

Bridget March's bikini body confidence challenge

14 June 2011 by Bridget March

In pursuit of a perky derrière Cosmo's Assistant Web Editor is trialling Pilates classes and a cellulite-busting sugar-free diet



No matter what my size I've never felt bottom-confident. Despite not being overweight you'll never, ever catch me in a pair of jeans without a long top and I always dread the bikini reveal every summer.

And I fear the situation's getting worse – the further I get into my twenties the more I'm noticing cellulite in certain lights and I've long had a phobia of cottage cheese!

So... operation bum-boost! I've decided to start Pilates classes (Pippa Middleton's toosh-toning exercise of choice), eliminate sugar from my diet and cut down on caffeine as both are thought to be bad for bums.

My aim is not to lose weight (although let's face it, if I shift some pounds I'll be chuffed), but to tone up, increase my flexibility and make my muscles longer and leaner.

I have embarked on two to three classes per week at **Pilates HQ**, a specialist Pilates centre that offers traditional and cardio classes using reformer machines and have cut all refined sugars from my diet (natural fruit sugars and champagne allowed... I literally can't say no) and shrunk my four/five daily tea and coffee cup consumptions to two.

I will update my progress weekly...