

KEEPING FIT

Barbie's Guide to

Barbie believes that if you want to look good you have to look after your body. She knows the importance of keeping fit and healthy and makes sure she has a good basic diet and plenty of exercise. Take Barbie's advice yourself and follow this guide to keeping fit.

Never ever skip your breakfast. Remember, the name breakfast actually means 'break the fast' as the last time you ate was probably about eight hours ago. If you skip breakfast you will probably be so hungry half way through the morning that you won't be able to concentrate on your work properly, and could even feel faint and dizzy. Barbie's favourite breakfast is a glass of orange juice or milk, half a grapefruit and a small dish of cereal, or a boiled egg and a slice of toast. Simple – but nourishing.

Watch what you eat. Chocolate, sweets, cakes, pop and chips might taste delicious, but too much of these foods are harmful to your health and teeth. Eat plenty of fresh fruit, fruit juices and salads instead. Barbie recommends eating a slice of cheese, a raw carrot or an apple if you feel peckish between meals. And she always drinks lots of water, knowing that this is the healthiest (and cheapest!) way to quench her thirst. In fact, experts say that you should drink at least eight glasses of water a day!

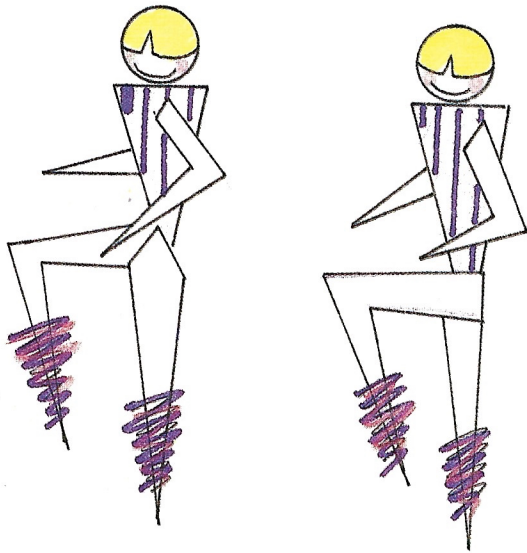
Get enough sleep. Too many late nights make you feel sluggish and irritable, and play havoc with your looks. Although Barbie enjoys the occasional late night she doesn't make a habit of it and makes sure that she has plenty of sleep.

Take up a sport. Nothing makes you feel more tired and listless than lazing around doing nothing. The more you sit around watching TV or reading magazines, the more sluggish you feel. Barbie suggests that you do some sort of sport or physical activity at least once a week – tennis, squash, skating, jogging, running, riding or even skipping. If you're not a sporty type try swimming once a week to exercise every muscle in your body, or ride your bicycle instead of taking the bus. You'll feel a lot fitter afterwards.

Exercise is another of Barbie's golden rules and she takes time every day to do some exercises. Do remember not to go mad with your exercising though, and never overdo it. Little but often is a good rule. Work yourself up to an exercise routine gradually. If you strain yourself you'll suffer for it next day! Barbie recommends wearing a leotard and ballet pumps to exercise, as they are so comfortable to work in, but if you haven't got these make sure you wear loose, unrestricted clothing. And don't forget to tie your hair back if it's long so it doesn't get in the way. Here are some of Barbie's favourite exercises to start you off:

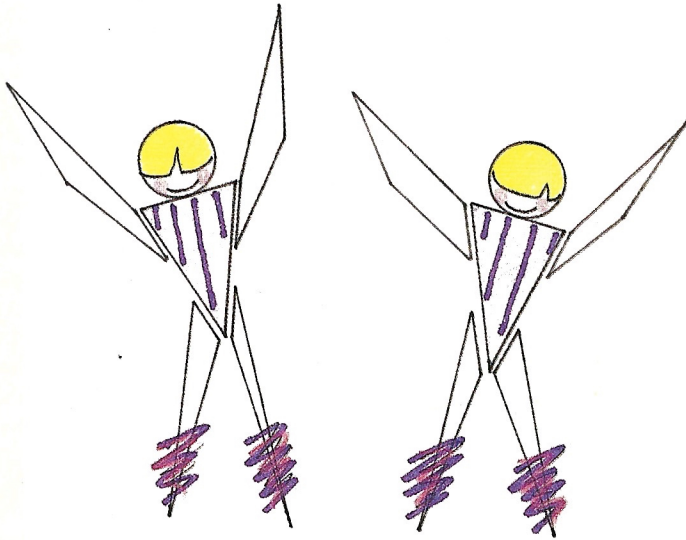
WARM-UP

Start by warming up with this simple stretching exercise. Stand with your feet apart and, keeping your arms straight, stretch your arms as high as you can above your head. Then swing both arms first to one side, stretching as far as you can, then to the other. Repeat five times. Next, put your arms above your head again, then circle both arms together, bend forward and swish your arms through your legs. Repeat five times.



