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'I was six months pregnant
and addicted to exercise'



ZEST TESTS SKI WEEKENDS, SPORTS GLOVES, CANAPES, SKIN SOOTHERS

Six minutes to your sexiest body ever!

Think you don't have time to exercise your way to a fabulous body? Think again! The all-new LA body plan couldn't be easier...

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Who wouldn't like to have the honed, toned and super-fit figure of one of LA's finest beach babes? Trouble is, the average Hollywood girl probably goes to her fabulously chic and expensive gym every day and never skips a personal training session. No doubt she thinks nothing of setting her alarm for 5am to fit in an hour-long cardio session. And when it comes to food, it's protein shakes and egg white omelettes a-go-go, surely?

Not necessarily. The good news is that getting that enviable body is considerably more achievable (and affordable!) than you might think, with the help of British-born, LA-based trainer Tracey Mallett. Tracey has taken the US by storm with her ultra-easy fitness and diet plan that's designed to fit around even the most frantic schedule.

Tracey's 'Sexy in six' regime consists of a range of six-minute mini-workouts that draw on compound exercises (where you target more than one muscle group at once), plyometric or jump-based training, interval workouts, Pilates and yoga. She's also a qualified sports nutritionist and has devised a portion-based food programme that includes all food groups and is designed to give your body the fuel it needs to work out efficiently, blitz fat and build lean muscle tissue. Stick to the diet and exercise plan and, says Tracey, you should expect to lose a steady 2lb to 3lb per week.

Both the diet and fitness plan are ultra-flexible. You choose one or more workout segments to do in the morning, afternoon or at night – whenever you have time. When you're busy, 'Do less; on days when you have an hour to yourself, do a lot more!' says Tracey. As a guide, aim for an average of three complete mini-workouts a day: ideally a combination of the cardio blast routines and the six-minute bike or treadmill workouts. 'By squeezing in the workout segments throughout your day, you can shape up super-fast, without having to find a big block of workout time in your day,' says Tracey. →



THE DIET

The eating plan couldn't be simpler – it's not a 'diet' as such, just a question of carefully watching what you eat. Tracey's approach is based around portion size, and you're allowed a variety of different servings each day, so you won't get bored.

You'll need to keep a food log – a crucial part of the plan. 'We forget the things we don't want to remember,' says Tracey, 'such as a mid-afternoon office biscuit. When you have to write down what you eat, you think twice about what you put into your mouth.' Use the food log opposite to record what you eat – just cross through the relevant square to indicate what you've eaten, and you'll be able to see what options you have left for remaining meals or snacks.

Every day, you're allowed the following portions from the food lists below:

- Seven 'protein' • Three 'dairy'
- Four 'fruit' • Five 'grain' • Three 'fat'
- Unlimited non-starchy vegetables, such as cabbage, broccoli, spinach, peppers, courgettes, celery, onions, tomatoes.
- You can have three or four treats a week.

Weekend meal plan

For inspiration, take a look at the meal suggestions below. 'But the idea is that you make your own meals based on the ingredients and portions on the food lists,' says Tracey.

SATURDAY

BREAKFAST Smoothie made with 1 small banana, 2tbsp to 3tbsp frozen berries, 250ml soy milk, and 1tbsp almond butter.

Equals 1.5 fruit, 1 protein, 1 dairy, 1 fat

LUNCH Tuna sandwich with 2 slices of wholemeal bread, filled with ½ tin of tuna in water mixed with chopped onion, lemon juice, 1tsp low-fat mayo, and served with 1 large tomato.

Equals 3 protein, 2 grain, ½ fat, free vegetables

DINNER Small grilled skinless chicken breast with homemade Asian coleslaw (large handful each of shredded green and red cabbage, 1 large grated carrot, ½ an onion and 1tsp sesame seeds toasted, with 1tbsp rice vinegar and 1tsp olive oil).

Equals 1 fat, 3 protein, free vegetables

SUNDAY

BREAKFAST Poached egg on 1 piece of wholegrain toast served with a handful of cooked spinach and 2tbsp tomato salsa. Follow with one small apple.

Equals 1 protein, 1 grain, 1 fruit, free vegetables

LUNCH Salad made with 2 handfuls of baby spinach, 2 chopped spring onions, 10cm chunk of cucumber (diced), cherry tomatoes and 50g crumbled feta cheese. Serve with 1tbsp of toasted walnuts, and dress with lemon juice and a little olive oil.

