



# Trim down without even trying...

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**Trim down without even trying? Is that even possible? Well yes, kind of – if you don't mind lying back and catching up on your favourite episodes of *Sex and the City*, while you peddle on a stationary bike for 30 minutes, that is...**

So what exactly am I going on about? It's called [HYPOXI](#), and it's the latest in cellulite and targeted fat reduction technology. I recently underwent a course of 12 sessions to try it out, and I have to say, I was rather surprised at the results.

When they told me I'd be able to 'spot tone' problem areas on my body by doing nothing more than pedaling for 30 minutes, I didn't know whether to laugh or cry. Laugh because I didn't believe it was possible, and cry...well, because *anything* to do with a bike (stationary or otherwise) is torture for me.

Strangely enough though, after the first five minutes the bike wasn't that bad – you actually get used to it (most likely because I was simultaneously being distracted by episodes of the first season of *Glee*). Plus you have to keep your heart rate below a certain level, so it's not like you're going as flat-out as you would in a spin class.

Anyway, as I said, I had 12 sessions and sure enough – despite my initial cynicism – I did end up toning a few inches off my thighs, stomach and hips!

Here's the lowdown on what it is and how it works...

## **What is HYPOXI and how exactly does it work to 'spot tone'?**

[HYPOXI](#) is a cellulite and targeted fat reduction treatment that utilizes vacuum technology to target fat in the problem zones of the stomach, waist, hips, buttocks and thighs. Developed by a team of Austrian doctors, this advanced fitness device has been proven to improve fat metabolism by up to 80 percent in as little as six sessions.

The treatment stimulates circulation in areas of the body that traditionally have very poor blood supply (such as the areas mentioned above), thereby accelerating fat metabolism in specific body zones. It has been proven to achieve up to three times greater circumference loss in the targeted area than that achieved with conventional training. The treatment is the vital link between exercise, blood circulation, and fat metabolism, which enables a person to spot tone.

## **Is it guaranteed to tone your body or do some people not see results?**

As long as a person does not have a pre-existing medical condition that prevents them from losing weight, and as long as they follow some simple guidelines while doing [HYPOXI](#), there should be no reason why they shouldn't see fantastic results.

## **How long will the effects of HYPOXI last? If you stop after a course of 12 sessions will you still remain toned?**

Yes, that is the beauty of [HYPOXI](#). As long as you maintain some form of regular exercise (in order to convert those stubborn fat stores into energy to burn) and a healthy diet and lifestyle, the results can be

permanent or very long lasting.

[Click here for more information on HYPOXI...](#)