



Firm in a flash

Getting into shape doesn't take long with the latest body-sculpting short cuts

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PRESSURE TRAINER

The best way to gauge the popularity of a new treatment is by the number of slightly abashed society faces in the waiting room. When I bump into yet another familiar face exiting a Hypoxi session at a discreet Sydney address, I know I'm onto something good.

The Hypoxi body-shaping system was developed by Dr Norbert Egger, an Austrian sports scientist. While conventional wisdom declares it impossible to localise fat reduction, Egger theorised that fat burns more efficiently in areas with better blood circulation. His Hypoxi machine combines a comfortable reclining bed, for the upper body, with a stationary bike encased in a vacuum

chamber, for the lower body. The client lies back and pedals while the pressure in the chamber fluctuates rhythmically to stimulate blood circulation and power away fatty areas around hips, bottom, stomach and thighs.

At my first session a consultant takes my measurements, then fits me with a heart-rate monitor and thermometer. I lie back and start pedalling. Every five minutes the air is sucked out of the chamber. It's a strange sensation, but not unpleasant, and while I pedal I keep my eye on the revolutions-per-minute and temperature counters. Although I'm pedalling quite vigorously I still manage to read gossip magazines at the same time.

Half an hour later and I'm done. I feel light and flushed, but not as if I have done strenuous exercise. The consultant advises me to follow a few commonsense diet rules and to exercise on non-Hypoxi days. She also recommends at least three sessions a week.

After about five sessions, the shape of my upper legs begins to tighten, and after 12 visits there is a significant difference in the measurements of my lower body as well as the firmness – and I've caught up on all the gossip. For further details, visit www.hypoxi.com.au.