

# Cameron's No-exercise exercise plan

How does notorious gym-dodger Cameron keep her gorgeous figure? With plenty of sex, dancing and shopping, that's how! Amelia Watts, Personal trainer at hip London gym, The Tonic, shows us how to get Cam's body with her no-exercise exercise plan...



'Hi Justin, can't talk right now. I'm doing bicep curls with my shopping bags'

**She shops!**  
Calories burned: 300-400

**What it does:** All that walking and bag-carrying tones legs and burns calories. Try to shop in malls to cover extra distance!  
**Calories burned?** 300-400 an hour – more with heavy bags!

### Three shop-ercises:

#1

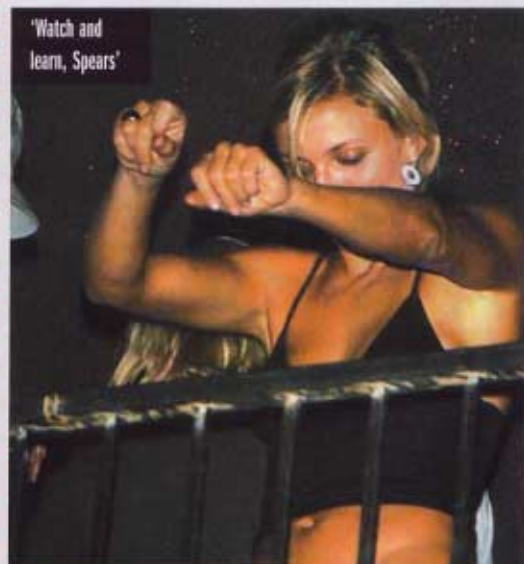
Pick up four extra items (heavy jeans are best) along with the item you want to buy and hold them over your shoulder. As you walk around, slightly raise and lower them.

#2

For every third shop you enter, clench your bum till you leave! Walking around while you're clenching will make your bum pert.

#3

Shoe shopping? When you're trying on those gorgeous heels, don't sit down. Instead, raise each foot up, and as you're balancing on one leg, stand on tiptoe. Hold this for five seconds and do 10 reps on each leg to tone your calves and tum.



'Watch and learn, Spears'



**She dances!**  
Calories burned: 500

**What it does:** A night of dancing tones every bit of you and burns lots of calories. And it's more fun than the gym!  
**Calories burned?** A booty-shaking 500 an hour.

### Three dance-ercises:

#1

For every third song, dance with your arms in the air (one of Cameron's favourite moves) for the duration of the tune – this will tone your shoulders and biceps.

#2

Wear high heels. You might get sore feet but dancing in them for an hour at a time is brilliant for slimming chunky calves.

#3

Wear a crop top or tight dress – it'll make you subconsciously hold in your tum. Doing this while dancing for an hour will tone up your abdominal muscles a treat. Also, twist at the waist as much as possible as you're dancing to lose inches from your middle.

'Sex  
burns  
500  
calories!'

Cam: 'Isn't it my turn to wear the hat today?'



She has sweet Justin lovin'!  
Calories burned: 500

**Why it's good for you:** Sex works every muscle in your body. Change positions frequently for an all-over workout!  
**Calories burned?** 500 in an 'energetic' 40-minute sesh.

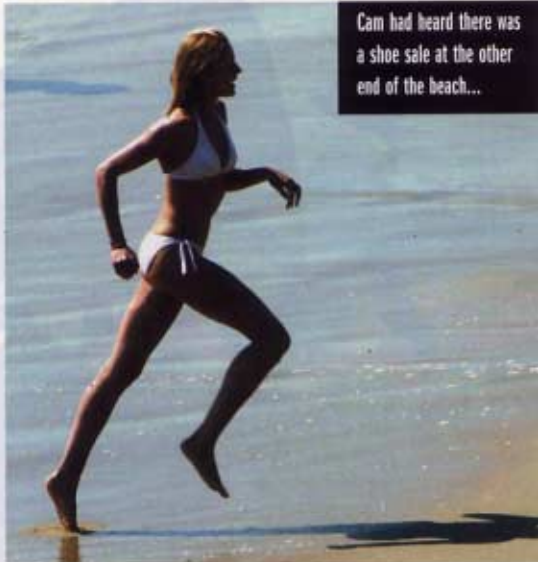
**Three sex-ercises:**

**#1** While you're at it, flex your pelvic floor muscles. This will give you a better orgasm (hurrah!) AND work the lower abdomen that sit-ups just can't reach.

**#2** Have sex on your back with your feet on the bed, knees bent and your bum lifted. This will tone your bum and thighs.

**#3** Forget the bed and have sex standing up. You'll tone all your leg muscles by tensing them as you try to support yourself, and because this position is a bit trickier to hold, you'll burn an extra 100 calories!

Cam had heard there was a shoe sale at the other end of the beach...



She hits the beach!  
Calories burned: 400

**What it does:** The resistance of the sand means beach games (and even walking) work and tone your body more.  
**Calories burned?** A jog and a swim: about 400 an hour.

**Three beach-ercises:**

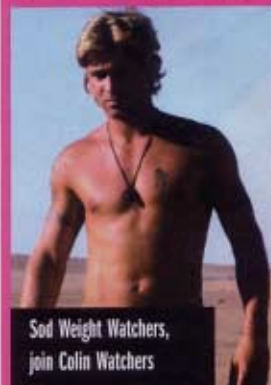
**#1** For your tum: lie on your back and lift your legs four inches off the ground. Hold for five seconds. For your bum and thighs: lie on your belly and raise and hold alternate legs. Do 10 reps.

**#2** Put your rolled-up towel between your knees and squeeze them together. Hold for five seconds and do 15 reps to tone inner thighs.

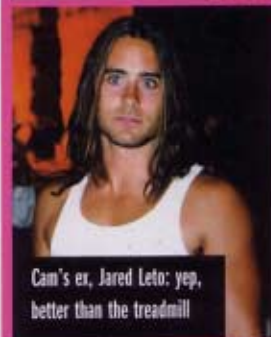
**#3** Kneel down on the beach and gather a huge pile of sand towards you (using a hugging motion) for about a minute. Then spend another minute pushing it all away again. This might sound daft, but it'll give you pert, non-saggy boobs and a toned, sexy back!

Looking at Justin for 1 hour  
= 300 calories burned...

Yup, research shows that our metabolic rate rises when we ogle fit men. Right, let's try it...



Sod Weight Watchers, join Colin Watchers



Cam's ex, Jared Leto: yep, better than the treadmill



Ogle Orlando, get thin. Like we need an excuse



Danny De Vito and Simon Cowell: that's our metabolic rate buggered

Words: Melanie Bronkley, Sophie Welles-Dodgson, Debbie Wilton; Pictures: Big, Cruise Pictures, Muzns, Barney Photo, Rex, Splash, Wire Image, Apocrite