



getting in shape

Take your body shape into account next time you're planning a workout program, says fitness trainer Timo Topp from Bayswater Fitness in Sydney.

"Apple-shaped women (with wide shoulders and a large chest and belly) should not do too much abdominal work before they've whittled weight away from their waist. Otherwise they could build muscle beneath the fat they have, making them look even larger," says Topp.

"Pear-shaped women (with narrow shoulders and a wide butt and hips) should avoid beefing up their legs with a lot of lower body work using very heavy weights. And string-bean types (lean and narrow from top to toe) should avoid doing too much cardio exercise – more than an hour a day – which will burn too many calories for them to be a healthy weight."