



Cameron Diaz's fitness advice? "You have to just do it," says the star.

WELL-BEING

SUMMER SHAPE-UP

Sunny days are just around the corner and so is your beach body – no matter how little time you have! **By Carli Whitwell**

3 MONTHS

At this early stage, try not to focus on the finish line. Rather, figure out your current fitness level with an easy DIY assessment. The results will act as a benchmark for your progress (in physical conditioning as well as toning) over the next 90 days. Because, let's be honest, getting in shape for summer should be as much about your health as looking fabulous in a bikini. Just ask Cameron Diaz. "It's not just having a ripped stomach," says the actress. "If you don't have your health and if you're not in a strong, capable body, you don't have anything." To test overall strength, Equinox group fitness manager Mark Hendricks recommends recording how many push-ups you can complete in a minute, then following this timed test for pull-ups (assisted or not),

squats and similar exercises. Then, test cardio by seeing how long it takes you to cycle 5 km or row 500 m. He suggests performing an assessment every two weeks. Not only is it a mini-workout in itself, it will give you an incentive to stay on track: most people don't see physical changes in their body for six weeks, but soon after starting a program they'll perform better on their self-assessments. Your weekly workout plan should include three to four days of cardio and strength training. For the latter, Mark recommends maximum load training. That means using a weight that allows you to barely complete 12 repetitions per set. (Do three sets in total). "Nothing will change the look of your body faster," says Mark.

MYTH BUSTER

If you're missing out on a workout because your spouse is more comfy on the couch – don't wait! A new study suggests that when a wife logs 150 minutes of moderate or 75 minutes of intense exertion a week, her husband is 70 per cent more likely to do the same.

CURVES AHEAD Scarlett O'Hara has nothing on the Kim Kardashian-led generation of corset-wearing stars whittling their midsections with waist-training devices. The secret is in the girdle; the cinchers are latex, which "boosts thermal activity and increases perspiration," says Ruben Soto, CEO and founder of Hourglass Angel.

Translation: you sweat more in your core, shaving off inches. "You will also see a slimmer waistline as soon as you put it on due to the contouring effects," says Ruben. For best results (about three inches lost), the corset should be worn between three to eight hours a day and during workouts and meals. "You'll become fuller faster," he says.

Celebrity trend alert!

Workout Band Waist Trainer by Ann Chery, \$56, hourglassangel.com



CLOCKWISE FROM TOP LEFT: DAVE J HOGAN/GETTY IMAGES; ISTOCK; INSTAGRAM; CLOCKWISE FROM TOP LEFT: ANGELA WEISS/GETTY IMAGES; JOHN PARRA/GETTY IMAGES; ISTOCK (8)



Kerry Washington gets her movie-star shape by eating fresh foods.

1 MONTH

Sweet fiends, take heed: 30 days out, "you are going to have to hit it with nutrition if you want to see significant changes in the look of your body," says Mark. That's a mantra even stars such as Kerry Washington follow. "I watch what I eat, I do," says the actress. "I try for the most part to eat things that are going to make me feel better, not worse." The reasoning? You really are what you eat: about 70 per cent of fitness results are from nutrition – the rest is exercise. To help bring out muscle definition, amp up protein such as chicken, fish, nuts, eggs, lean meats and legumes. When consumed, protein breaks down into amino acids, which build muscle fibres, says celebrity nutritionist Christine Avanti-Fischer. Healthy carbs (see options below) are another key component of a balanced diet; that's because muscle is made of glucose, a fuel we get from carbs. "The combination of protein and carbs will keep your body looking fit and lean," says Christine, who points out that an ideal protein serving is about the size of your palm and a carbohydrate the size of your fist.



Say no to packaged and processed foods, and refined sugar. It can cause inflammation and hormone disruption and cause you to pile on the pounds.



Treat yourself a little now and then. If you want a sweet, for instance, try an ounce of dark chocolate with some raspberries, says Christine. But stop at that.



Healthy carbs include legumes, sweet potatoes, whole grains and fruits and vegetables. Christine is also a fan of probiotics, which help improve digestion.

2 WEEKS

Your beach vacation may be in sight, but now is not the time to let up on your fitness. During these last 14 days, kick-start fat burning by upping cardio. The longer you do cardiovascular exercise in your target heart rate zone, the more fat you can burn, says Christine. (To calculate your target zone, count your pulse for 10 seconds and multiply by six; you want that figure to be about 50 to 85 per cent of your maximum heart rate – that's 220 minus your age). If you're bored of your regular cardio, try incorporating intervals, in which you go all-out with an exercise like sprints for a certain duration, then recover and go again. Studies have shown this burns fat and keeps the metabolic energy systems rewired.

MYTH BUSTER

Skip the pre-beach juice cleanse. While you can lose weight quickly, once back on a regular diet most people gain back the weight they lost *plus* more, says Christine.



24 HOURS

Maybe you fell off the workout wagon or a last-minute trip to Mexico came up? Here's how to look your best if you're beach-bound soon.

YOU ARE WHAT YOU EAT To banish bikini bloat, avoid dairy (lactate is hard for bodies to digest) and sodium (it makes you retain water).

WORK IT OUT Even Victoria's Secret model Martha Hunt knows the value of a pre-sand sweat session. "I work out the night before or the morning I go to the beach," says Martha. "I love squats, anything with resistance bands and pilates."

POSE LIKE A PRO If all else fails, master the selfie: "Posing with your hand on the hip is always flattering. Shut your eyes until you're ready to take the pic so you aren't squinting," says Martha.

Roberto Cavalli tunic, \$1,565, Holt Renfrew, holtrenfrew.com



Victoria's Secret Bronzing Tint shimmer lotion, \$18, victoriasecret.com



Melissa Odabash bathing suit, \$244, Melmira Bra & Swimsuits, odabash.com



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Victoria's Secret model Martha Hunt always works out the day she hits the beach.

HAPPY FEET

SPORTING LIFE FOOTWEAR BUYER NATHALIE GUIMOND ON FINDING THE RIGHT SHOE FOR YOU

BE PREPARED Bring your old runners with you when shopping. That gives salespeople insight into how you wear out your footwear and where you might need the most support. **PUT A SOCK IN IT** Pick up a pair of microfibre or Dri-Fit socks with your shoe purchase. Cotton

socks are comfy, but they absorb sweat, which can rub and cause blisters. **TAKE A TEST DRIVE** Walk around in your shoes at home first. If they turn out to be a bad fit, most stores will refund them if they haven't been worn outdoors.



FOR THE STAR SPRINTER Pick a lightweight option with plenty of support on the heel – it absorbs two to three times your body weight on a jog. Breathable mesh helps ensure your toes don't get too hot. Nike Flyknit Lunar 3, \$190, nike.com

FOR THE TRAILBLAZER If hiking gets your heart racing, look for sturdy footwear with extra stability in the heel. A thicker lug outsole also provides additional traction. Salomon trail-running shoes, \$160, Sport Chek, sportchek.ca



FOR THE GYM-GOER Nathalie calls this the all-season tires of workout footwear, thanks to its wider outer sole. New Balance 811 cross-training shoe, \$100, Sporting Life, sportinglife.ca

FOR THE SUMMER STROLLER A wide platform and leather body give wanderers plenty of stability, while memory foam makes those long walks even comfier. Skechers Flex Appeal walking shoe in Floral, \$90, skechers.com

