

Bridget March's bikini body confidence challenge – Week five

15 July 2011 by Bridget March



Wow, post the hen weekend Monday and Tuesday were a struggle this week. The tiredness made me hungrier as my body was craving energy and all I wanted was sugar but I recognised that's the worst move.

My first Pilates HQ class of the week was after work on Tuesday and I really pushed myself, determined to feel virtuous again! Whilst I thought I wasn't on top form, the trainer commented afterwards that I have a 'really strong core'. Amazing! This has boosted my confidence and must prove that my body is really changing. I love the new awareness I have of my posture and core and it's making me a lot more conscious of what I'm putting into my body too.

I went to my second class on Wednesday and was perhaps a little overzealous following my confidence boost from the trainer, as afterwards my stomach felt sore. I think I may have pulled/strained an oblique muscle. That'll teach me!

On Thursday I trialled a beauty treatment, the Decleor Slim Effect, which involved a stimulating scrub and vigorous massage targeting those wobbly areas housing stubborn fat cells. The massage definitely corrected my muscle ache and left my bum and thighs feeling much tighter and my entire body baby-soft.

My 8am Friday class was intense but rewarding – I'm loving finishing the week feeling in top form, although I fear I'm getting into a pattern of slightly undoing my hard work at the weekends. It goes to show that maintaining your optimum body state is just as hard as finding it in the first place.