

Bridget March's bikini body confidence challenge – Week four

7 July 2011 by Bridget March



I knew this week would be a struggle as I had a four-day hen do from Thursday – Sunday and the bride-to-be is not the detox, health spa kinda gal.

Anyway, I packed in my three Pilates classes at the start of the week; Monday and Wednesday evening and Thursday morning before going away.

I actually did a beginners class to fit in with my schedule and instead of being limiting as I was worried it might be, it was really useful for reminding myself of best practice and it still pushed me as hard, just with more detailed direction.

I also had another new trainer this week which was great for getting another perspective on Pilates practice and mixing up routines.

But the best bit was what I noticed when getting changed after my third session this week; the formation of a six pack! (Or possibly a four pack, either way - woo hoo!) It's proof that the sculpting effect is really taking place and it's totally boosted my confidence.

On the diet side I was super-strict up until the weekend, even going to Pizza Express with friends to watch them eat dough balls, pizza, ice cream sundae and drink wine whilst I munched on a dressing-free salad, but then I know the weekend would be a challenge – and it was. I didn't

totally binge but I did forgo the sugar ban on the drinks. It felt too antisocial not to go in on the rounds of wine and there might have been a bit of tipsy sweet-scoffing too. But I refused all chocolate (and there were bags of it) even with a hangover, which was disciplined of me.

Surprisingly the scales say I haven't put on any weight from the weekend, but I do feel bloated and depleted of energy. I can't wait to get back to Pilates now.