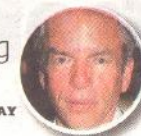


3% The proportion of Britons who get eight hours' sleep a night

SOURCE: TRAVELODGE

I call jet lag 'jet-psychosis' – there's an old saying that the spirit cannot move faster than a camel"

AMERICAN ACTOR SPALDING GRAY



LOOK GOOD, FEEL GOOD

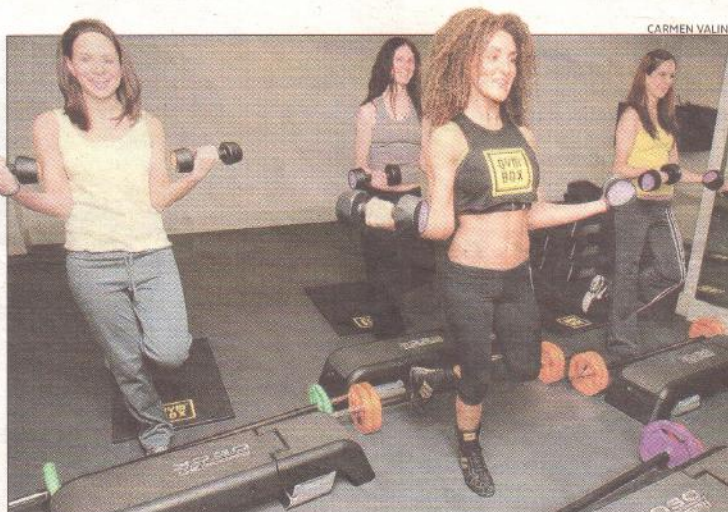
The gym class to Look Better Naked

EMILY ROSS
for thelondonpaper

AS someone who has difficulty unscrewing a jar of olives, entering a studio packed with dumbbells was more than a little daunting. However, eager to put my upper body through its paces I opted for the smallest weights I could find and took my place among the other Look Better Naked (LBN) fans.

The LBN concept was dreamed up two years ago by Chiraz Hasnaoui to help women who wanted to tone up but felt too intimidated by muscle-bound men to use weights in the gym. She says: "I wanted to show people that you can combat your bingo wings and your flab without becoming big and bulky. If you ask any woman if she likes her naked body, the answer is generally 'no' – LBN helps women become confident about their bodies."

The class was mostly made up of women with a couple of men who looked like they had been dragged in by their girlfriends. Each exercise is performed in supersets where it is repeated 12 times, before switching to a different exercise and then switching back. The idea is to "shock the muscles" by not sticking to the same routine, helping



CARMEN VALINO

WORK IT OUT | There's nowhere to hide in any of Chiraz's (centre) LBN sessions

"If you were to ask any woman if she likes her naked body, the answer would be 'no'"

to tone and speed up your metabolism. As the class progressed from chest exercises and bicep curls to push-ups, even my tiny weights seemed to gain pounds with every repetition. But looking

around the room no one else looked ready to quit so I persevered, obediently sticking my bum out "like a bunny" as Chiraz instructed.

Throughout the class she moved around checking everyone had the correct posture and alignment. As a trained sports therapist Chiraz is very aware of the importance of picking up the weights correctly to avoid injury.

And unlike other classes where the teacher is at the front of the class, Chiraz's omnipresence also meant it was impossible to slack off or daydream.

NAKED TRUTH

Where?

Gymbox, 100 High Holborn, London, WC1V 6RD
0207 400 1919

When?

Saturday 12.00-13.00
Tuesday 18.00-19.00
Wednesday 12.15-13.15

How much?

£15 non members, free to Gymbox members

Website:

www.gymbox.co.uk

Contact Chiraz direct:

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