

## **HYPOXI**

THIS BRAND'S CELLULITE-REDUCING PODS HAVE A CULT FOLLOWING AND THEY'RE WORTHY OF THE HYPE

**WHAT IS IT?** A fat targeting exercise craze invented by Austrian sports scientist Norbert Egger. Hypoxi users exercise in a pod – an airtight chamber that harnesses vacuum technology to increase blood circulation in order to accelerate

the body's fat-burning metabolism. Poor blood circulation to problem areas is cited as one of the main reasons why it's difficult to shift weight or reduce cellulite, and for most women, this applies to the lower half of the body. Each session will see you lying in the pod, where you're required to cycle for 30-40 minutes to engage your muscles to enhance the fat-burning process. While cycling, the pressurised chamber stimulates blood supply to the lower half of your body by sucking out the air at intervals, creating a slight resistance.

**WHY WE LOVE IT:** While you are required to maintain a healthy diet and to undertake your own regular exercise on top of the Hypoxi treatments, three half-hour sessions a week barely qualifies as hard

work. All you must do is cycle in the chamber, and it is practically effortless – you can watch TV or flick through a magazine while “working out”. The makers claim that using Hypoxi will reduce the circumference of your lower body three times quicker than by means of regular exercise. If that was not enough to get us to the closest studio, the promise of reduced cellulite certainly did.

**WHERE IT TARGETS:** The pressurised chamber targets the fat tissue around the stomach, hips, thighs and bottom, and if used consistently, will also contribute to overall weight loss.

**DID IT WORK?** I am happy to say that it really did. After 13 sessions, I had lost an overall 11.6cm from my lower body region, and this amount increased even more over the following weeks. But, be warned: the Hypoxi regime does not claim to be the sole factor in achieving your goals. You should not consume carbohydrates, caffeine or alcohol for four hours afterwards, and you are encouraged to exercise regularly.

**COST:** From \$118 a week for three sessions.

**DO IT:** Visit [hypoxi.com.au](http://hypoxi.com.au) to find your closest studio.



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