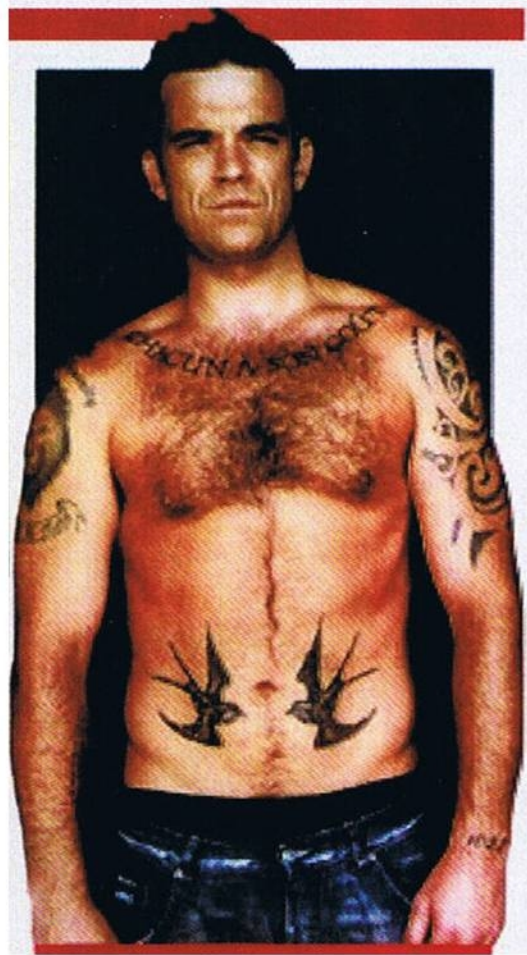


## HOW THE STARS SHAPE UP

**vacunaut**

### Robbie maintains his awesome abs with a Vacunaut machine ...

If you want a washboard stomach without strenuous sit-ups, Vacunaut could be the answer to your prayers. Vacunaut users walk on a treadmill wearing a neoprene (synthetic rubber) suit with tubes that attach to the abdominal area. The resulting vacuum suction helps blitz fat. The machine is billed as a pain free alternative to a tummy tuck so its no wonder that weight conscious Robbie Williams is a big fan.



According to Chris Heath, author of Robbie's biography, *Feel*, Vacunaut is based on the theory that fat loss is difficult around the midriff because circulation is poor there and so the body is less likely to convert and transport fat from there than elsewhere. Vacunaut is intended to counteract that problem. Rob swears by it. Most days he appears in his suit like an eccentric spaceman asking to be zipped up or unzipped.

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