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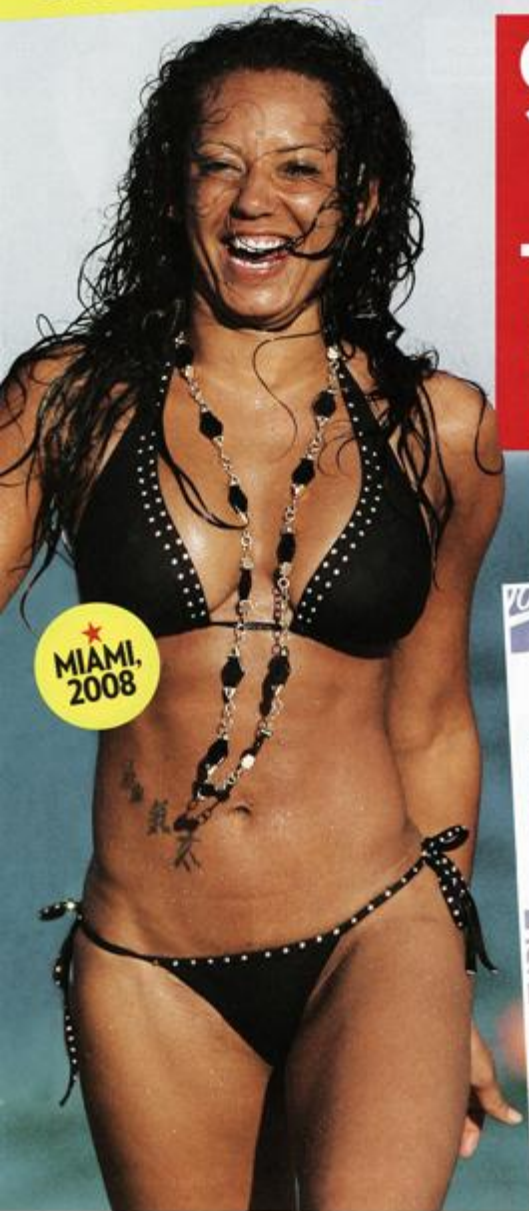
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9. HOW CAN WE LOOK THIS GOOD IN A BIKINI?

EEK. It's summer-holiday-booking time. And we haven't even started getting bikini-ready. It's action time

Pictures of celebs in their bikinis always make us panic a bit. We might be all excited about your summer holiday, but getting in a bikini and looking as hot as Mel B is quite unlikely right now. And just a bit scary.

But how has Scary Spice got her new slim figure? And how can we get one? A mate of Mel's in LA tells us she's been on a strict carbs diet for the past five months and eats loads of pasta and jacket potatoes. 'As well as protein shakes, Mel loves bananas and sometimes eats four a day,' her mate says.

And Mel's been hitting the gym too. 'Mel does boxercise classes and weight training,' her mate reveals. 'She does 100 sit-ups a day and loves dance workouts. Mel does five dance classes a week.' We probably won't fit all that in so we got personal trainer Anthony Mayatt (www.breathfitness.uk.com) to help give us some tips.



Get Mel's stomach

Crunches on an exercise ball are great as the ball unbalances the body and forces your abs to work overtime. Lay across the ball with your bum on the edge. Lean as far back as you can and slowly crunch but make sure your lower back stays on the ball. Pause for half a second and lower. Breathe out on the way up and in on the way down.

Get Mel's arms

All you need for these exercises are some bags of sugar. Curl the bags up towards your biceps then raise them above your head. Once the bags are above your head you can work the biceps by keeping your elbows pointed upwards and lowering the bags of sugar behind you towards the back of your neck. Also, you can perform triceps dips on your sofa. Lean on the side with your arms and lower your bum towards the floor, bending your arms and keeping a straight back.

Get Mel's bum

To tone your bum, get on all fours with your arms below the shoulders and knees below hips. One leg at a time, lift the leg out behind you and raise, lifting your foot towards the ceiling. Squeeze your bum for a second and lower. Repeat with other leg. Perform each exercise for three sets of 15-20 repetitions. Do this three times a week and you'll be amazed with the results in four weeks. Fact.



10. ARE JUICY TUBES BACK?

EIGHT NEW COLOURS AND A CHRISTOPHER KANE RANGE. CREDIT CARDS AT THE READY...

We love Lancôme's Juicy Tubes – in fact, 27 lipglosses are sold every minute so we're super-excited to hear Brit designer Christopher Kane has a range coming out on May 1. He's invented eight new shades inspired by cities round the world – our favourite is Rio Peach. Plus they've got a brand new formula which keeps lips looking glossy for over four hours and they're a bargain at £13.50.



AND HERE'S HOW NOT TO TONE UP...



We thought it sounded great – a diet that involves eating biscuits instead of breakfast and lunch. But Madonna revealed that while her hubby Guy Ritchie lost some weight on it, he missed out on the workouts between the sheets. 'It was such a turn-off because he didn't want to have sex,' she said. On national radio. Oh Madonna. Too. Much. Information.

