

Sarah wondered why she
woke up every morning
feeling absolutely knackered

The lazy girl's guide to the perfect body

Not losing weight? Stop the excuses! We've taken your top reasons for being a horizontal, sofa-loving pie muncher and worked out how they can get you a better bod. So, who's up for 'EastEnders Yoga'?

Excuse #1

'I can't get out of bed in the mornings to go to the gym!'

Lazy girl's solution: The pre-work workout

Cunningly 'weave' exercises into your morning routine. Try personal trainer Amelia Watts' top four non-exercise exercises...

1. Walk around on tiptoe till you leave the house to tone up calves nicely.
2. While doing your hair, stick a pillow between your knees and squeeze together 10 times to tone thighs.
3. To tone your tum during GMTV, sit on the edge of the armchair holding onto the arms. Slowly lift your legs till they are parallel to the ground, pulling your stomach muscles in. Hold for 10 seconds before slowly lowering them again. Do 10 reps.
4. Balance on one leg at a time as you brush your teeth, squeezing your bum and tum in as tightly as possible. This will give your legs a great workout.

And if you're really lazy... have a lie-in

An extra hour in bed can help you lose weight. 'When you're asleep, your body burns fat reserves because you're not eating,' says personal trainer Catherine Yates. 'You also crave carbs if you're tired, so that extra shut-eye will stop you scoffing.' Oh, and make your bed. It burns 100 calories.

Excuse #2

'I want a flat stomach but can't be arsed with sit-ups!'

Lazy girl's solution: Chi Gung 'stand-ups'

According to this 3,000-year-old oriental practice, these exercises work your body really well. Chi Gung expert Martin Shervington says: 'Each exercise opens what's known in Chinese medicine as 'meridians'. Each of these lines relates to an internal organ and when you get the inside working well you maximise your fat burning potential.' So do the following when you're doing the washing up or using the photocopier: with feet shoulder-width apart, gently twist at your waist till your shoulders are at a 90° angle to your hips. Gently squeeze your stomach in. Repeat 10 times on each side to reduce love handles and get a flatter belly.

And if you're really lazy... beat the bloat

A big belly can be down to bloating. Nutritionist Juliette Kellow gives us a few beat-the-bloat tips:

1. If you love cereal, opt for Rice Krispies. They're wheat-free, and wheat is a real bloating culprit!
2. If you're going out, have a big breakfast and a smaller lunch – you'll have a flat tum by the evening.
3. Drink water 24 hours before a night out. If you're dehydrated, you retain water, puffing you up.

Excuse #3

'Saturday's for shopping – not aerobics!'

Lazy girl's solution: The shopping workout

Do Amelia Watts' shopping exercises every time you hit the stores:

1. When you're shopping, walk around as much as possible, squeezing your bum as you go to really tone it. Two thousand steps (about half an hour wandering round H&M) equals a loss of 2lbs a year!
2. When browsing, walk sideways along the rails of clothing. This'll help tone the insides and outsides of your thighs.
3. In the changing rooms, hold the clothes you've chosen behind your back with your arms bent over your head. Slowly lift them up over your head till your arms are straight, then lower back down. Repeat 10 times to tone up the backs of your arms.
4. If there's a seat in your changing room, stand with your feet a few inches away from it. Squat as if you are about to sit down. As your bottom brushes the seat, slowly stand up again. Repeat 10 times

And if you're really lazy... shop for a new bum

'Buy a pair of Levi's Red Tab for Girls Eve jeans, says **more's** fashion director Wendy Rigg. 'They give you a perter bum without all the hard work

Excuse #4

'I want to go on a diet but my social calendar is mental!'

Lazy girl's solution: Swap to low-cal alternatives
Pizza

Ditch: Meat toppings.

Choose: Fish toppings (they usually come without cheese). Or order a simple cheese and tomato (with extra veggies to fill you up) which is about 700 calories less than a pepperoni.

Chinese

Ditch: Sweet and sour chicken, egg fried rice and spring roll (1,500 cals).

Choose: Chicken or prawn stir fry and boiled rice (600 cals).

Indian

Ditch: Korma, naan and pilau rice (1,700 cals).
Choose: Sauce-free curries like Tandoori chicken, boiled rice, poppadoms (600 cals).

Alcohol

Ditch: Beer (200 cals a pint).
Choose: Champagne (only 100 cals a glass).
Ditch: Bacardi Breezer (198 cals).
Choose: Diet Bacardi Breezer (only 96 cals!).
Ditch: Spirit and a single mixer (93 cals).
Choose: A diet mixer almost halves the calories (53 cals). Or order two bottles of mixer and keep

topping up your drink to avoid extra booze calories.

Ditch: A glass of white wine (150 cals).

Choose: A spritzer (75 cals).

