

**The Sunday Mail**

# body + soul

**REPORT**

**FOOD INTOLERANCES:  
FACT OR FICTION**

**THE BUSY WOMAN'S  
WORKOUT: YOUR  
10-MINUTE PROGRAM**

**ARE YOU DRINKING  
YOURSELF FAT?  
THE BIG KJ TRAP**



prime



Sport by its nature may be competitive. But it can be a very powerful tool to promote peace, dialogue and reconciliation.

UN Secretary General Ban Ki-moon

TRIED &  
TESTED

## Thigh firmers



### STUDIO PILATES MINISKIRT MAKEOVER DVD

■ **Verdict:** Pilates is generally thought of as a core workout, but it can do so much more. The moves in this dvd are Pilates-based, but they also help build lean legs, a tight butt and strong abs. It's not easy – actually it's a killer – but boy, does it work.

■ **Price:** \$24.95.

■ **Stockist:** (07) 3899 4555.



### ST TROPEZ GRADUAL TAN EVERY DAY BODY

■ **Verdict:** This moisturiser with self-tan won't tighten the thighs, but it looks like it does. Aloe vera leaves skin soft and nourished. According to its makers, its complex of creatine and natural marine extract improves elasticity for firmer-looking skin.

■ **Price:** \$33.95.

■ **Stockist:** 1800 358 999.



### THE SQUAT

■ **Verdict:** Stand with your feet hip-width apart, knees slightly bent. Sit back and down as though into a chair. When you've lowered your bottom as far as you can, straighten your legs and come back up. Don't let your knees shoot out over your toes. Aim for three sets of 20, three times a week. It works wonders.

■ **Price:** Free.

