

## Bridget March's bikini body confidence challenge – Week six

28 July 2011 by Bridget March



I can't believe I have reached my sixth week of the diet, but I'd better – I'm off on holiday on Monday and will be revealing my bod on the beach. Eek!

So, I did two intermediate classes this week at Pilates HQ and one cardio class which was hardcore! An instructor named Sharon took the Thursday evening class (although I don't think she does every week) and she really puts you through your paces.

Amazingly she mentioned that in a cardio class you can burn approximately 600 calories and around 400 in a regular class. I had no idea it was such an effective fat-burner alongside the other benefits it boasts.

Whether it is this, or the lack of chocolate, cake and cocktails for the last six weeks I'm not sure - but I've now shifted 3lbs. Hurrah!

My main aim was not to lose weight and I stick to that but I feel great for it and there's no denying I'm completely different in other ways too. Even my boyfriend has noted I'm more confident, firmer, and flexible – and that's enough evidence for me.

The sugar denial has been the hardest part but it's totally worth it to be happily baring all on the beach. So long sarong!