

Bridget March's bikini body confidence challenge - Week one

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



I have so far been to four Pilates classes, two intermediate classes (even though I'm a beginner - I am ambitious and the time slots suit better!) and two cardio classes which are different in that a 'jump board' is attached to the base of the reformer beds allowing you to perform high-energy jumping sequences against it.

All four have incorporated very different, detailed, controlled techniques and while at times I worried my muscles might rip and that my thighs might be on fire, what impacted me the most was how incredible I felt after the classes. I was going in tense and tired and leaving lifted in both my mood and physique. It instantly lengthens your limbs and improves your posture and by focusing intently on your breathing and body it clears your mind and oxygenates you with mood-boosting serotonin. I think I'm hooked...

Sugar-wise I haven't buckled yet, but have stocked up on sugar-free Polos and had a Starbucks Frappuccino Light. I know sweeteners aren't good for me either but I figured it's better than cheating.

Surprisingly I'm finding the caffeine reduction harder than giving up the sugar but I have tried my very hardest to stick to two cups a day and it helped that I had a weekend away in Marbella with twenty

other beauty journalists to keep me disciplined.

Admittedly I had a spray tan before I went - which massively helped - but I definitely felt more confident having been on my mission a week when I was wearing my bikini in the sun. If this is how I feel now I can't wait to see how I feel (and look) for my holiday to Croatia in July.