
 - Have a BMI higher than 26%?
 - Drink less than three pints of water a day?
 - Add salt to your food?
 - Regularly eat fried food?
 - Snack on crisps, chips and dips?
 - Love to add mayo to your sandwiches?
- Feel like your bum and thighs are best kept out of sight?

Score 2 points for each 'Yes'

0-6 How lucky are you with your silky smooth skin. It's clear that you are set to have the best bum and thighs in Brighton this summer. It's going to be a g-string for you on the beach this year.

8-22 Whoops! It's the slightly dimpled look for you. Probably best to stick to skimpy pant style bikini bottoms. Stick to our Top Ten Tips and you may get upgraded to a G-string.

22-36 Hmm. Not such good news for you. We would suggest getting the kind of bikini bottoms that look more like shorts than briefs and cover up that pitted look as much as possible. Alternatively check out our Top Ten Tips, get started as soon as possible and it may not be too late.

Top Ten Tips for combating cellulite

Simple and effective ways to reverse that dimpled skin

Cellulite is caused by a bumpy layer of fat just under the surface of the skin leaving you with a dimpled orangey peel or cottage cheese effect around your thighs and bum. If it's causing you grief it's time to do something about it. Follow our Top Ten Tips looking at the inside and outside ways to begin smoothing away the dimples.

1 Skin brush daily
As toxins build up and are stored in fatty tissue you would be wise to begin brushing them away. Skin brushing stimulates circulation and helps to push the toxins to your lymph glands which collect waste ready for disposal. Do this every morning before you jump in the shower.

2 Start the day with a blast
A quick blast of cold water at the end of your shower does wonders for waking up the circulation (as well as you) and boosting removal of toxins. Go on be brave, 10 seconds at the end of your shower will do the job, it will also invigorate you and start your day with a boost.

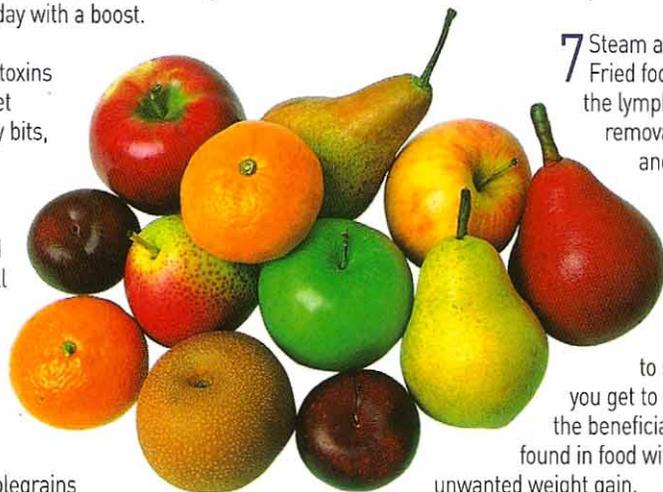
3 Don't stash the toxins
Excess toxins get stored in the dimply bits, so reducing toxins means reducing dimples - simple. Cut back on refined processed foods full of E numbers, junk and fried foods, caffeine and alcohol. Go for freshly prepared fruit, vegetables and wholegrains instead. Couple these up with lean cuts of meat, poultry, fish and vegetable protein like beans and lentils.

4 Exercise
Another great way to boost circulation and it helps to reduce body fat. Exercise at least three times a week. See our expert's exercise of the month for some tips on smooth and shapely legs.

5 Water, water everywhere
Once toxins have been broken down they are carried to the lymph and then transported out of the body. To make this less stressful for your body make sure you drink at least 1.5 - 2 litres of water per day. Avoid diuretics like caffeine and alcohol.



6 Beneficial bioflavonoids
Cherries, blueberries, blackberries, red grapes and buckwheat are all rich in beneficial bioflavonoids as well as Vitamin C which help to keep the connective tissue strong and thus prevent dimpling. Add some to your breakfast cereal or snack on a punnet of berries daily.



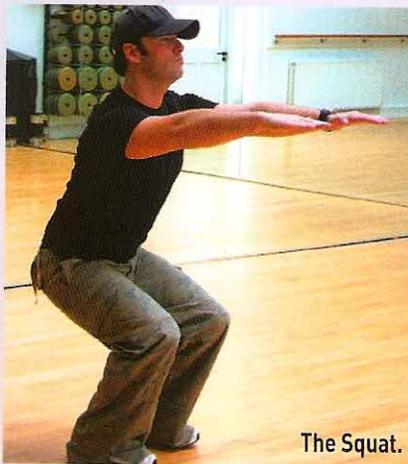
7 Steam ahead
Fried foods will clog up the lymph slowing down removal of the toxins and increases calories which increases your fat level. A much better way to cook is to steam, this way you get to keep more of the beneficial nutrients found in food with none of the unwanted weight gain.

8 Detox
Your body's potential to rid itself of unwanted toxins depends on the health of your liver. Look after it by treating it gently, go easy on alcohol and reduce tea and coffee. A good alternative is dandelion coffee known for its beneficial properties. If you want to really give your liver a boost think about a cleanse once or twice a year. See our

1-2-3 Easy Steps to a J-Lo bum and Naomi Campbell thighs!

Susie Perry finds out from this month's fitness expert and personal trainer Peter Dudley how best to get your lower body in shape for this summer's beach wear

Exercise 1 - The Squat



The Squat.

