

# DAMSEL



Magazine

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SHOPPING  
*Best of  
Melrose Ave*

FASHION  
FANFARE

BEAUTY  
Pure &  
Simple

FACTORY  
GIRL  
FASHION'S DAY JOB

A  
MASQUERADE  
BALL

What mask  
*are you* hiding behind?

LOST IN  
TRANSLATION

DAMSEL  
BODY

A blonde woman with long hair, wearing a blue bikini, stands on a sandy beach. She is holding a white surfboard under her arm. The surfboard has several logos, including a red and black 'AIRMAX' logo, a black 'O' logo, and a red 'S' logo. The background shows the ocean with waves and a clear blue sky.

# BOOST YOUR *BOOTY*

TIGHTEN AND TONE YOUR  
BOTTOM HALF WITH THESE  
FOUR FAB MOVES YOU  
CAN DO NEARLY ANYTIME,  
ANYWHERE!

By Peggy Hall

Model: Anastasia Ashley  
Photographer: Jason Wallis

I've never been one to hold down your typical nine-to-five, and part of the reason is that I get so antsy sitting on my duff all day long! As a writer, I do spend a fair share of my time plopped in front of the computer, but I've learned a few tricks of the trade that help to ward off that evil and seemingly inevitable softening and spreading of the derriere. Even if you're slender, a squishy bottom half is so ... squishy. If you want to firm up fast, do the following moves on Monday, Wednesday and Friday and take a brisk walk on the other days. You'll feel and see results by the time you cash your next paycheck!

Added bonus: lower body moves help pump blood and oxygen back to the brain and heart so you'll experience increased energy, clearer thinking and better moods. Who knows -- while you're giving your bottom a lift, you may be boosting your chances for a promotion as well!

### BOTTOM TAPS

#### FIRMS THE FANNY AND THIGHS.

Sit in a chair with your feet hip-width apart and your toes pointing straight ahead. Keeping your back straight and your head lifted, stand up and straighten your legs, then start to sit back down but only tap the chair with your bottom before straightening your legs again. Keep moving in this manner for one minute or 25 repetitions.

**Make it harder:** Do the move on just one foot, keeping your other leg extended in front of you.

### PLIE SQUATS

#### TARGETS THE INNER THIGHS.

Stand with your feet wider than shoulder-width apart, toes pointed out, and place your hands on your hips. Keeping your back straight and your chest lifted, bend your knees (keep them tracking over your heels, not toes) until your thighs are parallel to the ground, and then push firmly through your heels to return to the starting position. Continue for one minute, or 40 repetitions.

**Make it harder:** Do twenty reps with your right heel lifted and twenty more with your left heel lifted.

### PILLOW SQUEEZE

#### SLIMS THE THIGHS, OUTER HIPS AND LOWER TUMMY.

Sit at the edge of your chair with your knees hip-width apart and your toes pointing straight ahead. Place a small pillow or

rolled up bath towel just above your knees, on the fleshy part of your inner thighs. Contract your abdomen to help you sit up straight and engage your inner thighs to squeeze the pillow or towel. Hold for a beat, release the pressure and continue in this manner for one minute or about 50 pulses.

**Make it harder:** Do the move while standing with your shoulders and hips against a wall and your knees bent.

### TEETER-TOTTER

Firms the back of the thighs and tightens the tush.

Reach your right leg behind you and balance gently on the toes of your right foot. Take your arms out to your sides for balance as you hinge at the hips, reaching your chest forward and lifting your right leg, coming into an airplane-like position with your head, shoulders, hips and heel all on the same level. With control, come back to the starting position and continue to teeter-totter in this manner ten times before switching legs. Be sure to keep your abs drawn in to stabilize your lower back and breathe naturally.

**Make it harder:** After completing ten repetitions, remain in the airplane position and bend and straighten your standing leg as deeply as you can five to ten times, performing in essence a single-leg squat. This is also excellent for improving your balance and mental focus.

### GET ON THE BALL

A nearly effortless way to tighten your tummy and tush is to grab one of those large exercise balls and use it in place of your standard-issue office chair. For most gals, the 65 mm size will do the trick. Fill it with enough air so that when you sit at your desk, your knees will be as high as your hips and your thighs parallel to the ground. (Prop your feet on a large book or two if need be for better alignment.) The inherent instability of the ball requires the core muscles of your abdomen and back to continually work in order to keep you upright. As a result, your posture and your silhouette will improve. An added bonus is the easing or preventing of sciatica, which is literally a pain in the butt, often brought on as a result of prolonged sitting. The buoyant ball provides a little "give", so the pressure on the sciatic nerve is reduced and the inflammation can subside. Good news for desk jockeys everywhere.