

The Skin Fit Plan

Want the perfect SUMMER complexion? Now you can EXERCISE your way to it!

Obsessive healthy eating is sending us into meltdown. We cannot face one more cup of green tea or choke down any more oily fish. Yet we're desperate to get skin that glows à la J.Lo in time for summer. Eating all the right things is important – but you can also give your complexion a sneaky boost with a few simple exercises, too.

"There is no better feeling than helping your body become stronger, leaner and more capable, thanks to a workout or five," says fitness expert for the Simple skincare range, Anna Reich. "And using a holistic approach to your fitness regime means you can use exercise to improve your skin."

Yep, by doing the right workout, you can boost your lymphatic system to help flush out nasty toxins, encourage elasticity and increase collagen. The result? A brighter, smoother you. So, follow Anna's Skin Fit Plan, which, done daily, will have your skin gorgeous in no time.

The GLOW GETTERS

Your lymphatic system is responsible for delivering nutrients around the body as well as removing waste. But as with any piece of complex machinery, it sometimes needs a kick to start doing its job properly.

These easy exercises give your lymphatic system a little nudge to work better. And a well-maintained body on the inside leads to a glowing complexion on the outside.

SHOULDER SHRUG 1 x 10 reps

- *Either stand or sit comfortably with your back straight and shoulders and hips aligned.
- *Take a slow, deep breath in and draw both shoulders up toward your ears.
- *Exhale, and release your shoulders to the start position.

PELVIC TILT 1 x 10 reps

- *Lie on your back with your hands stretched out alongside you, knees

bent and feet flat on the floor, hip-width apart.

- *Tuck your tailbone under, press the small of your back into the floor and slowly peel your bottom and back off the floor in a curl.
- *Release and repeat.

LEG SLIDE 1 x 10 reps

- *Lie on your back with your arms by your side and your legs straight out in front of you.
- *Inhale, lift your right leg slightly, and slide it – so it's still parallel to the ground – out to the side as far as is comfortably possible and hold for five seconds.
- *Exhale while sliding the leg back to the start position.
- *Repeat with left leg.



SWEAT IT
Sweating flushes toxins out of your skin and helps keep it clear. Going for a run or doing Bikram yoga will have you hot and glowing.



The COLLAGEN BOOSTERS

Weight training boosts oxygen flow, increasing collagen production. Use two 750ml bottles of water as weights.

CHEST PRESS 3 x 15 reps

- *Lie on an exercise ball (with your back flat), abdominals engaged and feet on the floor shoulder-width apart.
- *Hold the bottles at shoulder height.
- *Breathe out, push the bottles away. Breathe in and return to start position.

DUMB-BELL SQUAT 3 x 15 reps

- *Hold the bottles at your sides with your feet shoulder-width apart.
- *Bend knees and push your bottom out until your thighs are parallel to the floor. Keep your back straight.
- *Push from your heels and clench your bottom to return to start position.

The RADIANCE RAISERS

These varied cardio exercises deliver a surge of blood and nutrients around your body to feed your complexion.

JUMPING JACKS 3 x 30 seconds

- *Start with feet and knees together with your arms by your sides.
- *Jump legs apart, keeping knees slightly bent, and raise your arms over your head, then jump back to start position.

KNEE LIFTS 3 x 30 seconds

- *Jog on the spot bringing your knees as high as possible.
- *Stretch your arms above your head, pumping them with each knee raise.

SUPER SKIPPING 3 x 30 seconds

- *Skip, keeping your elbows in to your side.
- *Land with your knees slightly bent.



The ANTI-AGERS

These stretching exercises reduce stress, encouraging you to sleep well. This allows your body to repair, which in turn keeps wrinkles and dark circles at bay. Score!

TOE TOUCHES 3 x 15 reps

- *Warm up your legs, hips and back thoroughly with lunges, diagonal toe touches (touching your left foot with your right hand then vice versa) and hip swivels.
- *Drop your head and your arms towards your toes with nothing tensed.
- *Breathe out and reach further towards your toes.
- *Once you reach the point when your body feels tense, take a few deep breaths, then on another outwards breath, reach a little further.

THE SPHINX 3 x 15 reps

- *Lie face down and bring your elbows underneath your shoulders while keeping your palms flat against the floor.
- *Slowly push your body up using your hands, so that your arms are almost straight, but keep your hips in contact with the ground.



FLEX YOUR FACE

Give the Skin Fit Plan a helping hand with these facial exercises

BE CHEEKY Stimulate the skin on your cheeks to get your glow going. Keeping your lips together and your jaw closed, blow a bubble of air to the front of your mouth and hold for 10 seconds. Then move it to your left cheek and hold for 10 seconds, and then the right. Repeat five times.

EYE-OPENER Ditch puffy, tired eyes by keeping your eyes closed and lifting your brows up to your forehead. At the same time, draw your eyelids down as far as possible with your index fingers. Hold for five seconds and repeat five times to boost blood flow.

THE ANTI-TURKEY NECK

For a taut, youthful neck, sit up straight and lean your head back. Keep your mouth closed and move your jaw in a circular motion as if you're chewing. Repeat 20 times to get all the neck muscles working. **T**