

AMAZING  
REALLIFE

'Me and my sister share the same man

more  
WEEKLY

more

5 MAY 2008  
£1.30  
ISSUE 1000

5 hot hairstyles  
for spring

Exclusive!

# BRITNEY TO MARRY K-FED AGAIN

How she proposed and  
their Hawaii wedding plans

100  
SEXY NEW  
WEEKEND  
LOOKS



from  
£4

The

# RELATIONSHIP SURVEY 2008

How does your sex life compare?



1,000s of you spill  
your love secrets

OH MY GOD!

IS JESS SIMPSON HEADING FOR REHAB?



## 7. HOW MANY SIT-UPS UNTIL WE LOOK LIKE THIS?

**R**emember that first picture we saw of Coleen dressed in her school uniform, looking, erm, frumpy? Well, look at her now. Chilling out in Miami with her girlfriends, Col's definitely one step ahead of us when it comes to getting her bikini body kicked into shape for the summer. So, how do we get her washboard stomach? We asked personal trainer **Anton Mayatt** just how to get from flab to flat...



6 It'll take about three weeks before you see results, but doing three sets of 20 sit-ups a day will be the maximum you'll need to get in shape like Col. So, that's 420 sit-ups a week? Pah, easy.

'Speed up the process by doing three sit-backs as well,' says Anton. 'Start sitting upright with your knees bent then lower yourself to the floor, as if you're doing a sit-up backwards.'

'Drink tons of water too,' says Anton. 'Start the day with fruit and cut back on carbs in the evening.' Simple. Bikini, here we come.

OMG, look at Col's new abs

## 8. OI, PARIS! WHERE CAN WE GET A CHEAP TAN?

If it's good enough for a rich Hilton, then it's good enough for us too...



Paris always liked to match the colour of her clothes to her skintone

**W**e're all a bit skint right now and the odd weather's messing up our hair and skin no end. But, just like Paris, we all love a beauty bargain, and here are the best places to get one in the UK...

### LEEDS

Salon: Charles Lewis Hair And Beauty Salon  
Offer: A massive 50% off your first visit. This includes all the beauty treatments, not just a new tan. Tel: 0113 225 2299

### NOTTINGHAM

Salon: Hair Space Strand Management  
Offer: 25% off beauty treatments, including facials and manicures. Also, 50% off a cut and blow-dry. Tel: 0115 922 4606

### LIVERPOOL

Salon: Utopia Retreat (Abbey Clancy goes, don'tcha know?)  
Offer: 10% off semi-permanent lashes (these normally cost a whopping £75). Tel: 0151 526 4080

### ESSEX

Salon: Exquisite Beauty And Tanning  
Offer: Detox Box (a sauna that uses infra-red lamps to burn off fat). A course of three sessions for £40. Tel: 01245 256 152