

FURY AT MPs' ELITE LOUNGE

ELITIST MPs are installing a private "first-class lounge" in a busy part of the Commons so they are not forced to mingle with staff and visitors.

An area of plush Portcullis House, where politicians, staff and outsiders can mix, is being converted into an exclusive 32-seat meeting area.

It was signed off by the Administration Committee "to provide members with a quiet space to meet guests in private".

Rank and file workers are furious, as there are already MPs-only bars and restaurants.

One said: "This is meant to be Blast . . . Robert Oxley

EXCLUSIVE by CRAIG WOODHOUSE

Parliament, the cradle of democracy, yet MPs lock themselves away from the public. So much for, "We're all in it together". It's disgusting.

TaxPayers' Alliance campaign director Robert Oxley said: "It's ridiculous. MPs have already got enough spaces around Parliament to have a chin-wag."

Earlier this month £40,000 was blown on 300 chairs for the canteen. Portcullis House also had fig trees that were rented at a cost to the taxpayer of £438,000 before a media exposé forced a change to the contract.



4x4s are on move

THE "Chelsea tractor" has found a new home — 500 miles away in Scotland.

In the market town of Banchory, Aberdeenshire, one in four drivers now owns a 4x4, figures show.

But posh London suburb Chelsea, which topped the table in 2010, has fallen to fifth with 22 per cent.

UK sales of 4x4s have almost doubled in four years, from 132,000 in 2009 to 248,000 last year, insurer Admiral found.

MUTE-Y SPOT

Noise expert Trevor Cox has found Britain's quietest place — a remote moor in Northumberland.

MAN WHO SCULPTED REALITY BEAUTY'S FIGURE SHARES HER SECRETS

GET KIM'S BODY

Women want to be like curvy star not skinny Posh, says KK's trainer

By SHARON FEINSTEIN

CURVY Kim Kardashian has replaced petite Posh as having the body most women desire.

So says Hollywood personal trainer Gunnar Peterson, who has helped the voluptuous star since she was 19.

He says girls now want Kim's bootylicious body far more than Victoria Beckham's boyish frame.

A raft of A-listers and athletes work out at Gunnar's Beverly Hills gym. Clients have included Jennifer Lopez, Sylvester Stallone and Bruce Willis.

He has worked with the entire Kardashian family too and, after helping many women get into shape, is ideally placed to know what look is on trend.

In an exclusive interview with *The Sun* on Sunday, he says there is no doubt Kim — famous for her ample rear — has popularised today's must-have shape.

'She's made her body into the IT shape'

Gunnar, 51, says: "Before, women wanted to lose weight and get a Victoria Beckham body, but that's past now."

"Instead of striving to get that narrow little 16-year-old boy's backside, big stars come to my studio and say, 'I want those Kim Kardashian curves and sexy butt'."

"Where's Victoria Beckham in the celebrity ranking compared to Kim?"

"Kim's body is the one people want to emulate. She is on the cover of so many magazines because of her body-beautiful."

"Kim said, 'I have a big butt and I'm going to own it'. She took the figure that may not have been the one people aspired to and turned it around. A lot of that comes not just from her curvy shape but from her confidence."

"If you have a big butt and don't opt for baggy skirts or a sweater round your waist to hide it but rock skintight clothes instead, people go, 'Oh my God!' Then that becomes the thing."

"Look at Kim's power. She's taken her shape and made it the IT body type. Now I get asked, 'Do you have any exercises to



KEEPING BUM . . . Kim poses in 2012. Inset, Posh

help me build my butt?' Before, all I got was, 'How do I make it smaller?'"

"Now it's all, 'Get me the Kim Kardashian boobs. Kim's body is so sexy — I want it'. I didn't give Kim this body confidence — it came from her family."

"The Kardashians are so close-knit and they have each other's backs. They show up for each other all the time and don't mind poking fun when one of them falls short on something. I wish more people had the Kardashian support system."

