

SHOCK ABSORBER

OK!

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Rule Britannia!

Show your patriotic side with our red, white and blue limited edition colour shown here in OK! magazine

HEALTH NEWS

REAR OF THE YEAR
Now you can share in the secrets that helped sculpt Pippa Middleton's derrière. Margot Campbell's new book, *Pilates On The Go* (£16.99, Hodder & Stoughton), condenses her own unique form of Pilates, that has a cardio element, in a 14-day programme to tone the body, plus special short-burst workouts to improve those problem areas.

MARGOT CAMPBELL'S PILATES ON THE GO

BRIT'S MOCHA SHOCKER!
By Jasmine Griffiths
We wonder how Britney Spears (right), possibly the most famous fan of Starbucks, is going to take news that the firm is now displaying the number of calories in their drinks! Naysayers are already busy declaring that this won't make a difference to what customers order. But we reckon at a staggering 555 locals for a Praline Mocha with whipped cream, we'll be opting for a more abstemious Tall black Americano at just 30 locals.

STEP TO IT!
Can't face making it to the gym on these cold winter days? Then this handy new Reebok Easytone Step (£79.99 from www.reebokfitness.info) could be your thing. You'll still need motivation to use it, but you won't have to leave the comfort of your home! The high-spec step is fitted with special balance pods and comes with an exercise guide DVD to help you work your core muscles to the max.

SHAKE IT BABY
Keeping hydrated is an important part of any fitness plan, so make sure you carry a drink with you for pre- and post training. As well as holding your water, the SmartShake sports bottle, £9.99, has two other compartments for holding your jewellery, locker keys etc and a small snack. Gok Wan (above) loves his. Visit www.smartshake.co.uk.

GOOD TO GLOW
Protect your skin against the ravages of winter with new skincare range Quilica (left), which contains colloidal silica, a mineral which plays a key role in the production of collagen to help fight the signs of ageing and give that outer glow. The range includes a Rehydrate Energising Face Mist, £9.95, Restore Intensive Face Oil, £19.95 and Rejuvenate Body Lotion, £19.95. Available from www.planethealthdirect.co.uk.

CONDUCT THE HEALTH EDITOR AT HILARY O'BRIEN'S COFF PHOTOGRAPHS BY BARCROFT MEDIA, COFF GETTY IMAGES, SPLASH NEWS, XCLUSIVE

WIN A WINNING WEIGHT LOSS AID!
New XLS-Medical Fat Binder is the first natural over-the-counter weight loss aid to be clinically proven. Supported by online weight management programme 123@xls.com, XLS-Medical is recommended for those with a BMI (body mass index) of over 18.5. While offering live readers a one month supply each! Just tell us: **Who hosted this year's Golden Globes?**

XLS-MEDICAL Fat Binder

RAISE THE BRA
This year is all about the Olympics and whether you've managed to get your hands on a precious ticket or not, we hope you'll patriotically support the British team. To tie in with 2012, those clever folks over at Shock Absorber have launched two of their bestselling bras in British flag-inspired colourways. Check out www.shockabsorber.co.uk if you want to look like a sporting star and fire creative inspiration – especially their brilliant new trampolene-based Bounce Attack routines see www.facebook.com/shockabsorberUK.

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