

Skinny-jean mantras

Our expert Tiff lays down the law

"Eat! Depriving yourself is the worst thing you can do. It sets you up for a binge."

"Drink! If your body's dehydrated, you actually shut down the fat-burning system."

DOs & DON'Ts

DO have a pre-gym coffee to boost fat burn – long or short black is best.

DON'T guzzle sports drinks after a workout. They're loaded with sugar!

DO swap after-work drinks for a walking catch-up with the girls. Goss to go? Yes, please!

DON'T skip any meals. A hungry brain makes bad food choices!

DO keep an apple and some nuts in your gym bag for a healthy energy snack.

DON'T have more than two pieces of fruit per day, as they're high in sugar.

"The quickest way to drop weight is through interval training."

"Alcohol is the most fattening thing you can have."

"Sweat is the new black."

Get moving!

Sprint yourself sexy with Tiffany's 30-minute workout. Head to the park and alternate 30-second flat-out sprints with two-minute jogs. Alternatively, pump the intensity on the treadmill up to as fast as you can go – run for 30 seconds, jump off for 30 seconds, then jump back on. "Do that solidly for half an hour and you're boosting your metabolism for the entire week," says Tiff.



Jessica Szohr

Look what's trending

Weightless workout

We hear Mariah Carey swears by anti-gravity yoga, a twist that's turned the ancient discipline on its head – literally! The musical mum's class of choice involves hanging from a kind of hammock attached to the ceiling, allowing you to finally try the dreaded handstand and get an awesome core workout. In Sydney, luxe Elixir Health Clubs' Yoga Wall class is a must-try – see elixir.com.au

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