Equals 2 dairy, 2 grain, 2 fat, free vegetables

DINNER Poached salmon fillet with unlimited steamed veg, and a small baked potato.

Equals 4 protein, 1 grain, free vegetables

YOUR PORTIONS

PROTEIN	DAIRY	FRUIT	GRAINS AND STARCHY VEG	FATS	TREATS
30g skinless chicken or turkey (½ of a breast)	250ml (small glass) skimmed milk, low-fat soy milk or fat-free yogurt	1 small apple	1 slice wholegrain bread	1tsp olive, sesame, flaxseed or rapeseed oil	1 small glass of wine
30g white fish (half a small fillet)	25g to 30g (matchbox-sized) reduced fat cheese or 2tbsp low fat cottage cheese	4 apricots	Half an English muffin	1tbsp ground flaxseed, pumpkin, sesame or sunflower seeds	1 small glass of light beer
30g tinned salmon or tuna in water (half a small tin)		1 small banana	1 slice raisin bread	½ avocado	Bag of reduced fat crisps
30g crab meat (half a small tin)		3tbsp berries	1½ Weetabix	6 almonds or cashews	30g bar of high-quality dark chocolate
30g lean beef		1 kiwi	30g muesli	10 peanuts	
30g lamb		Half a large grapefruit	1 Shredded Wheat	8 olives	
30g tofu		Half a small mango	2tbsp cooked wholegrain pasta, brown rice or quinoa	2tsp reduced-fat dressing, margarine, light mayonnaise	
1 egg		1 small nectarine	1tbsp hummus (counts as 1 grain + 1 fat)	1tsp butter	
1tbsp peanut butter (counts as 1 protein + 1 fat)		1 medium peach	1 small baked or boiled potato	1½tsp reduced-fat cream cheese	
		1 pear	1 small squash, cooked	3tbsp reduced-fat sour cream	
		Small packet of fresh pineapple	2tbsp peas		
		2tbsp raisins	2tbsp lentils, chickpeas, black eyed beans, kidney or baked beans		

THE EXERCISE PLAN

Pick three sessions a day from: blast A, blast B, blast C, and the two cardio workouts on bike or treadmill. Head to the gym to complete all three slots in one go, or intersperse outdoor cardio (a short bike ride or jog) with the blast circuits at home. You'll need a set of 3lb to 5lb weights and an exercise mat.



'It worked for me!' PENNY DELVE, 29, RECRUITMENT CONSULTANT

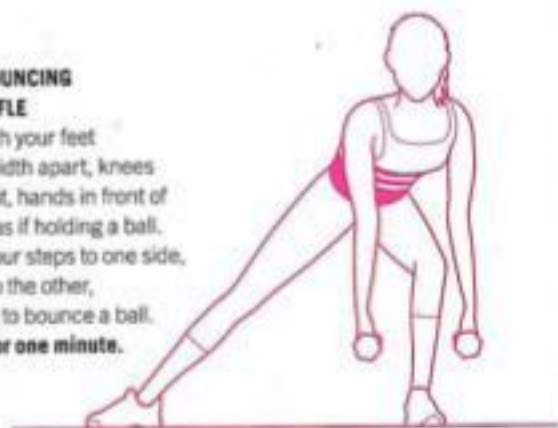
'I'm pretty fit, so I thought a workout based on six-minute chunks would be too easy. I was surprised at how tough it is. In an average week, I train for lacrosse once and play a match. When I miss lacrosse, I do a mix of cardio and weights at the gym. I tried the workout at home and did the sessions in one go. I really like the way the moves are different from the usual lunges and squats. I'll definitely keep doing it.'

BLAST A



Step 1 BOUNCING BALL SHUFFLE

1 Stand with your feet shoulder-width apart, knees slightly bent, hands in front of your torso as if holding a ball.
2 Shuffle four steps to one side, then four to the other, pretending to bounce a ball.
Continue for one minute.



Step 2 SIDE LUNGE WITH ROW

1 Take two weights. Stand with legs together, slightly bent, arms by sides. Inhale and step to the side, toes facing forwards. Twist your upper body and reach your arms towards your bent knee.
2 Exhale and push off your bent leg, bringing your legs together. At the same time, bring your shoulder blades together, elbows behind your body. Your upper body should be pitched slightly forwards.
Do two sets of 10 reps on each side.



