

The best in... FITNESS



We're not all blessed with beach-worthy abs and bottoms that make the other bikinis jealous. But according to trainer, Shane Da Costa, it takes just 12 weeks to shed your winter layers and be ready for summer's shortest cocktail dresses.

1 Set a realistic goal, says Da Costa. Is it possible that you'll be giving Victoria's Secret models a run for their money come December? Maybe, but probably not. You want to be the best you can be, so set a realistic weight-loss goal. Consult a trainer or doctor if you're not sure.

2 Blast fat through interval training. "Do 10 sprints of 100 metres, with a short break (around 90 seconds) between each. Aim for two sessions a week."

3 Adding some resistance training to your routine will help you see results, says Da Costa. Exercises like lunges, push-ups, tricep dips and sit-ups will help you kick-start your metabolism, and best of all, you don't need fancy equipment to do them.

4 Finally, plan a reward. If you want that Zimmermann bikini, save for it while training. You'll be motivated to stick to your plan if you know something fabulous is waiting for you at the other end!

"Um, so are bikini bottoms optional?"



The best in... WEBSITES



rachelzoe.com

Got half an hour to kill before it's officially summer holidays? Sign up to The Zoe Report (rachelzoe.com), for the style musings of Rachel Zoe. It's either Hemingway or Hilton – we can't figure it out yet.



apartmenttherapy.com

If you're dreaming of summer beach houses and cursing your poky flat, go to Apartment Therapy (apartmenttherapy.com) for inspiration to add glam to even the tiniest apartments – we promise!



sportsgirl.com.au

And for fabulous freebies, style advice and blogs, check out the revamped Sportsgirl website (sportsgirl.com.au). It has everything you need to look good for the summer months.



The best in... MOVIES

A CHICK FLICK



THE TIME TRAVELLER'S WIFE

Henry can travel through time, causing problems with the woman he loves.

A SLASHER FLICK



THE STEPFATHER

Penn Badgley stars in this remake about a creepy new addition to the family.

SOME RAZZLE-DAZZLE



NINE

With a stellar cast, including Kate Hudson and Penélope Cruz, you'll hum all the way to the candy bar.

A LITTLE ROMANCE



NEW MOON

It's the sequel to the hit movie, Twilight. Do you need to hear more?

The best in... FOOD

Summer food is all about balance. You need enough energy to laze on the beach all day and dance all night, but not so much food that you'll be carrying around a spare tyre. Enter Subway Fresh Fit® meals. With a healthy 6-inch® sandwich, a sugar-free drink and a healthy side of yoghurt, it's yummy, great value and guilt-free. Choose from eight delicious low-fat subs (all with less than six grams of fat), like Roast Chicken, Roast Beef, Veggie Delite™, Sweet Onion Chicken Teriyaki, Subway Club® and Turkey.



The best in... FASHION

"Summer fashion is all about embellishment," says Sydney fashion designer, Rachel Gilbert. "Look for extra touches – ruffles, frills and sequins. Neutral shades are popular – beige, black and nude are the colours of the season. And your must-have items are a maxidress, wedges and a skirt – shorts are so 2008."

