

# Celebrity Fitness Trend: Shape Up with Hypoxi!



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**Heidi Krause road tests the latest celebrity weight loss craze taking Australia by storm.**

Want to lose stubborn weight from your tummy, hips, bum and thighs and reduce cellulite in as little as 4 weeks? If you're anything like me, the answer is a loud and clear yes!



Hypoxi combines exercise with advanced vacuum technology

If all the hype is to be believed, then a new treatment called Hypoxi can do exactly that. Even celebrities like Robbie Williams, Madonna and Cheryl Cole are said to be loyal followers. So when I was given the chance to try this fitness fad out, I jumped at the opportunity.

## What is it?

Hypoxi is a non-invasive targeted fat and cellulite reduction treatment that combines exercise with vacuum technology.

Developed by a team of Austrian doctors, Hypoxi works by stimulating blood circulation in problem areas of the body that traditionally have very poor blood supply (ie. the lower half of the body). The aim? To accelerate fat metabolism and skin toning in these zones.

## What can you expect?

I'm told to achieve optimal results, I need to undertake three 30 minutes sessions each week over a period of four weeks.

Each session I wriggle my way into a tight neoprene skirt (think wetsuit