Step 3 SPLIT LUNGE CROSS COUNTRY

1 Stand as in an exaggerated power walk, knees and arms bent.
2 Jump into the air, switching legs as you jump, so you land with your other leg in front, and your arms in opposition. **Repeat, alternating legs for one minute.**



Step 4 CHOPPING WOOD

1 Take two weights. Stand with your legs shoulder-width apart, turned out and knees bent. Bend your arms, resting both weights on your right hip.
2 Exhale and extend both knees as you rotate your torso towards the left. At the same time move your arms across your body towards your left shoulder. Inhale and bend your knees, returning your hands to your right hip.
Do two sets of 10 reps on each side.

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BLAST B

Step 1 KNEE REPEATER AB CRUNCH

1 Start in a deep lunge with your left leg in front, right heel off the floor. Extend both arms forward and up.
2 Bring your right knee and arms in towards your chest as you contract your abs. Keep your left leg bent all the time.
Continue for 30 seconds and then swap legs.



Step 2 HAMSTRING CURLS WITH TRICEP EXTENSIONS

1 Take two weights. Stand on your right leg with your left leg lifted about 60cm off the floor behind you. Lean forwards from your hips and place your left hand on your left hip. Holding a weight, extend your right arm behind your body with palm facing in.
2 Inhale and bend your elbow and knee in at the same time. Exhale and extend your arm and leg back to the start position.
Do two sets of 10 reps on each side.



**Step 3 PRETEND SKIPPING**

1 Stand with feet shoulder-width apart and arms by your sides as if holding a skipping rope.
2 Spring from one foot to the other. **Do this for one minute.**

**Step 4 SQUAT LIFT WITH LATERAL SIDE LIFTS**

1 Take two weights. Stand with feet shoulder-width apart in a squat position. Holding the weights at your side, bend your arms slightly.
2 Extend both knees and contract your abs. Lift your right leg off the floor to the side of your body and open your arms to the sides of your body at shoulder height.
Do two sets of 10 reps on each side.

BLAST C**Step 1 DOUBLE PULSE SQUATS WITH JUMP**

1 Stand with your feet shoulder-width apart, knees slightly bent, arms at your sides. Bend your knees, keeping your weight in your heels. Pulse up and down twice.
2 Spring off the floor, jumping forwards, reaching both arms up and land back in a squat position.
3 From the squat position, do another double pulse and jump up and back. **Repeat for one minute, alternating direction.**

**Step 2 FLAMINGO WITH BICEP LIFT**

1 Take two weights. Stand on your right leg, left leg extended behind you and resting on your toe. Rest your left hand by your body.
2 Inhale, bend your right leg, extending your rear leg off the floor. At the same time, lift your right arm to shoulder height. Exhale and return to start position.
Do two sets of 10 reps on each side.

**Step 3 CHUGA CHOO CHOO**

1 With your knees bent, step to the right and jump, bringing your left leg to meet your right leg. Then step to the left and keep alternating sides. Keep your elbows bent and circle your arms up and down with the side steps, like a train. **Travel backwards and forwards for one minute.**

**Step 4 PLANK WITH ROW**

1 Holding two weights shoulder-width apart on the floor, get into a bent-knee push-up position. Contract your abs, so that there's a straight line from your shoulders to your knees.
2 Bend your right elbow up behind your body and draw your right shoulder blade to the middle of your back. Lower your hand to the floor, keeping your abs contracted for support.
Do two sets of 10 reps on each side.

And try one of these cardio workouts

For the effort levels below, 10 is a maximum effort (you shouldn't be able to sustain this pace for more than 30 seconds!) while 0 would be totally sedentary.

STATIONARY BIKE OR ROAD BIKE

2 minutes	warm up	effort level 5
2 minutes	increase pace	effort level 6
1 minutes	interval increasing pace	effort level 6 to 7
30 seconds	decrease pace	effort level 6
30 seconds	recovery	effort level 3 to 4

TREADMILL OR JOGGING

2 minute	warm-up walk	at 3.5mph
1 minutes	slow jog	5mph
30 seconds	fast jog	at 6mph
1 minute	jog	at 5mph
30 seconds	fast jog	at 6.5mph
30 seconds	jog	at 5mph
30 seconds	cool-down walk	3.5mph



Sexy in 6 by Tracey Mallett is published in January by Da Capo Lifelong, £10.99. *Test readers can order the book at the special price of £8.99 plus p&p, by calling Grantham Book Services on 01476 541080 and quoting offer code SSTM01. The offer closes 31 January 2009.*