



Mail on Sunday-Supplement 1

Sunday, 15 April 2012

Page: 6

Circulation: 123919

Area of Clip: 22810.00mm

Clip ID: 1127475

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unislimnews

The stories that get the Unislim stamp of approval



HERE COMES THE SUMMER

WHAT DOES EVERY GIRL WANT ON THE BEACH? Top of our list is a tight, flat tummy and curvy, nipped-in waist. **A Wicked Little Workout for the Waist**, is a 20-minute workout by Pilates guru **Eva Berg** that can be used at home or on the go to help you get in shape for summer. The DVD can be purchased online at www.theseconpilotates.com for €14.99 with 30% of the proceeds going to Eva's favourite charity - the ISPCC. The Secret Pilates Studio has a very special offer for Unislim readers. Order **A Wicked Little Workout for the Waist** and receive **The Secret Core** DVD for FREE. Just quote UNISLIMSECRET when ordering online.



Top Tip!

DRINK AT LEAST TWO LITRES OF WATER A DAY TO STAY HYDRATED AND AVOID A BLOATED TUMMY.