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## InStyle

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HOT  
LOOKS*The trends,  
the pieces, the  
buys you need...*FASHION  
GROWS UPWhy we're  
finally dressing  
our age!GET  
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PERFECT  
IN ONE  
WEEKGEM  
ARTE*On body image, Bond*BODY  
BLITZ

Yikes! It's time to peel and reveal. But whatever your bare-all deadline – a month or a minute – there's a pro trick to help you achieve body confidence

Photographs James Houston | By Camilla Kay | Styling Alex Slavycz

**I**f model and face of Lancôme Elettra Wiedemann's lean limbs are an inspiration to shape up before your one-piece debut, now's the time to start prepping what lies beneath.

**ONE MONTH TO GO...***Up the workout ante*

There's still plenty of time to shift ten pounds or drop a dress size, according to Hollywood trainer Ramona Braganza ([ramonabraganza.com](http://ramonabraganza.com)), who has honed Jessica Alba's limbs. "To lose around 2lb a week and tone up, you need to incorporate cardio [running, cycling, aerobics], strength training [weights and elastic band work] and core exercises [ab crunches and sit-ups] each time you work out," she says.

Trainer Mark Anthony ([markanthonyfitness.com](http://markanthonyfitness.com)) advises four sessions a week – working on different areas of the body, but always finishing with at least 25 minutes of cardio. "At this point, the body is in the fat-burning zone, so the more the better."

*Food for thought*

Rid your kitchen of all processed carbs and sugars like white bread, pasta, pastries and alcohol. Replace with slow-energy-release carbs like oats and brown rice; lean, metabolism-boosting protein like grilled chicken and fish; and fruit and veg. Portion control is vital, says Anthony. "Aim to eat five portions a day, each the size of your fist."

Falling foul of temptation? Order in the healthy way with Soulmatefood ([\[lifestyle.com/food\]\(http://lifestyle.com/food\)\). This service delivers three meals and two snacks for three days at a time, from £25 per day.](http://soulmate</a></p></div>
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*Brush up*

With skin cell turnover on a 28-day cycle, now is the time to start targeting cellulite, says skin specialist Nichola Joss: "Body-brush for a few minutes before showering. Work with upward strokes towards the heart to leave skin radiant". Post-shower, massage in a dimple-reducing cream.

*Make walking count*

Don a pair of FitFlops. The "wobble board" sole works your muscles harder as you walk. We won't step out without ours after noticing a much perkier rear. ▶