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SINFUL SUMMER SEX 2007

- * 53 all-new scorching sex tips
- * How to talk dirty (no wine required)
- * Funny, freaky & filthy confessions

more

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REAL LIFE



'I escaped an orgy-loving cult'



'PMT turns me into a violent man-beater'

100
SEXY BEACH BUYS

PLUS The dress that makes you lose 10lbs



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EXCLUSIVE!
MATES REVEAL ALL

CHARLEY
She's secretly posh & hiding a long-term man!

PLUS! What Jodie Marsh really said about meeting her (PS: It's not nice)

AMAZING!

Liam's boozey holiday snaps

I was burnt and blackened man!



The beach gym

Anthony Mayatt, personal trainer at www.breathefitness.uk.com says tone as you tan

Crunches – to tone the stomach

- Lie flat on your back, with your knees bent, and your arms crossed across your chest.
- Raise just your shoulders – not your back – off the ground by crunching your stomach.
- Keep looking up, and go slow. If your back hurts, stop, you're doing it wrong.
- Do three sets of 15-20 repetitions.

Back raises – to tone the back

- While you're tanning your back, lie face down and put your hands behind your head.
- Lift your shoulders off the floor, and keep facing down.
- Tense your back up to squeeze yourself up off the floor.
- Do three sets of 15-20 repetitions – but make sure it's the same amount as the crunches you've just done.

The plank – waist tightening

- Lie on your front and put your elbows and forearms on the floor.
- Balance on your toes and elbows. Hold your body up in a straight line for as long as you can.
- If your back starts arching or your hips start edging towards the floor, stop.
- You should be able to hold this for 30 seconds – it's harder than you think.

NICE PINKS

MAKING A SPLASH
EVEN THE FISH WERE
RELUCTANT TO BE IN A PIC
NEXT TO CAM IN A BIKINI

SUMMER

SLIP UPS

Eek. You're drunk, you're hot and you're hungry. Stick this page to your forehead and do these smug-as food swaps

SWAP: A Magnum, any flavour, is over 200 cal.

FOR: A Skinny Cow fudge lolly is only 100 cal. Smashing.

SWAP: Strawberry Cornetto is a massive 220 cal.

FOR: A Ribena lolly. It's only 43 cal. Get. In.

DRINKING

In summer, it's very tempting to go for a drink after work, in the sun. Or in the park, in the sun. Or at a festival, in the sun. Or in the pub, when it rains. But make sure you're watching what you drink...

SWAP: Smirnoff Ice – 180 cal per bottle

FOR: Vodka and Diet Coke – 70 cal per glass



SWAP: A nice cold beer – 200 cal a pint

FOR: A nice cold glass of white wine – at 75 cal a glass

BEST BARBECUE OPTIONS

No, it's not a liquid dinner. Tuck into these

- Grilled corn on the cob
- Chicken shish kebabs
- Jacket potatoes
- Grilled olives
- King prawn skewers
- Vegetable skewers
- Minted yoghurt dip
- Fresh salads
- Hummus

