'I WANT A FLATTER TUMMY!'

MEL ALGAR

40, designer
'I'm pretty happy with my figure except that my tummy sticks out in a pot belly, so I would like to make it flatter and more toned.'

THE PROGRAMME

Pilates is known for its tummy-toning potential, so Mel had two one-to-one, hour-long machine-based Pilates classes a week.

THE RESULT

'I've started to get some muscle tone in my tummy, which is great,' says Mel. 'It's not as flat I'd like, though, because I still have some fat on top, so I'll now go on to add some cardio to work that off.

'As well as toning my tummy, Pilates has improved my awareness of my posture, which has made me look better. I also feel stronger, which has made me want to carry on with regular exercise.

'Pilates builds up your core strength, which I think is good for my back pain, and it also counteracts all the sitting I do at home and at work. When I used to go to the gym, I really aggravated my back and got other aches, but I didn't have any of those problems with Pilates.

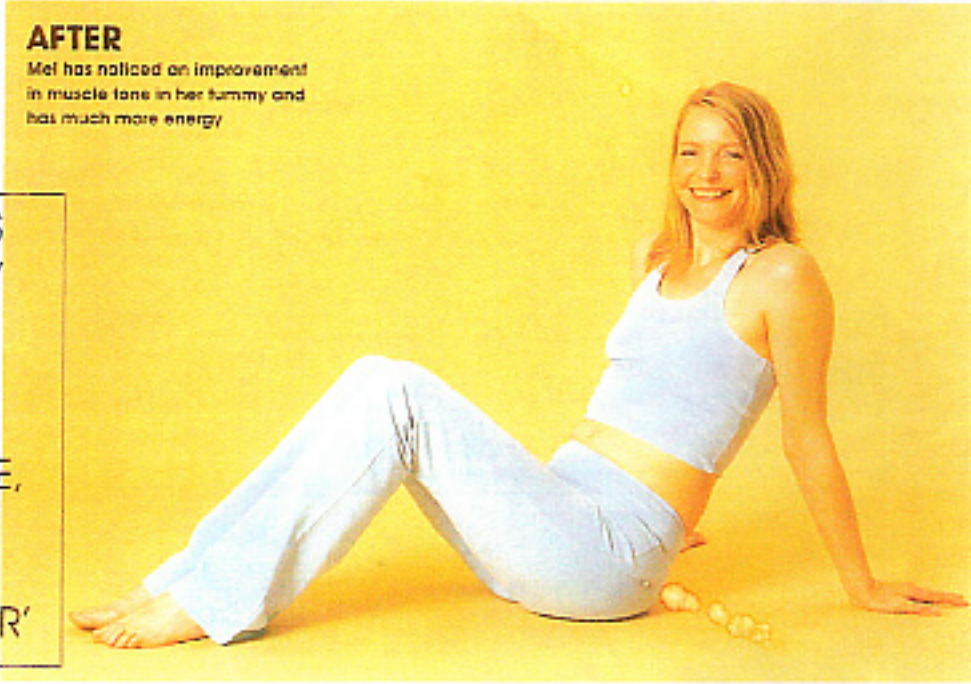
'Over the past few weeks, I've been really busy with work and doing things with my son, but the Pilates helped with my energy levels and moods so I haven't felt tired. My mum's commented that I look healthier too.

'I really enjoyed the classes – the studio has a relaxed atmosphere and my instructor, Tisha, is really friendly and down-to-earth. Having one-to-one tuition was good because Tisha gave me really precise instructions. In group Pilates classes I've found that I wasn't really sure what to do some of the time.

'The one-to-one sessions are quite expensive for me, though, so I think I'll get a Pilates DVD I can do on a mat at home and then just take a few classes.'

'AS WELL AS TONING MY TUMMY, PILATES HAS IMPROVED MY POSTURE, WHICH HAS MADE ME LOOK BETTER'

● Mel took one-to-one Pilates lessons with Tisha Harrington at the Pilates Studios King's Cross, London. For more information and prices, visit **www.pilatesstudioskingscross.com**, or call **020 7837 7111**. Mat-based group Pilates classes are also available at most gyms and leisure centres nationwide.



AFTER
Mel has noticed an improvement in muscle tone in her tummy and has much more energy

THE WORKOUT MEL HAD ONE-TO-ONE SESSIONS OF MACHINE-BASED PILATES

CLOTHES: MARIONA FAGER TOP £27, AND YOGA/PILATES DRAWSTRING PANTS, £40 (WWW.MARIONALIFE.COM; 07000 626637)