

## Bridget March's bikini body confidence challenge - Week two

23 June 2011 by Bridget March



I managed one intermediate class this week and two cardio classes. Pilates HQ is fantastic in that I have now only had the same trainer twice, so each session is incredibly varied which I understand is good so you don't plateau.

The classes are also really small (with a max of eight people) so you get plenty of personal attention and direction which is brilliant being a relative beginner.

I am already seeing the effects physically. My posture has instantly improved and I am definitely more aware of my core but I'm also looking more toned and my boyfriend has commented that I am 'firmer' – bonus!

As demonstrated to my friends after a couple of (sugar-free) drinks on Friday night, I am closer to touching my toes without bending my knees. Something I have NEVER been able to do but I am determined to.

Interestingly I met a leading beauty therapist this week and quizzed her on cellulite-cures. She said some exercise can actually enhance the appearance of it, as bulked-up muscle can exaggerate the toxins at the skin's surface. She said exercises such as walking, Pilates (hurrah!) and yoga are better than things like running or cycling which can build muscle instead of toning it.

Diet-wise, even though I had a dinner out this weekend and a home-cooked roast yesterday I have steered clear of the sugar and I have finally lost that last pound that I've been struggling to shift for yonks. Here's hoping it's not just fluke!

Today, being a Monday, I am struggling caffeine-wise and as I type am sipping on my third cup. I vouch to return to two cups from tomorrow!