Last June 33-year-old Kim — who is due to marry rapper Kanye West, 36, this summer — gave birth to their daughter North.

Gunnar reveals that she kept training throughout her

HER FITNESS REGIME

- Kim combines stretching, weights and cardio in her workouts
- Lower body exercises include leg presses, lunges and squats
- Upper body work includes lateral raises, bicep curls, gorilla pull-ups
- Cardio routines feature treadmills with raised incline to simulate hills

FLEX APPEAL . . . pre-baby Kim limbers up. Below, Gunnar

HERE are Gunnar's tips on how to get a beautiful body like Kim's

- **Break up your workout** — Do short bursts of intense activity and even shorter periods of recovery. If you are doing it without a personal trainer be careful not to pull a muscle or cause some other injury.
- **Head for the Helix** — Kim does cardio work on a Helix machine — like a cross trainer — mixing intensive bursts with recovery periods.
- **Onward and upward** — Walk "uphill" on a treadmill then run on flat for a minute each. Recover, then repeat. Do this for ten minutes.
- **Flex those muscles** — To tone up, Kim combines lower-body exercises with upper body ones, squats and lunges — but do them properly as bad technique can lead to a serious injury.
- **Go flat out** — To get a flat stomach, Kim does gorilla pull-ups, when you pull your knees up to your chest.
- **The final stretch** — Kim stretches BEFORE and AFTER her workout to minimise the risk of injury.

anywhere on time — it shows a lot of respect. If anybody could say 'Sorry, I'm late', it could be Kim — she has a million things she could easily blame it on. But never once has she been late, pre or post-baby."

He says another reason Kim looks so fabulous is lots of sleep.

Gunnar adds: "She makes sure she has eight hours' sleep a night. Kim knows I won't train her if she doesn't get her sleep."

"It's one of the key ingredients to losing weight and being fit. It's a cardinal rule and she sticks to it. In Power Sleep, the

book by Dr James Maas, he gives an analogy about bricks in a backpack. Each brick is an hour, if you only get seven hours you wake up with a brick in there that you carry all day."

'Kim never complains — she just ploughs on'

Spilling more of Kim's fitness secrets, Gunnar says: "Watch your complex carbs at night, drink plenty of water, make sure you eat breakfast and eat post-workout. It's not like, 'I'll work out and when I leave here I'll do what I want'. She's not that kind of a person."

"She is a 24-hour fitness girl but she has a life, she's not obsessed. "Never once has Kim said, 'I

can't take any more, please let's have a rest'. She just does it. "I get stars who say that and I say, 'OK, should we just go and get doughnuts and a coffee? I'm tired too'."

"They say, 'That's not what I meant'. So I say, 'Well, it's called a workout — so this is the part where you work and then it's out'."

"People say Kim is famous for doing nothing and I say, 'That girl is ON all the time'."

"She's had a No1 reality show for six years and all these ad campaigns. "Reality TV is her talent, she is famous for being Kim. Many celebrities have a lot less time on screen than she does. "She found a way to transition from being a No1 celebrity

FREE AND IMPARTIAL ADVICE FROM MA

1 in 5 first time buyers regret buying their home

% OF FIRST TIME BUYERS WHO DIDN'T CONSIDER THE ON-GOING COSTS OF RUNNING A HOME

- 65% didn't consider Service charge & ground rent
- 44% didn't consider Decorating & new furniture
- 22% didn't consider Water
- 26% didn't consider General insurance
- 48% didn't consider Maintenance & repairs
- 33% didn't consider Broadband & satellite
- 15% didn't consider Electricity & gas

A NEW HOME CAN BE FULL OF NASTY SURPRISES SO BE PREPARED:

- START** with a budget and stick to it
- CONSIDER** all the up-front costs
- BE AWARE** of the on-going costs

Advice worth following the Money Advice Service

Data Source: Research commissioned by Money Advice Service, January 2014.