

celebrity

FITNESS VIDEOS

It seems every TV celeb has a fitness video. *Slimming's* Katy Salter tried them out to see if they live up to their claims, then fitness instructor Amelia Watts gave her expert verdict

Workout With Wayne (£12.99 VHS/£17.99 DVD, Universal Pictures Video)

WHO? Ex-ballet dancer and *I'm a Celebrity...* veteran.

THE CLAIM Follow this tape regularly and look forward to a flatter tummy and a firmer bum.

KATY SAYS This is a fairly low-budget video and Wayne isn't the most charismatic presenter. He explains everything in lengthy

detail, wasting exercise time. A series of low-impact toning exercises follows a brief warm-up.

AMELIA'S VERDICT This video is unlikely to do much for your figure and fitness levels. The cardio workout only lasts about four minutes and the warm-up is a combination of dangerous

exercises, high impact moves, and one stretch. Wayne puts the stomach exercises first (when they should be done last) and doesn't include a cool down. He also uses many ballet exercises which can put pressure on your knees and lower back.



Go for it



Worth a go



Give it a miss



The Girls From Liberty X – Toned (£12.99 for VHS/£14.99 DVD, Contender Entertainment)

goes at a reasonable pace, so you have time to learn the routines. I doubt you'd get a flat turn – although you might learn some new dance moves to show off!

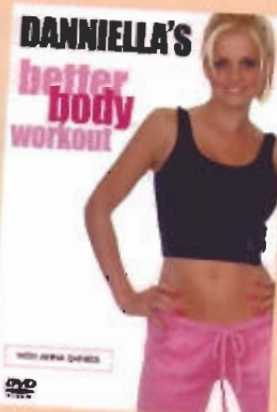
AMELIA'S VERDICT The title implies this is a toning video but it doesn't include strengthening exercises or a cool down. The step-by-step approach makes it easy to follow but there's a lot of stopping and starting – your heart rate will be going up and down like a yo-yo.



WHO? The *Popstars* 2002 rejects turned better-than-*Hear'Say* chart toppers.

THE CLAIM Apparently, you'll 'soon be dancing like the girls from *Liberty X*'.

KATY SAYS This was filmed at night on a Spanish beach and looks striking. The instructor



Danniella's Better Body Workout (£12.99 VHS/£19.99 DVD, Granada Video/VCI)

strenuous and Danniella's input is minimal – she doesn't even speak after the intro. Her instructor does all the work.

AMELIA'S VERDICT This is the most balanced of the workouts.

It has sections for cardio, upper and lower body toning and stomach exercises. The trainer gives lots of instructions on safety and technique, but she stops and starts too often, which will affect your heart rate.

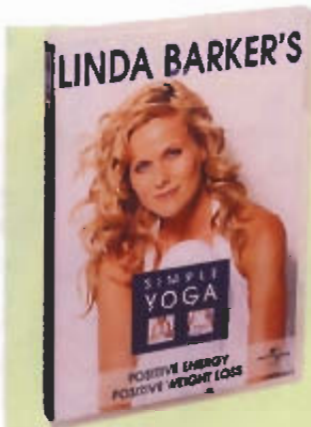
This video could improve your fitness and weight but you'd need to do it five times a week. It's also the best workout if you're new to exercise.



WHO? The ex-*EastEnders* better known for her dramatic personal life and cocaine-ravaged nose.

THE CLAIM Designed for busy mums. Follow regularly and be 'fitter and more toned'.

KATY SAYS This video isn't big budget, but it is accessible. The routines are divided into sections, with a good mix of aerobic exercise and lots of tummy work. It's not very



Linda Barker's Simple Yoga

(£12.99 VHS/£17.99 DVD, Universal)

cringe. But by the end I felt great – stretched, soothed and relaxed.

