

SOD THE SALES!

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NEWS EXCLUSIVE

**'THIS IS MY
FIRST YEAR
ASA WOMAN'**



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OH MY GOD! IT'S SONIA

'How I lost 4 dress sizes... and got a new man'



BEFORE

**MORE
AMAZING
PICS
INSIDE**



7 JAN 2008 £1.30
SUNDAY ISLANDS £3.75 GER €3.95

OI! HOLLYOAKS WE WANT YOUR

Chester's finest always look toned, tanned and totally glam. So we got the ladies

We had a big jealous fit when we saw how amazing the Hollyoaks girls look in their new calendar. But, amazingly, you don't have to live in the gym to get their look. What a result!



LEAH HACKETT
AKA Tina McQueen

MY NORMAL DAY:

I'll have Weetabix. Then for lunch a jacket potato with cheese, and at night I'll have stir-fry and vegetables.

MY EXERCISE: I go for runs in the park. I'm meant to go three times a week, but if I go once, that's enough!

MY LOOKING-GOOD TIP: I say eat everything in moderation. I eat biscuits, but not every day.

MY PRE-CALENDAR WORKOUT: I went to the gym a bit more, but I didn't obsess over it.

Get Leah's arms

Anthony Mayatt, trainer at Breathe Fitness* tells you how:

- 1 Put your hands on the ground, inches apart.
- 2 Kneel on the floor and do three sets of as many pike-ups as you can, keeping your shoulders straight.



Leah's favourite dinner



ZOË LISTER
AKA Zoë Carpenter

MY NORMAL DAY: I'll eat muesli at breakfast then a sandwich at lunch. I love fish in the evening. But I do have chocolate now and again.

MY EXERCISE: I love classes like body pump as I get bored in the gym.

MY LOOKING-GOOD TIP: I just had an oxygen facial. It sounds so weird, but it makes you feel full of energy.

MY PRE-CALENDAR WORKOUT: We all got a bit panicked a couple of weeks before, and did loads of crunches and gym sessions.

Get Zoë's waist

Anthony says says do some toning crunches:

- 1 Lie on your back and bend your knees.
- 2 Raise your back and stretch your arms to touch the opposite knee. Squeeze and hold for two seconds.
- 3 Do two sets of 15 on each side.



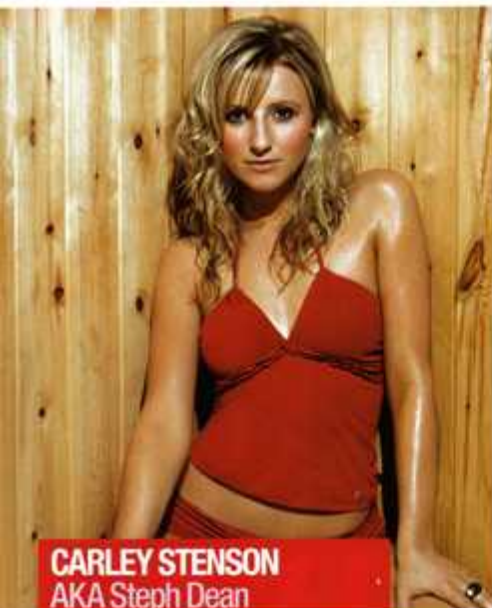
Zoë still needs a chocolate fix

GIRLS, BODIES

from the 'Oaks to tell us how they do it

more
LAZY GIRL'S
DIET SPECIAL

moretoned



CARLEY STENSON
AKA Steph Dean

MY NORMAL DAY: I have poached egg on toast or Corn Flakes with banana. Lunch is a jacket with tuna and I love seafood for dinner. I'm trying to stop eating biscuits and crisps on set.

MY EXERCISE: Beating my bloke Ricky [Whittle AKA Calvin] at badminton.

MY LOOKING-GOOD TIP: Rusk tinted moisturiser – it highlights your best bits.

MY PRE-CALENDAR WORKOUT: My boyfriend and I hit the gym together. It got a bit competitive.

Get Carly's abs

Anthony says it's about the curl-up crunches:

- 1 Lie back with your arms and legs in a straight line.
- 2 Slowly pull up using your abs. Wrap your arms around your knees.
- 3 Take two seconds to sit up and four seconds to lie down. Do three sets of 20, three times a week.



Carley's weakness



GEMMA MERNA
AKA Carmel McQueen

MY NORMAL DAY: I have a bagel with egg whites. Lunch is pasta and for tea I'll have meat or fish with salad. I've started snacking on nuts too.

MY EXERCISE: I go to the gym four times a week. I know it sounds a lot...

MY LOOKING GOOD TIP: Club together with some mates to get a trainer. They make you work out.

MY PRE-CALENDAR WORKOUT: I ate really well, went to the gym and kept off the drink. It was tough!

Get Gem's boobs

Anthony recommends using cans of beans:

- 1 Lie on the floor and bend your knees.
- 2 Grab the cans and stretch out your arms. Slowly lift them up and out. Squeeze your shoulders.
- 3 Slowly lower your arms back down. Do three sets of 15 raises.



Gemma's healthy snack habit