

4 celeb ways... ...TO PERFECT POSTURE

By Clare Zerny



Kate Moss
Graceful

Kate's secret...

Years of treading the catwalk in killer heels have taken their toll on Kate's posture. She has osteopathy by Jonathan Le Bon (Simon's brother) to detect and treat any damage.

Try...

Jonathan Le Bon at the Penninghame Clinic. To relieve back pain and postural trouble, he uses stretching and manipulative techniques to ease tender muscles.

Get it...

At the Penninghame Clinic, (www.penninghame.com, 020-7724 4004). The first consultation is £100, with follow-up sessions at £50.



Sarah Jessica Parker
Elegant

Sarah's secret...

She was a ballet dancer before *Sex and the City*, and still practises for health and fitness. Benefits include improved posture, flexibility and muscle tone, and it burns up to 400 calories an hour.

Try...

The New York City Ballet Workout DVD introduced by SJP. Elements from the company are translated into a complete exercise programme, including a visual glossary of ballet terms for beginners.

Get it...

New York City Ballet Workout DVD, £14, www.nycballet.com.



Hilary Swank
Standing tall

Hilary's secret...

One-to-one lessons with an Alexander Technique instructor, who teaches the basics of co-ordination, improving your posture, stamina and stress levels.

Try...

The Alexander Technique at home by lying 'semi-supine' for five to ten minutes a day. Lie on your back, knees bent upwards, hands on your chest and rest your head on a few books. This will widen and lengthen your spine, restoring its natural alignment.

Get it...

Find a tutor with the Society of Teachers of the Alexander Technique (www.stat.org.uk). Expect to pay between £25 and £40 for a lesson.



Liz Hurley
Poised

Liz's secret...

For red carpet posture, Liz practises Pilates with celeb teacher Lynne Robinson. As your strength and flexibility improve so does your posture. And there's the bonus of all-round toning up.

Try...

Visit www.bodycontrol.co.uk for details of courses from beginners to advanced.

Get it...

The Official Body Control Pilates Manual (£12.99, Pan Macmillan) includes a section on identifying your postural type with specific exercises to remedy problems.



STAND UP STRAIGHT WITH TOP TOOTSIES

- 1 Softening Burt's Bees Coconut Foot Creme, £11.50.
- 2 Comfy Suede and fake leather slides, £29.95. Birkenstock.
- 3 Luxury Creative Spa SpaPedicure set, £19.95.
- 4 Classic Lancôme Nail Lacquer in no. 120, £13.