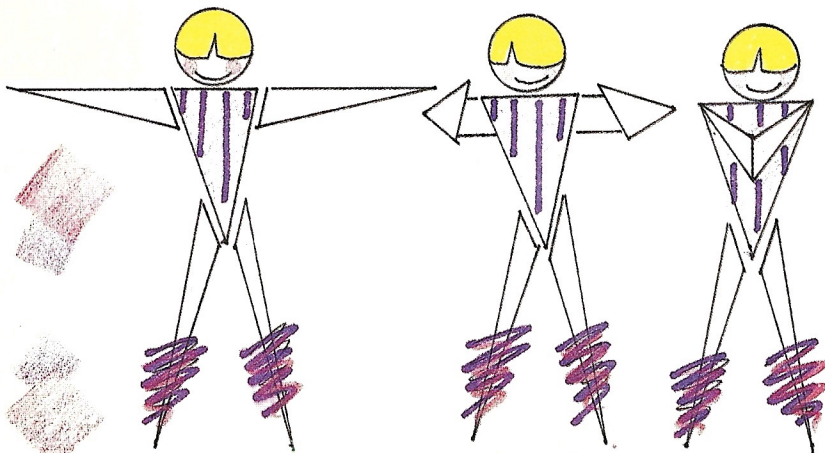
WAIST TRIMMER

Stand with your legs apart, breathe in and slowly raise your arms until they are level with your shoulders. Hold your breath and slowly bend over to the right as far as you comfortably can, keeping your arms straight. Breathe out as you return to an upright position and lower your arms. Repeat, bending to the left this time. Do two or three times.



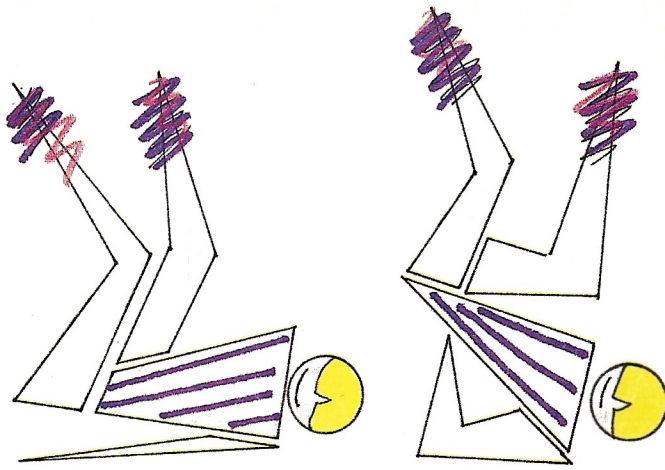
SHOULDER EXERCISES

Stand with your arms outstretched, level with your shoulders. Bend your elbows and place your fingertips on your shoulders, still keeping your arms level. Slowly bring your arms together until your elbows meet, hold for a few seconds, then slowly draw apart, bringing your arms level with your shoulders again. Repeat five or six times.



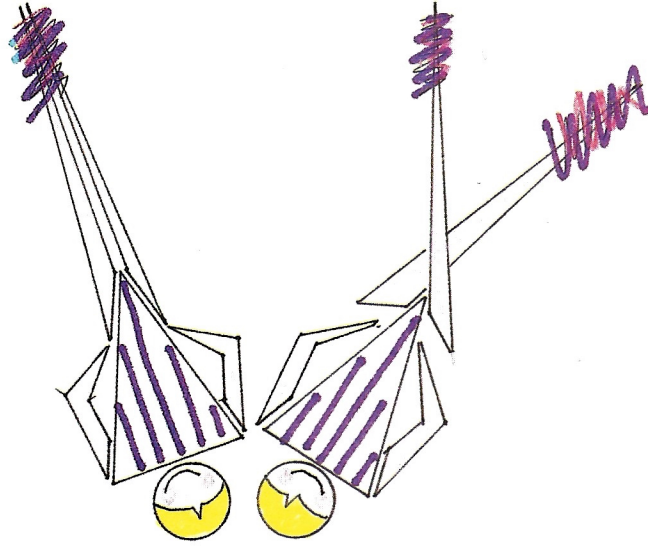
THE BICYCLE

This is a simple exercise for toning up legs and reducing flabby hips and thighs. Lie on your back, hands on the floor, then bend your legs and pedal in bicycle fashion. Next, place your elbows on the floor, support your hips with your hands so you can raise them off the floor and pedal bicycle fashion again.



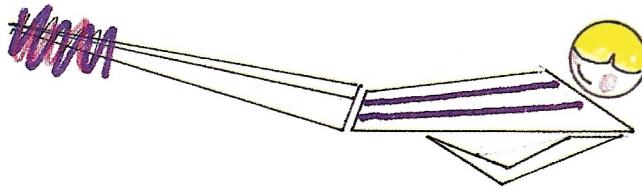
THE SCISSORS

This exercise strengthens your legs and tummy muscles. Lie down on the floor, place your hands palm down under your bottom and raise your legs slightly, then swing them apart and bring them together again, criss-crossing like a pair of scissors. Repeat about five times at first, gradually building up to ten.



TUMMY TRIMMER

Lie down on the floor with both legs together and place your hands palms downwards under your bottom. Keeping your legs straight and toes pointed, lift your head off the floor, raise your legs together and lift them off the floor, then slowly lower them again. Repeat about five times.



PRESS-UPS

If you find the traditional press ups done on the floor too difficult try this variation. Lean forward and, keeping your back straight, rest the palms of your hands on a table. Bend your elbows and lower yourself onto the table, keeping your back straight. Push yourself back off the table again. Repeat four or five times.

