

**WANNA KNOW
HOW THE X
FACTOR JUDGES
STAY LOOKING SO
SLIM? THEN STEP
THIS WAY...**



It's hard being an *X Factor* judge, ya know! They're always rushing around; being important and, erm, well, you know – the usual celebrity stuff.

So how do they all look so good all the time – surely they don't have time to hit the gym or pump iron in their garages?

Well, apparently the secret to Mel B, Cheryl Cole (Fernandez-Versini) and, erm Simon Cowell's toned appearances is something called Hypoxi, which is a body shaping method that uses high and low pressure to improve blood flow, helping to firm the skin and tone muscles.

It's basically like cycling in a giant egg while air is pumped in and out. Kinda strange, but pretty effective judging by our *X Factor* judges.

Cheryl loves it so much she even bought a £36k Hypoxi machine from Harrods in 2009!

And Chezza's *X Factor* pals Simon and Mel are also fans, and so is Victoria Beckham – she uses it to prevent cellulite.

Perhaps the judges will pool together and get Louis Walsh a machine for Christmas...

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By Anna Lewis Deputy Editor on Tuesday, 30

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