

# OK!



**Above: Three in five women suffer breast pain while exercising. A sports bra such as Shock Absorber is a must for your bust**

...or. Although most breast changes will turn out to be harmless, you should always tell your doctor if you have any concerns. Detecting a change early means that if cancer is diagnosed, any treatment will have a better outcome.

## STONE UP YOUR TOP HALF!

Exercise can't actually increase the size of your bust or prevent sagging, but it can strengthen the underlying pectoral muscles and give a more defined appearance. Although your breasts don't actually contain any muscles, you can shape the surrounding area which will help maintain healthier, stronger boobs as well as a firmer upper body in general. Yoga is a great form of exercise which not only helps shape and tone your upper body but provides an overall body workout. To focus specifically on the breast area, try gently pressing your palms together. Exercises such as press-ups and/or pectoral flies are also great for toning. Lie on your back on the floor, bend and hold a weight in each hand. Raise your arms. Then with your elbows slightly bent, slowly extend both arms out to the sides at right angles to your body. Slowly bring your arms back to the starting position. Build up to three sets of 15 repetitions. Another great way to tone up is to lie on your back with your arms above your head, holding small weights. Slowly draw the arms over the head and lower towards the belly button. Then slowly lift the weights over the head again and repeat.

## BAN THE BOUNCE!

When you exercise, it's essential that your bust is completely supported. The average 36C breast weighs between 250-300g. Around three in five women suffer breast pain when they work out because they're wearing the wrong bra. Women's breasts are comprised of glandular tissue and fat and held in position by the outer tissue and connective tissue called the Cooper's ligament. Any excessive amount of breast movement or bounce, as happens when you exercise, puts strain on these ligaments and can cause them to stretch. Your breasts can bounce up to 9cm when unsupported during exercise. In the long term this can lead to irreversible breast sag.

The good news is that by wearing the correct sports bra when you exercise, you can cut down this breast movement by over 50 per cent. A sports bra helps compress the bust close to the rib cage to provide maximum hold and minimum movement. It needs to be high cut and full in the cup to provide total support. There are two different types of sports bra available – the encapsulation bra, which looks more like an everyday bra with moulded cups to separate breasts and a compression bra, which compresses the breasts against the chest wall. Research has shown that wearing an encapsulation bra, such as the Berlei Shock Absorber (www.shockabsorber.co.uk), usually provides better all-round breast support during exercise than a compression bra.

WANT ADVICE ABOUT A HEALTH, DIET OR FITNESS PROBLEM? THEN EMAIL THE OK! HEALTH EDITOR AT HILARY@OK@BTINTERNET.COM. EMAILS CANNOT BE ANSWERED PERSONALLY.



## STARS AND THEIR BRAS

- Many of the top lingerie companies now use celebrities to front their campaigns. Wonderbra has **Dita von Teese**, Ultimo has **Mel B**, La Senza has model **Petra Nemcova** (left), Marks & Spencer has **Noémie Lenoir**, Agent Provocateur has **Catherine Bailey** and Victoria's Secret has model mum **Heidi Klum**.
- Tara Palmer-Tomkinson** has revealed that she has used a herbal supplement to help enhance her bust. 'The herbal supplements I have been taking really seem to be doing the trick,' says Tara. 'They're called the Perfect C Breast Enhancer and over six weeks I've gone from an A to a B cup. I feel all-woman.' For more details, visit [www.collagen-ii.co.uk](http://www.collagen-ii.co.uk).

## ASK HILARY

Your health issues healed!

**DEAR HILARY** I suffer from terrible hay fever – could I help improve things by what I eat?



● A study has found that children who ate a Mediterranean diet, which included fresh tomatoes, fruit and nuts, were between 30-60 per cent less likely to develop the condition. Hay fever is caused by an allergic reaction to pollen and certain foods can make the symptoms worse. For more info, visit the Allergy UK website at [www.allergyuk.org](http://www.allergyuk.org).

**DEAR HILARY** I struggle to find time to exercise – what can I do?

● Research has shown you don't have to work out for an hour to get results. Breaking your exercise down into ten-minute sessions is just as effective, easier to stick to and even boosts your metabolism. Experts recommend three ten-minute sessions a day. Try aerobic activities such as powerwalking, skipping, shadow boxing, jogging or cycling and include some toning exercise sessions too which work on the arms, abs, bottom and thighs.

## HEALTHBITES

● **Sarah Jessica Parker** is older and wiser when it comes to taking care of her health. 'When you're young, you can rush around and not really care about what shape you're in because you wake up every day feeling okay,' says the 43-year-old actress. 'Now I'm older, I need to look after myself more.' She does that with regular yoga sessions and walking everywhere instead of taking a cab.



● In her new book, *Gillian McKeith's Food Bible*, the top nutritionist and TV presenter aims to provide an indispensable guide on how food can help you achieve optimum health. 'Food gives us life,' says Gillian. 'It has the power to heal, provides energy and lifts your mood.' As well as giving the foundations of a healthy diet, the book also includes an A-Z of ailments, giving symptoms, causes and what to eat to avoid them.

## FIVE OF THE BEST – BUST BOOSTERS

Plump your cleavage with these solutions and

**Clarins Bust Beauty Gel.** £35. Helps maintain skin tone and firmness around the bust and décolletage while

**The Body Shop Body Focus Bust Firmer.** £12. Help increase the skin's natural appearance and texture with this



**Radial Boob Job.** £125. Promises an increase in bust size by 8.4 per cent using a natural phytosterol that works on the

**Neal's Yard Orange Flower Nourishing Decollete Gel.** £25. Massage in a



**Guinot Longue Vie Buste.** £50. Packed with vitamins, protein and amino acids to renew the skin, this easily absorbed

