

Fitness news



Fitness fact or fiction

Doing weights makes you bigger

Fiction. You will only bulk up if you focus on one area of your body, doing low repetitions with heavy weights, or if you do more than four sets of the same exercise. Any exercise plan should have a variety of moves that focus on different parts of the body to keep a balanced shape. If you exercise one area excessively, you'll find yourself bulking up. Make sure you only lift weights that allow you to do at least 15-25 repetitions – and don't overdo it. A balanced fitness programme is the key.

HOW TO GET SHOULDERS LIKE RESSE WITHERSPOON

At home: Grab two soup cans and do some shoulder presses. Sit on a high-backed chair, with your legs at 90 degrees. Hold a can in each hand with your arms at 90 degrees and elbows at shoulder level. Lift your arm above your head, and bring it back down. Do 20 on each side.

At work: Don't slump at your desk! The key to elegant shoulders is having great posture. So, sit up straight, with your shoulders pulled back for the best posture in the office.

At the gym: The rowing machine provides high-intensity resistance, working the whole body and is the best aerobic exercise for your shoulders. It's a great warm-up as it stretches your entire body.



Fit to SHOP

We at *Company* have always been the first to say shopping is good for you, but now we have the proof. Forget sweating it out on a treadmill – you can burn 164 calories per hour by hitting your favourite high-street shops. That's 1,312 calories in one day's worth of shopping, ladies! So, maximise your shopping/exercising potential by following these tips:

- Ensure your shopping bags weigh roughly the same, so you don't end up with one arm stronger than the other. So, if you spend £50 in Topshop, spend £50 in H&M, too!
- Don't shop without trying on at least five items. The effort of each change will burn crucial calories.
- For real calorie crunching potential – hit the sales. The pushing and shoving – along with the adrenaline rush of grabbing that bargain before anyone else – will bring you to the peak of fitness in no time.



EVERYONE'S TALKING ABOUT... FENCING

Catherine Zeta-Jones did it in *The Mask Of Zorro*, Madonna taught it in *Die Another Day*, and Bond girl Rosamund Pike claims that fencing helped to firm up her thighs. And after seeing Orlando Bloom and Johnny Depp's sword skills in *Pirates Of The Caribbean*, we figure it's a fab way to meet good-looking men. For more info on the sport, visit www.britishfencing.com.



WORKOUT KNOW-HOW

'Changing the equipment you use in the gym, even for one week, will give your body a new challenge and speed up your progress, making you see a visible difference to your body' Neil Chamberlain, fitness trainer at The Tonic