

wear them, but the less-than-stylish design of toning trainers has long been a sticking point for ELLE readers. Thankfully, this spring, MBT's new bottom-firming and thigh-trimming styles come with a slender sole, giving them a less clunky feel. Look out for the low-key denim pair, at £135. Meanwhile, the once-garish FitFlop has introduced a simple gold-sequined sandal to its range at £45, and Chung Shi has designed a classic navy style at £130. Now there really is no excuse.

MBT, enq swissmasai.co.uk; FitFlop, enq thefitflop.com; Chung Shi, enq chung-shi.co.uk

6. ONLINE PERSONAL TRAINERS

Your very own Mr Motivator is within reach (thankfully without the skintight Lycra). Top personal trainer Matt Roberts has launched Mytrainer – an online service that sizes up your lifestyle and diet, then creates a daily workout regime specifically for you. Supportive texts are sent direct to your mobile phone, and tips and advice are also available online, all for just £10 a month. Alternatively, try Pocket PT, the brainchild of fitness guru Daniel Newman. For £12.50 a month, the service offers you nutritional advice and exercise programmes, which you can download onto your iPod or mobile phone. You'll also be invited to attend the communal fitness events for members, held in parks throughout the country.

Mytrainer, enq mattroberts.co.uk/mytrainer. Pocket PT, enq pocketpt.co.uk. Member events for Pocket PT begin in mid-to-late 2009 – check website for updates

7. PRE-WORKOUT SNACKS

When it comes to achieving an A-list

body, never underestimate the synergy between energy-giving food and what your body will be capable of. Jennifer Aniston swears by a portion of Good4U Superfoods Toasted Pumpkin Mix, 70p, before every yoga workout. She says, 'It's the only thing to keep hunger at bay and physical and mental energy levels up

AND THREE WE WON'T BE TRYING...

MALL-ERCISE Groups of women have taken to stateside mall to shop till they drop (weight, that is), and Manchester's Trafford Centre Mall Walkers have brought the trend to the UK.

Unfortunately, power walking through Selfridges in trainers and trackies leaves us cold. *Enqtraffordcentre.co.uk*

BUGGY-CISE Think organised groups of mothers thundering through parks with their buggies. While we certainly don't begrudge the friendly and family-centred ethos, we'd rather not have our picnics interrupted by a stampede of strollers. *Enqbuggyfit.co.uk*

STRIPPER-CISE We're cynical about any class for which stilettos and sexy underwear are a prerequisite. Surely going for a run will burn more calories than wriggling around a brightly-lit gym in our lingerie? *Atgymsnationwide*

during a long session.' Another pre-workout snack that fitness insiders are raving about is the Bounce Premium Protein Ball, £15.99 for 12. The balls are wheat- and gluten-free, and cram 15g of protein into each mini, but satiating portion. *Good4U, enq good4u.co.uk; Bounce Protein Balls, enq bouncefoods.com*

8. BESPOKE BODY MAKEOVERS

The New Year sees a host of new body makeover packages on offer, all of which are designed to help you to detox while also attaining your dream figure. This month, London's Urban Retreat spa opens The Body Clinic, which tailors workout programmes to suit your specific body goals. Focusing on Hypoxi Therapy, which involves cycling in a sealed vacuum chamber to speed up the breakdown of fat, the programme also includes nutritional advice, colonic hydrotherapy and a series of detoxifying wraps. Alternatively, check out the Champneys Be In Shape programme – a three-day package which combines a mix of detoxifying massages and personal training sessions. Finally, there's the Suffolk-based SK Clinic, which serves up a six-week body makeover that can be tailored to suit a range of budgets.

Initial consultations at the Urban Retreat Body Clinic cost £60 and are redeemable against treatments booked; enq (020) 7893 8333. The Champneys Be In Shape package costs from £329.95 for two days and nights; enq champneys.com. Initial consultations at SK Clinic cost £25 and programme price varies according to chosen treatments; enq skclinic.co.uk

9. ECO-FRIENDLY FITNESS

Along with trying to cut down on flying and making an effort to buy ethical food and clothing, the eco-aware are swapping energy-inefficient gyms for the great outdoors – and two companies are ahead of the curve. In the spring and summer months, Wildfitness groups meet in London's parks to strengthen body and mind via a series of outdoor workouts, as well as organising week-long holidays that promote fitness and wellbeing. Then there's the nationwide BTCV Green Gym, which guides volunteers into a conscience-assuaging and fitness-boosting day's gardening and conservation work. If the latter appeals, you could also sign up for Eco Running, where members pick up rubbish along their route – one woman's trash is another woman's toned thighs...

Wild Fitness, enq wildfitness.com; BTCV Green Gyms, enq www2.btcv.org.uk/display/greengym; Eco Running, enq eco-runner.blogspot.com/

10. THE TREND THAT'S OFFICIALLY HERE TO STAY

The nation is still abuzz with the results achieved by doing Power Plate classes – where you perform a series of poses atop a vibrating plate to get an intense toning effect – and the trend is set to get even bigger. This month sees the nationwide launch of Power Plate Acceleration Training – a series of classes that serve up heart-pumping workouts. The boxing class, which involves holding various squat poses on the vibrating platform while performing a series of punches, kicks, press-ups, sit-ups, bicep and tricep dips and plank positions, is being billed as one of the toughest, and most effective, workouts in the UK.

Power Plate Acceleration Training classes last 30 minutes and are available in gym chains including Virgin Active now. Enq (020) 7586 7200; powerplate.com ■