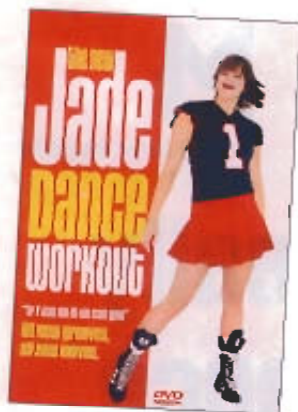
AMELIA'S VERDICT This video will help you de-stress, but it isn't the best routine for losing weight. You'd have to do strength and cardiovascular exercise as well to ensure you're burning fat. Linda gives very good instructions and the routines are sensible and well put together. It is a decent enough yoga workout, but to make a real difference to your flexibility and wellbeing, you should follow the video at least twice a week.



WHO? Ubiquitous interior designer, most recently seen in those ads for Currys.

THE CLAIM It'll help you 'lose weight, tone up and stay in shape and increase your energy.'

KATY SAYS This video is a real surprise. Linda is a keen yoga enthusiast and really seems to know her stuff, although some of the 'allow your whole being to smile' comments may make you



The New Jade Dance Workout

(£12.99 VHS/£16.99 DVD, Lace International)

you'll probably find her incessant yelling irritating.

AMELIA'S VERDICT The only guide to technique is by following Jade's example but, as she doesn't always do the exercises well herself, a huge safety issue arises. You may not get the full benefit of the exercises or, worse, do them incorrectly and injure yourself.

The video is aimed at someone new to exercise, but the dance routines are complicated – so you'd probably get confused and have to keep stopping, which results in an ineffective workout and can be annoying.



WHO? The all-shouting, all-exercising queen of Reality TV.

THE CLAIM Jade reckons she's dropped two dress sizes following this workout and says: 'If I can do it, so can you.'

KATY SAYS Jade's enthusiasm is surprisingly infectious and I was really out of puff at the end of the workout. I imagine that you'd burn a lot of calories if you did this workout regularly. A word of warning though – if you're not a Jade Goody fan,



Lynne Robinson's Everyday Pilates With Fern Britton

(£12.99 VHS/£14.99 DVD, Firefly Entertainment)

doing it in the office! And, even though Lynne clearly knows her stuff, I wasn't confident that I was doing all the exercises correctly.

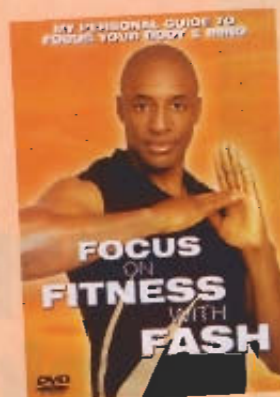
AMELIA'S VERDICT This really is an excellent video tape for someone new to Pilates. It's not likely to help you to lose body fat, but Pilates will improve your flexibility and muscle tone. You should also aim to do some form of cardiovascular exercise as well, such as swimming or walking, to complement it. For best results, try to do this video five times a week.



WHO? The UK's most popular TV presenter, it says.

THE CLAIM Follow this video and experience increased flexibility, toned buttocks, thighs and arms, a flatter tummy and improved posture.

KATY SAYS This tape is divided into three short workouts, designed to be done at different times of the day. It's a great idea, apart from the lunchtime workout – fine if you're at home, but I would get some funny looks



Focus On Fitness With Fash

(£12.99 VHS/£19.99 DVD, Granada Video)

It's not too demanding, but nothing too special either.

AMELIA'S VERDICT You might relax by doing this video, but I doubt it will achieve much else. There's hardly any aerobic content and the routines are badly put together. I don't think Fash really understands the needs of exercising for health. The football exercises are unlikely to help you lose weight or tone up. You'd need to do additional cardio training to see results though.



WHO? John Fashanu. Ex-footballer and former *Gladiators* compere.

THE CLAIM To improve fitness by 'going back to basics.'

KATY SAYS The video is divided into five sections, the latter of which involves playing with a football. There are also a few martial-arts style moves.

All videos are widely available. Contact Amelia at The Tonic lifestyle and fitness consultancy on 020 8-405 1727 or visit www.the-tonic.com