

oliday

Combine two weeks in the sun with our three easy-to-follow fitness plans. Designed for you to do on the beach, in the pool or even in your hotel room, you could drop a bikini size while you're on holiday!



We're not suggesting that you slog it out in the hotel gym, but if you've made the effort to try and tone up before your holiday, why let it all go pear-shaped while you're away? And if you don't usually have time for regular fitness sessions, two weeks away from your usual routine is the perfect opportunity to get into some good exercise habits, ones you can stick to when you're back at home.

Our quick and effective plans can be done in the pool, on the beach or back in your hotel room at the end of the day – or when you get up each morning. Just pick the one that works best for you.

Your pool workout

Jog or power walk through the water at a steady pace for 8-10 minutes. Use your arms to propel yourself along.

SCISSORS

Standing close to the side of the pool, open and close your legs in a scissor-style action 10 times. Stop and rest, then repeat three more times.

ARMS UP

With the water at chest height and your feet flat on the pool floor, circle your arms through the water – forwards for five, then backwards for five. Keep your palms flat and you'll



feel the resistance as you push and pull your arms through the water.

POWER SQUATS

Squat down in the shallow end, then jump up from the water leapfrog-style. Rest, then repeat five times.

KICK AND SPLASH

Holding on to the side of the pool, float on your stomach with your legs stretched out. Make sure you keep your back flat and your arms straight. Now kick your feet – lifting your toes out each time to make a splash – for 30 seconds. Rest, then repeat five times.

POOL TOO BUSY?

If there's no room to exercise or swim in the pool, simply walk up and down in chest-height water, pulling your arms behind you to create muscle-toning resistance.

TAKE A DIP

There's nothing more inviting than a sparkling pool on a sizzling hot day, and according to Anthony Linton, Fitness Manager at Champneys Henlow (08703 300300), swimming is really good for you. 'It's great for the respiratory system and the whole body, as it works and tones all the muscles – but doesn't put any stress on the joints.' But even if you can't swim a stroke, you'll find our pool workout fitness plan easy to follow.

Water wise

■ Swimming in the sea? Never swim against the current as you could get into difficulty if the water becomes deep.

■ Wait a couple of hours after a meal before taking a dip, but

don't exercise when you're feeling hungry as it can make you feel dizzy.

■ Stick to poolside activities if you've indulged in a glass or two of wine the night before.

Your hotel room workout

Early morning holiday sun can be great for putting you in the mood for some gentle exercise. Or, if you like to wind down in your room before the evening fun begins, our 10-minute routine will leave you raring to go.

LEG UP

What's it good for?

Inner and outer thighs.

- Lie on your left side, your right hand on the floor in front of you and your head resting on your left hand.
- Raise your right leg to a 45° angle.
- Raise the left leg and hold the position for 30 seconds.
- Lower both legs to the floor together. Rest, then repeat 10 times.

TUMMY TONER

What's it good for?

Abdominal muscles, obliques (muscles at the sides of the stomach) and hips.

- Sit on the floor and place your hands behind you to support your body. Your fingers should be pointing towards your body.
- Bend your knees in to your chest and slowly raise your feet off the floor.
- Slowly stretch both legs, tilting your upper body backwards slightly.
- Pull your knees back in to your chest and return to seated position. Rest, then repeat 10 times.

BUTT BUSTER

What's it good for?

Bottom muscles and the muscles of the spine.

- Lie on your back and place your legs on the seat of a chair or the edge of your bed, bending at the knees.
- With your hands resting on the floor, slowly raise your hips, making sure you keep a straight line



between your shoulders and knees. Hold for 10 seconds then lower slowly back to the ground.

- Rest, then repeat 10 times.

CHESTS AWAY

What's it good for?

Chest, shoulders and the backs of your arms.

- Place your hands a bit wider than shoulder-width apart on the back of

a chair. Make sure you place the chair against a wall to stop it moving.

- Step back and place yourself in a press-up position, straightening your arms but keeping a slight bend in the elbows.
- Lower your body towards the chair, keeping your stomach muscles pulled in.
- Push your body away from the chair and return to start position. Repeat 10 times.

Your beach workout

Make the most of a day on the beach by giving our workout a go, and shape up your body in less than 10 minutes a day.

BUST BOOSTER

What's it good for?

Strengthening and toning the muscles that support the bust.

- Stand with your feet hip-width apart. Push arms straight out in front of you, keeping your elbows at shoulder level.

Holiday calorie burners

'Being on holiday isn't an excuse to pile on the pounds,' says Neal Chamberlain at The Tonic – a nationwide fitness coaching service (for details, visit cgi.thetonic.free-online.co.uk).

Try these calorie busting tactics:

- Skip the hotel lift and walk or jog up the stairs.
- Join in the activities. Most hotels offer free activities that you can take at your own pace. Try something different, such as water polo, archery or volleyball.
- Just about any variations of tummy crunches, including twists, can be performed on a sunbed.

- Work off the cocktails on the dance floor. Belly dancing, flamenco and salsa are great fat-burning exercises – and fun to do.
- If you like to run or cycle at home, plan to take in some new and interesting routes for while you're away. A change of scenery could liven up your exercise routine, while the sunny views will boost the feel-good factor of your workout.
- Ultra-chilled holiday makers can exercise while they lie in the sun. Clenching your bottom, tummy legs, chest and shoulders in rotation as you sunbathe are all great for on-the-spot toning.

TAKE A SEXY SIESTA

Did you know that sunlight raises the libido, and half-hour's love-making will burn off a lot of unwanted calories?