

Getting in shape for your wedding is easy, if you have the right team supporting you. Put your pre-wedding fitness into the hands of one of these capable fitness programs.

by Chelsea Tromans



Getting in shape is something most bride put on their wedding to-do list, but it's hard to stay motivated when you're already so busy planning the rest of the wedding. Here are some great fitness programs that will get you into shape in no time.

Hypoxi

Not an exercise junkie but still hoping to trim and tone? Hypoxi is your dream come true. This effective treatment targets fat loss and reduces cellulite through the use of easy exercise (done lying down!) and advanced vacuum technology that targets fat in the problem zones of the stomach, waist, hips, buttocks and thighs. The vacuum chamber diverts your body's circulation in those hard-to-tone places, like your thighs, encouraging your blood flow to accelerate the rate at which fatty acids metabolise. This results in fat burning in all the right places, with minimal exercise on your behalf. A 12-week program is advised in which you partake in three 30 minute sessions a week. During these sessions you hlie down in one of the chambers and peddle for 30 minutes. At this time the hypoxi vacuum will work to concentrate your blood flow in all the right places. You will be measured at the start, middle and end of your program so you can not only see the results, but have the evidence on paper.

Location: New South Wales, Queensland, South Australia, Victoria, Western Australia

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