

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

30 June 2011 by Bridget March



I started off well this week but a traumatising incident threw me off track on Wednesday night. A whole plate of food, complete with mustard and tomato sauce (which clearly knew I shouldn't be eating it) was catapulted from a table at a BBQ face down onto my prized Mulberry handbag. The sparkle tweed leather drank it up and no amount of attempted recovery kept it alive. Ruined. Anyway the point is I went home and scoffed handfuls of jellybeans which were the nearest treats to hand. And they tasted a-may-zing.

I'd like to say it made me work even harder for the rest of the week, scrutinising every salad dressing and vitamin coating for sugar but no, I've kind of lost momentum and am crazing sweets.

I'm still focused on the fitness though and loving the Pilates. It's incredible for relieving stress.

Toosh-wise I'm feeling slightly perkier. I'm no P-Middy yet but I feel like the shape of my bottom is rounder and looking lifted. Hopefully I'm not imaging it!

I definitely think I'm building muscle generally. I feel stronger all over and am ten times more aware of my posture – which has an instant slimming effect in itself.