



# bodies

with Simone Casey

## BOOT CAMP

THE BIGGEST LOSER'S TIFFINY HALL

"The less stressed your body is, the better it looks," says *The Biggest Loser* trainer Tiffany Hall, 27, author of *Fatloss for Good* (Hardie Grant, \$29.95). "Too much cardio makes you store fat, so keep it short, intense and frequent." Try Hall's mini bootcamp:

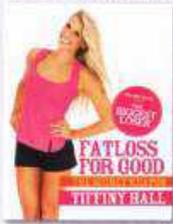
**1 Hill sprints** will speed up your metabolism through spiking your heart rate. Try running eight sprints. Sprint up the hill and recover on the way down.

**2 Sumo squats** are deep squats that are great for toning the legs. Make sure you squat deep enough. To measure the depth of the squat, put a chair behind you and squat down until you touch the chair.

**3 Step-ups** are a great cardio workout. You can do step-ups on stairs in the park or even on gutters while walking around the block. If you want to up the ante, perform step-ups on park benches—the extra height will tone your calves and inner thighs.

**4 Jumping intervals** combined with cardio will shock the body. Jump forward one metre for 15 jumps.

**5 Stairs** engage all your muscles and the more you use, the more kilojoules you burn. Choose the stairs over lifts and escalators.

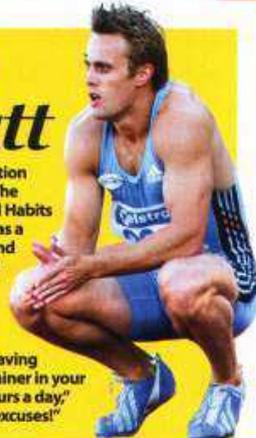


FROM LEFT: AAP / MAGEE SHUTTERSTOCK

## Train with Matt



Need motivation to exercise? The Vitasoy Good Habits phone app has a free fitness and diet program devised by Olympic athlete Matt Shirvington, 33. "It's like having a personal trainer in your pocket 24 hours a day," he says. "No excuses!"



## WALK THIS WAY

Celebs such as Megan Fox and Lady Gaga supported their fledgling careers by waiting tables. And it could just be the secret to their enviable bodies.

A Jenny Craig survey has found waiters clocked the most incidental exercise, taking an average of 22,778 steps a day. And the least? Call-centre workers, who take an average of only 6,618 steps. Jenny Craig medical spokesman Dr Andrew Rochford says wearing a pedometer will show if you're walking the minimum 10,000 steps a day: "It's an essential tool if you're aiming to lose weight."