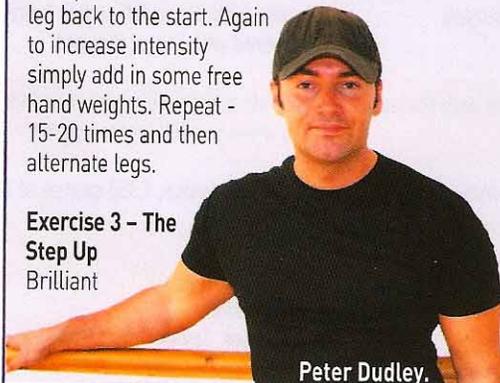
Simply the best exercise for glutes and thighs! Stand with your feet at shoulder width apart and arms by your side. Slowly 'squat' down as if you are going to sit down in a chair. Basically stick your bum out whilst bending your knees. As you lower into the squat, raise both arms up to be parallel to the floor as if you are holding onto a bar. Remember to keep your back straight whilst lowering to 90 degrees, and then return to the start. As a tip you can use a chair or the edge of your sofa as a guide for how low to go. You can increase intensity by holding weights but hold these by your side rather than raising parallel to the floor. Repeat - 15-20 times. Warning - squatting lower than 90 degrees may hurt your knees.

Exercise 2 - The Lunge

Excellent burn off for glutes, hips and thighs. Start in same position as for the squat but 'lunge' forward with one leg. Just take a big step (2-3 feet) forward whilst dropping the knee of the opposite leg to the floor. Your upper front leg needs to be at 90 degrees to the floor. Hold and then push off with the front leg back to the start. Again to increase intensity simply add in some free hand weights. Repeat - 15-20 times and then alternate legs.

Exercise 3 - The Step Up

Brilliant



Peter Dudley.

for toning your entire glutes, hip and thigh area. First find some stairs or a something of similar height to step up on to, make sure they are stable - we don't want any home accidents please! OK, so on this one the higher the step, the better the workout.

Stepping onto lower steps of stairs is mainly good for thighs but the higher the step the more the glutes and hips get worked as well. Start with your feet apart and simply step up then down, using opposite legs. Just as with the others, increase intensity by adding in hand weights. Repeat - 15-20 times. Warning - this exercise is a great calorie burner!

Peter Dudley works as a freelance personal trainer at many gyms across Brighton and also runs an exclusive one-to-one service where he will even pick you up, take you to the gym and drop you back home after your workout! With over 10 years experience including training celebs in LA, plus some radio and TV, he can help pick up your motivation and get you right back into shape in no time at all! For appointments call Peter at Positive Reaction on 01273 326478 or email peterjdudley@hotmail.com

Cheats' guide

Not enough motivation to change your diet and lifestyle just yet but eager to see how it feels to have a spring clean? Then take up our special readers offer of a short detox or a more comprehensive detox in a box. Call Nutri Gold on 01884 251 777 and quote Brighton and Hove life for 10% off their best selling detox formulas.

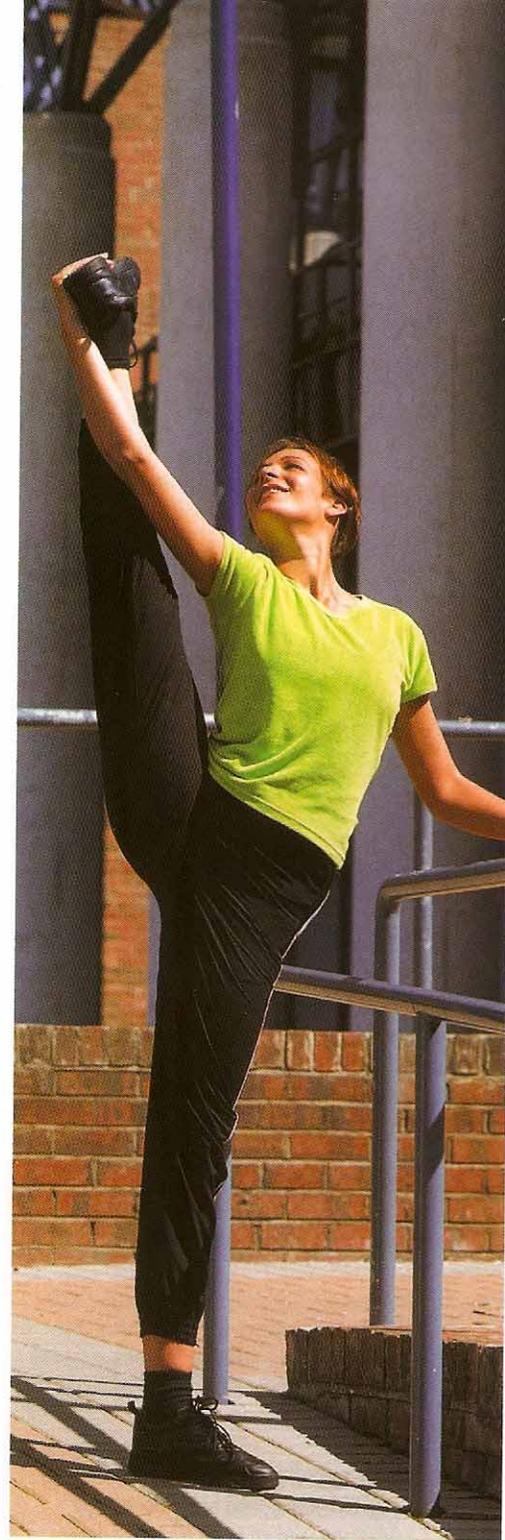


The Lunge.

Naomi Campbell's legs.



The Step Up.



cheats' guide for a great detox formula.

9 Self massage To aid circulation self massage can be improved by adding some essential oils of warming black pepper and ginger. Add in some juniper and cypress to help the detox along.

10 Fill up on fibre Toxins broken down in the liver need an efficient escape route so keeping regular is a definite must when attacking cellulite. Avoid refined and processed foods and fill up on fibre. Eat lots of wholegrains, fresh fruit and vegetables.