

# The Sun-Herald

6 TEMPO



## Luscious lips

**BEAUTY** So you want full lips without resorting to collagen? KELLY BAKER tests three of the best lipsticks including one made especially for the big mouth, Madonna.



**Mirenésse Vitamin Capsule Lipstick in Gustan \$17.50.** Finally a lipstick that has everything a lippy should. Plant Phytosphingosine ceramides (no, we don't know what they are either) plump and firm lips, providing all day hydration. Encapsulated vitamins C, E and F protect from the elements and lips feel soft and smooth all day. The colours are sensational (love the plummy Gustan) and the miniature lip brush makes application a breeze. Plus, this lip is refillable. **9 out of 10.**

**Nutrimetics Moisturising Lipstick in Brocade \$24.50.** Nutrimetics is the BP of the cosmetics world. This quiet achiever is on a winner with its moisturising range of lipsticks. They are easy to apply, stay on the lips for hours on end and there's none of that nasty lip-line bleeding. Even after hours of wear it doesn't feel dry or crusty thanks to the many moisturising agents used and during a long-day-in-the-office test run, I only had to reapply once. **7 out of 10.**



**MAC Lipstick in Russian Red \$30.** This long-wear lipstick was created for Madonna and in my mind if it's good enough for her, then it's quite the thing for me. I was a little frightened by the fire engine shade, but it did attract attention (a good thing surely?) and several compliments. Pop it on in the morning and you'll brighten up the most tired of faces. Wear it at night and pass yourself off as a rock star. Oh yeah, it lasts for hours and feels fantastic. **8 out of 10.**

# The end re

**FITNESS** Want a butt (and the rest) so hard 'n' bounce coins off it? We have the secret. KELLY BAKER reports.

**BERNADETTE** Frank would like to shake the next woman who tells her its all downhill once you turn 30.

The statuesque blonde, who recently won the National Australia Body Building Association Sydney Masters Figure Division, one of Australia's most prestigious body building competitions, doesn't hold back when it comes to this topic.

"I'm sorry, but that's just garbage," Frank said.

"You have the power to turn your body into anything you want it to be and at any age."

Sure it sounds like New Age claptrap, but Frank (inset right) knows what she's talking about.

The professional personal trainer has transformed the bodies of dozens of Sydney men and women and her own physique is impressive, to say the least. At 1.8m she weighs 66kg and carries only 10 to 12 per cent body fat. She's lean, toned and she's only a few weeks shy of her 40th birthday.

"I'm proof that age has nothing to do with it," Frank said.

"People can't believe I'm about to turn 40, but just because you get older you don't have to go to the back of the pack. I know it's true and I am determined to prove it, especially to other women."

She may be close to 40, but then Frank was blessed with height and a lean frame. She also has a butt so tight you could bounce coins off it.

She's always looked like this. Hasn't she? Well, yes, to a degree, but she has worked hard to develop the body she resides in today and she's 100 per cent certain we can all get there with a little effort.

"You do have to make a commitment and have a goal," Frank said.

"But you do not have to make yourself miserable or be obsessive to transform yourself."

Frank advises a three-pronged attack to create the body, in particular the butt, of your dreams.

The first step is to revamp your diet. If you want to lose fat you'll need to go easy on all of the traditionally naughty stuff (fried foods, fatty foods, sugary foods) and start indulging in fresh steamed vegetables, grilled fish and chicken. After 3pm you'll be saying goodbye to complex carbohydrates. That means no pasta, rice or bread unless it's for brekkie or lunch and even then, go easy.



Step two is to kick off a serious cardio program. Each morning you'll be dragging yourself out of bed and heading out for a power walk. You'll be working on an empty stomach which means your body will be burning fat as fuel and you'll experience the added bonus of a boosted metabolism.

Frank stressed you'll need to be working at 70pc of your maximum heart rate. This will be no gentle stroll in the park and you'll need to keep the effort up for at least 30 minutes, preferably more.

"I squeeze the glutes tight as I'm walking and I push through the heels rather than the toes," Franks said.

Weight training is imperative. Not just for a great butt but for a lean, toned physique. One of Frank's favourite butt-blasting exercises is the walking lunge. When you do this exercise remember to

## In the swim

If you just can't drag yourself to the gym, try swimming to burn fat and improve your butt.

- 1 Most swimmers will burn about 1,000 kilojoules during a half-hour freestyle session at a reasonably snappy pace and that's nothing to sneeze at.
- 2 Keep your strokes long and reach out as far as you can. Kick up and down from your hips, not your thighs and try not to let your feet break the surface.
- 3 If you get into the pool only to discover you're nowhere near as flash a swimmer as you'd thought don't panic. Take a few lessons until you feel more comfortable or break your workout into intervals.
- 4 Check out the Cook Phillip Park Aquatic and Leisure Centre at the corner of College and William streets, Sydney. Here you can swim in the 50m lap pool and afterwards you can splash about in the leisure or hydrotherapy pool. To swim at the centre, which is open from 6am to 10pm on weekdays and 7am to 8pm on weekends and public holidays, you'll pay \$4.50 per adult and \$3.50 per child.
- 5 If you want to go au naturel take a dip in one of Sydney's glorious sea pools. We recommend Bronte, Coogee and Queenscliff pools for liquid pleasure.