

FITNESS • HEALTH • BEAUTY

LIFESTYLE



A poster tube arrives on my desk. Prising it open, a neatly rolled poster of a perfect taut bottom uncurls before me, and a sexy one at that. Two ripe, rounded cheeks tuck in at exactly the right point at the top of the leg and this daring derrière is swathed only in flimsy wet silk. If you're a man, your response is obvious: phwoar. If you're a woman, and anything like me, it is plain old-fashioned envy.

A few blocks from the beach in sunny Santa Monica, California, the same poster is pinned to the wall in the office of the fitness guru Karen Voight. It's her bottom, by the way, and the poster is the latest offering in her line of amazingly successful fitness motivation products. Sand-filled squishy rubber balls called Green Genies are also offered to accompany her latest video, which, as you would expect, involves a plethora of moves using them. So you get the video, use the balls and get a bum like in the poster. Clever, huh?

Hanging on the door separating Voight's office from her assistant's is a sign: "I can only make one person happy per day. Today is not your day. Tomorrow does not look good, either." But Voight is doing a fine job of keeping three people happy at once. She's leaping up and down, liaising with me, liaising with her assistant and conversing >>>

D'YOU FANCY ONE?

Karen Voight has the best bottom in the fitness business. You can have one too, she tells **SUSAN REDSTONE**

