

Kelly Brook's Fitness Focus

Article By: Laila Farran



Kelly Brook lets us in on her training regime and shows us her fun fitness moves. Watch Kelly's video for activity ideas that will tone and help keep you fit.

In need of a new training regime that will keep you motivated? "Add a bit of fun," says Kelly Brook and her trainer Tamayah Ahmad. By focusing on the activities that you most enjoy you can reap the benefits of being fit and enjoy the process too.

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We spoke to Kelly Brook and her trainer Tamayah Ahmad, Reebok's fitness trainer in the UK, whose 'get up and go' attitude is all about bringing the fun into fitness. "I like the way it's not all too serious..." says Kelly. "There's no point in forcing yourself to do something you don't enjoy as you just won't get the best out of it, so you might as well have a bit of fun with it," she says.



Dreading The Gym

Like many of us, Kelly had never really had a fitness regime as such and found working out at the gym tedious and boring, so she turned to Reebok's UK trainer Tamayah for help. Since she has been working out with Tamayah she

Kelly Brook Fitness Tips



Kelly shows us her favourite fitness moves

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has been really enjoyed keeping fit like never before and has noticed a real difference in the tone of her body. She also looks and feels much better.



Having Fun

Tamayah has introduced Kelly to ways of getting fit, toning up and maintaining her fitness levels – and great figure – that she finds fun and *actually* looks forward to doing. Activities including hula-hooping, dance-based exercises, aqua aerobics, light boxing, and cardio and resistance work to loud music! This combination has helped Kelly get into even better shape than before, increase her energy levels and improve her overall fitness. And the secret to her success? She really enjoys the sessions.

"Now that I'm really focused on getting fit I'm glad I've found someone who makes the whole experience fun and enjoyable but at the same time knows how to get the best result," says Kelly.



The Top Exercises

We asked Kelly which her favourite exercises are. "My two killer fitness secrets are exercises that Tamayah and I have special names for: the *Brook Bum Buster* and the *Beverly Hills Power Walk*."

"The *Brook Bum Buster* is hard but really does the trick, and the *Beverly Hills Power Walk* is just basically walking really fast on an uphill gradient on the treadmill, which is brilliant for your thighs and bum! It reminds me of when I lived in LA and I used to see everyone power-walking around in their sun visors, which is why it's our *Beverly Hills Power Walk*!"



How It's Done

Tamayah Ahmad's philosophy is just to 'get up and move' whatever way you want to: you can keep in shape if you just move your body. By being active in a way that you enjoy you will keep fitness fun. It also ensures that you perform to the best of your ability and are more likely to keep going with your regime.

Tamayah prevents burnout and keeps regime boredom at bay by constantly changing her workouts – and Kelly's – and by using lots of props, dance moves and varied training methods to keep the workout interesting and to keep motivated.

Kelly's Top 5 Tips For Keeping Fit

Make sure you enjoy what you are doing, that way you are more likely to stick to it.

Train with someone - if you work out with a girlfriend or someone you can have a good time with, then time will fly and it won't seem like so much hard work.

If you look good you will feel confident, so make sure you have some nice workout gear to wear to the gym.

Keep active! Even if you can't make it to the gym you can go for a run or walk outside or invest in a hula-hoop that you can use at home.

Most importantly... have fun!