

30
YEARS

1993 - 2023

BEAT DIABETES NOW

Easy exercises & food tweaks to manage or reverse type 2

TOP Santé

HEALTH & BEAUTY

TONE YOUR UPPER ARMS

7 moves for slender
triceps & shoulders

How to calm rosacea

Products + tips to
soothe red skin

NATURAL TIPS FOR MENOPAUSE

5 Simple at-home ways to feel better

FILLING LOW-CARB RECIPES

Enjoy lighter versions of Italian classics

EASE YOUR ANXIETY

Simple exercises to
feel better today

NEW: JOANNA HALL

IMPROVE YOUR
WALKING
POSTURE**DENISE
VAN OUTEN***'I'm embracing
my midlife'*How she stays feeling
fit & looking well

FITNESS EXPERT

Amanda Place is a personal trainer, health coach and founder of Sculptrition (sculptrition.com), which helps women with sustainable, healthy weight-loss, without fad diets or restrictions.

Q I've turned 40 and I want to tone the tops of my arms, my thighs and my belly. How can I do this?

A There are several reasons that can explain a sudden shift in your body composition once you hit your 40s. Significant hormonal changes, slower metabolism and decline in muscle mass are the most common. Try these exercises to gently ease yourself into a more toned shape.

- **Stationary lunges** are great for toning up thighs. Put your hands on your hips and stand tall with your feet hip-width apart. Take a big step forward with your right foot, keeping your left foot in place. Shift your weight forward onto your right foot and lower your body down towards the ground,

bending your right knee until your thigh is parallel to the floor. Lower your body down into the lunge position, then push back up by straightening your right leg. Repeat for three sets of 10 reps on each leg.

- **Tricep dips** will sculpt your arms. Sit on the floor with your legs straight out in front of you and your hands behind your hips with fingers pointing forward. Lift your hips off the floor and walk your feet back until your knees are bent at a 90-degree angle. Lower your body

towards the floor by bending your elbows and keeping them close to your body. Once your elbows reach a 90-degree angle, push back up with your triceps to return to the starting position. Repeat for three sets of 10 reps.

- **The plank** is the perfect way to tone up your belly. From a plank position, lower your knees to the ground. Engage your core muscles and keep your back flat. Release by slowly lowering the rest of your body to the ground. Repeat for three sets of 30 seconds.

Q I'm getting married next summer and want to start improving my lifestyle so I can look my best on the big day. Where should I start?

Whether you're looking to lose weight, tone up or feel more confident, a healthy lifestyle with the right nutrition and fitness plan can make all the difference. Strength exercises that target multiple muscle groups can be very effective.

- **Modified press-ups** work your chest, shoulders, arms and upper back. Start on all-fours, hands shoulder-width apart and knees hip-width apart. Engage your core and keep your back flat as you lower your chest towards the ground by bending your elbows. When your chest is about an inch away from the ground, push back up by straightening your elbows. Repeat for three sets of 10 reps.

- **Bodyweight squats** work the abs, buttocks, hips, thighs, calves and shins. Stand with feet shoulder-width apart, toes pointing slightly outwards. Bend your knees and lower your hips back and down, as if sitting back into a chair. Lower yourself until your thighs are parallel to the ground. Push through heels to return to the starting position. Repeat for three sets of 10 reps.

- **Nutrition wise**, eat more whole foods, such as fruits, vegetables, whole grains, lean proteins and healthy fats, to feel fuller for longer. Limit your intake of processed foods and stay hydrated by drinking plenty of water – aim for at least eight glasses of water a day.

Sign up to our newsletter at topsaante.co.uk