

# Looking for the Perfect Bum just like Pippa Middleton? Find it on Body In Balance TV today.

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Looking for that Pippa Middleton Perfect Bum? Turn on Body In Balance today

Looking for that Perfect Bum a la Pippa Middleton? Abbey Clancy and Tess Daly are just two celebrity fans of renowned Pilates instructor Doug Robertson, who can help you achieve that perfect bum and great back strength.

Doug can be seen exclusively on Body In Balance, SKY Channel 275.

Doug Robertson is a personal trainer turned pilates expert. He developed the Perfect Bum techniques over the last six years from his work in therapeutic exercise. He uses the exercises to stabilize and re-balance the body.

Abbey Clancy has said "I watch... A Perfect Bum With Doug Robertson, religiously. After I've fed Sophia, me and my mum work out to it in the kitchen. ...I do feel fab."

As celebrity fan Tess Daly also says on her blog "I've also discovered theperfectbum.com, which has a fab 10-week Pilates course that concentrates on toning bottoms and the tops of thighs. It's £60 well spent in my book and perfect preparation for summer's shorter skirts."

The DVD of The Perfect Bum can be purchased via the Body In Balance website - [www.bodyinbalance.tv](http://www.bodyinbalance.tv).

Body In Balance has just launched its Video On Demand service, offering you the power to watch what you want, when you want, meaning you can find the time to exercise when it suits you. With BIB's VOD service, yoga, pilates, dance and all kinds of exercise classes are ready when you are.

Whether it's in that first hour before work or school, or after the kids have gone to bed, BIB can offer you the right fitness programme for your life.

Presenters offered by the channel's programming include the biggest names in the fitness and wellness circuit, such as Doug Robertson, Maya Fiennes, Shiva Rea, Maryon Stewart, Caroline Sandry and Charles Linden. Body In Balance's Video On Demand service means viewers can choose their favorite presenters at any time.

Tara Lee also presents Yoga For You And Your Baby on the channel, making it the ideal resource for new mums looking to get back into shape.

The Premium Subscription to BIB's VOD service is only £5 per month, and for this viewers receive unlimited access to BIB VOD. Subscribers can choose from a range of activities and classes, including yoga, pilates, bellydancing, aerobics, etc. BIB recently purchased over 100 hours of fitness programming from Firefly, making it the biggest global broadcaster of fitness and wellness programs. Body In Balance (BIB) broadcasts on SKY 275 in the UK. The VOD service is available at <http://www.bodyinbalance.tv>.

Note to editors:

The channel will broadcast 24 hours per day on SKY from 1st July 2011 and will live stream the channel on its web site. In the US BIB is available on the Mag Rack, which is the major cable based VOD service available to over 33 million subscribers.

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