

# Spring is coming – Build up your abs

**Spring is here, or nearly here, however you chose to see things.**

Myself I have decided to ditch the winter clothes, and venture out in my white jeans and pretty brightly coloured tops. I must say it is still a tad cold, so I invested in a lilac fur trimmed faux leather biker jacket, keeping warm but still with the element of spring.

So I rejoined the gym and enlisted the help of a trainer, for advice mainly (trainers can be very pricey, just try to get the basics and go it alone, or with a friend) he showed me the decline sit ups, where your head is further down the elevated work bench, and you sit up to be upright, with or without a weight plate (the weight plate really boosted my workout)

I have found these to be the most effective of techniques I have ever tried.

Being a mum, many of us share this same problem area, and the singer Kelly Clarkson, I really felt for recently had came under the dreaded Katie Hopkins wrath, for her weight gain after pregnancy.

Hopkins made (fat jibes) at the new mum on Twitter, in very poor taste I think.

When woman attacking one another for responding differently to pregnancy absolutely disgusts me. If Hopkins had of found her weight an issue she would never of poked fun at others, completely showing her lack of intelligence.

I mean come on, it's like poking fun at a blonde because you're a brunette! Absolutely pointless and pathetic, just like her.

She pokes fun at "talentless" people trying to gain fame, when she herself gets attention from bullying others! Madness she is even given air time.

Well that will be the only time I will give her any attention. Any of you embarking on a new fitness plan for this summer, I

salute you, and wish you all the luck. And remember, a good  
clean healthy diet is 80% of the battle.  
Kisses Holly