

10 HOT STORIES

'I've never felt sexier. Being comfortable in my own skin is what it's all about' **Mel B**

FOR A MOMENT THERE, WE WERE REALLY LOOKING FORWARD TO SUMMER. THEN WE SPOTTED

'Mel B-kini' bounding along a Miami beach, looking more body confident than a troupe of Victoria's Secret models, never mind a mum of two who only gave birth 11 months ago. Suddenly, we're wishing our summer holiday was more than a few months away. It's more than just a one-woman success story though. Mel's figure makes her the perfect poster girl for the latest body craze sweeping LA. But don't panic – it's not another scary starvation diet. Nicknamed 'the power body', it's all about low fat, lean limbs and a hint of subtle muscle definition. Stateside gyms are already offering a range of hardcore exercises, including the quirky Martini Workout (see right), that promise to go beyond trimming inches by adding essential muscle tone, too. Speaking exclusively to *Grazia*, Mel credits her 'power body' to a varied workout regime. 'I do a boot-camp training class with about 20 other women, and I absolutely love it!' she says. 'It's great to work out together and have everyone's moral support. I also do 200 crunches every day. It's a routine I've continued after the Spice Girls tour. I haven't tried the Martini Workout yet, but everyone's raving about it in LA!' Now down to an enviable 9 stone, despite weighing 11½ stone after Angel's birth, Mel has further toned her body with outdoor pursuits. 'I've taken up hiking in the Hollywood Hills again. I go with my husband and dog. Ultimately, I've never felt sexier,' she tells us happily. 'Being comfortable in my own skin is what it's all about.' If only we could say the same. Here's hoping gym'll fix it!



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Great body Mel! GRRR...



Above and left: Mel B shows off her new 'power body' at Miami beach. Above right: Val Slide creator Valerie Waters with client Cindy Crawford

Hot from the US: 4 Genius New Ways To A Bikini Body

THE MARTINI WORKOUT

The hottest new fitness craze in the States right now was created by top personal trainer Jessica Athas. It's a combination of traditional stretching and 'modified pilates' – and yes, it really does involve lying on your back with a Martini glass resting on your abs to develop core strength. In New York, Martini workout sessions are followed by cocktail hour. Now that's our kind of exercise! www.themartiniworkout.com

GENIE BIKINI

Basically a machine that does your sit-ups for you: in fact it's so hard-core that a 20-minute session on the Genie Bikini is equivalent to 360 sit-ups. Think of a sci-fi version of those toning patches that you strap on to your tummy – but the difference is this one has up to 22 of the little muscle-toning microbes all over your body, and a micro-current up to a thousand times stronger than those in most toning treatments. From £85 per treatment. Call 0800 231 6383 or visit www.genie-tech.co.uk.

THE VAL SLIDE

It's the exercise gadget that Hollywood is swearing by: Jennifer Garner calls it a 'wonder' and *Without A Trace's*

Poppy Montgomery says that, after using it, 'I have a perfect butt – it's like an action hero's.' Called the Val Slide after its creator Valerie Waters (who has also trained everyone from Jennifer Lopez to Cindy Crawford), it's basically two slippery rubber pads that you place under hands, feet, or both to do moves like lunges and planks – with added sliding moves that provide resistance. 'It's deceptive,' says Valerie. 'Sliding into a lunge may feel easier than stepping at first but, actually, sliding back makes the leg you're standing on tense, and so it works even harder than normal.' Visit www.valslide.com to order (\$36.99 plus p&p.)

THE SUDDENLY SLENDER WRAP

Unfortunately, this isn't one of those fabulous wraps that lets you lie back and think of bikinis. With this, once you're bandaged up you get straight on the cross-trainer and work out for an hour. The idea is the wrap turbo-charges the release of fat and toxins from your system, which are then – yeeuch – absorbed into the bandages. Available in Afsi Naim's Hollywood salon, call 001 310 479 4922.

