

# GET FIT FAST!

*There's still time to hone that honeymoon body with these tips that promise results in four weeks*

## **Best for fat fighters**

**The skinny** How annoying is it that we girls tend to lose precious inches from our bust first rather than those pesky wobbly bits lower down? It's all because blood must pass through fat in order for the fat to be burned and, apparently, the first place this happens with exercise is at the breast bone. So thank goodness for space-age looking Hypoxi pods, where a machine targets trouble-spots by trapping blood via a vacuum while you pedal away as if on an exercise bike. An oddly comfortable sensation, 15-second bursts of vacuum suction will burn fat from exactly where you choose, breaking down cellulite at the same time. Result!

**Do it** Three half-hourly sessions a week will result, on average, in leaving you one dress size smaller within a month. Our editor lost a total of 20 centimetres off her waist, hips, stomach, bottom and thighs! £396 for 12 sessions, [hypoxizone.co.uk](http://hypoxizone.co.uk).