And if you're really lazy... watch where you eat

According to The Feng Shui Doctor, Dr Paul Darby, wood, orange, yellow and red stimulate your appetite – which is why a lot of fast-food restaurants use those colours. Cunning, eh? 'Chrome, metal and dark colours like chocolate and caramel don't make you feel hungry,' says Paul. 'So try restaurants with that sort of decor!'

'A glass of grapefruit juice before each meal speeds up weight loss,' says dietician Juliette Kellow.

Excuse #5

'I'm too busy having sex with my boyfriend to go to the gym!'

Lazy girl's solution: Do the sex workout...

Flip into positions that work your leg, arm and bum muscles. Well, if we must...

Legs: You lie on your back, legs in a V-shape in the air. He places his knees either side of your hips and gently thrusts. Your thigh muscles will tighten as you grip your man and fight gravity.

Arms: You sit astride his hips and lean back on your arms and move up and down. Balancing your weight on your arms will strengthen and tone them.

Bums: You sit astride your man with your back to him and move up and down. He lies back and watches you. Your bum muscles will tighten as you rise and fall.

And if you're really lazy... have lots of orgasms. Four will easily burn 100 calories!

Excuse #6

'My mates are doing low-carb diets but I love my bread!'

Lazy girl's solution: The olive oil trick

Next time they bring you a basket of bread in a restaurant, spread olive oil, rather than butter, on it. In tests, people ate over a quarter less bread. No one knows how it works – but it does!

And if you're really lazy... try low-carb bread
Nimble's new Low Carb Bread, 89p, has 25% less carbs per slice so you can eat two slices a day, even if you're on Atkins!

Excuse #7

'I know swimming's a great arm-toner but it's too cold to go near a pool!'

Lazy girl's solution: The tea-making test

Get all the girls in your office to do this endurance test: place your hands either side of your bum on your chair, lift yourself off the seat and hold. See who can stay there the longest. Whoever loses makes the tea!

And if you're really lazy... get rubbing
Massage Neal's Yard Remedies Detox Toning Oil, £10.85, into the backs of your arms with a body brush. Its black pepper, orange and juniper all break down cellulite and eliminate toxins.

Excuse #8

'I want to wear a mini-skirt for this party in two weeks, but haven't got time to work out my legs!'

Lazy girl's solution: In-front-of-the-telly yoga

According to yoga guru Nicky Currie, if you do these moves 12 times on each leg every day while watching *EastEnders*, your legs will be toned in two weeks!

1. Lie on your side. Bring your lower knee forward and bend. Support your head in the crook of your lower arm which should be flat on the floor. Exhale while slowly raising your upper leg about two foot in the air, keeping the foot flexed and pointing slightly downwards. Inhale and lower. Repeat, keeping your leg muscles flexed.
2. Bring your upper knee towards your chest so it's at 90°. Exhale as you pivot your knee high towards the ceiling. Inhale as you lower, taking your knee as close to the floor as possible but without touching it.
3. Bring your knee to your chest again at a 90° angle. Exhale as you extend your leg straight out, flexing your foot as you lock your knee. Inhale, pulling your heel back as close to your bum as possible.

And if you're really lazy... fake tan your legs

'Fake tan "slims" legs instantly,' says *more's* beauty editor Lisa Oxenham. 'So before you head out to that party, apply Garnier Ambre Solaire Gloss Bronzer, £8.99. The permanent colour develops after an hour – but you don't have to wait as the cream goes on a lovely subtle colour with a slight sheen.' And if you have a fake tan mishap, just Lycra your legs slim! Try tights that shape your thighs into Diaz-esque proportions. Website www.mytights.com has a brilliant range that includes all colours, fishnets and bum lifters!



Not sure about these new style earrings...

Excuse #9

'I want to diet but I can't give up chocolate!'

Lazy girl's solution: Smell yourself satisfied

The smell of chocolate alone can curb your cravings, according to Dr Alan Hirsch of The Smell and Taste Treatment and Research Foundation in Chicago. So why not lose inches and satisfy your chocolate hunger by covering yourself in the stuff. Shape Changers Luxury Chocolate Body Wrap, £34.99, is a home detox kit that shaves off inches after one treatment and leaves skin silky smooth.

If that doesn't stop your cravings, have a 'morning only' ban. 'Don't deny yourself chocolate or you'll only crave it,' says Martin Sherington. 'The trick is to only allow yourself chocolate after 2pm. You'll either forget you wanted it (because you've had lunch) or you'll feel so virtuous at your restraint you'll be less inclined to break your good behaviour. Having it in the morning means you're more likely to carry on snacking. You'll think: "Well, I've already started, what difference will another one make?"'

And if you're really lazy... eat dark chocolate
Chocolate with more than 70% cocoa (like Green & Blacks) has less milk and therefore less fat. And it's so rich you'll be satisfied after only a few squares.

Dropping two measly choc-chip cookies a day saves you a 100 calories. That's nearly a stone in a year!



...and so they went off to the big trainer shop in the sky