# Sue Griers shares her tips for maintaining a youthful physique at 55



In a striking revelation that has captured the attention of millions, 55-year-old fashion designer Sue Griers has shared her insights on maintaining a fit and youthful physique as she embraces the ageing process. Griers, who boasts a physique described as having “the legs and belly of a 25-year-old,” took to Instagram, where her post received an impressive 48 million views.

Griers credits her extraordinary state of fitness to a lifelong commitment to health and well-being, stating, “I think my legs are in better shape than they were in my twenties.” Her fitness journey began in her youth, where she engaged in dance until the age of 17. Since then, she has incorporated various strategies into her fitness regime, particularly focusing on weight training, which she believes has significantly improved her strength and toning.

In her post, Griers outlined six distinctive practices that she relies on to maintain her toned legs, which she referred to as her "fabulous" features. One of her primary methods includes leg elevation. “After a long day, I lie down and elevate my legs against the wall for 15 minutes,” she explained, noting that this practice helps reduce swelling and promotes better circulation.

Additionally, Griers has adopted a unique shower routine that involves switching between hot and cold water. She described this as a “game changer,” asserting that it enhances blood flow and firms up the skin on her legs.

In her pursuit of radiant skin, Griers also utilises a homemade coffee scrub made with coffee grounds, brown sugar, and almond oil. She reported that massaging this blend in circular motions on her legs not only smooths the skin but also boosts circulation.

Turning to diet, the fashion designer is an advocate for high-fibre foods, emphasizing the importance of incorporating ample fruits, vegetables, and whole grains into her meals. “Lots of fruits, veggies and wholegrains help reduce water retention, keeping my legs lean and toned,” she noted.

Griers' beauty regimen includes meticulous hair removal strategies as well. She prefers to shave or wax in the evening to allow any skin irritation to subside overnight, resulting in smoother legs by morning. Lastly, she shares her cosmetic trick of using bronzer on her legs, claiming that “a little makeup magic goes a long way,” as it creates an illusion of length and definition.

As for maintaining her toned stomach, Griers advocates for cold showers and ice baths, the practice of standing instead of sitting whenever possible, and the execution of a stomach ‘vacuuming’ exercise to engage the core. Her lifestyle choices reflect a commitment to eliminating processed sugars and accentuating the importance of laughter to engage the abdominal muscles.

With more than 300,000 followers on social media, Griers' message resonates clearly: she encourages individuals to embrace ageing while advocating for self-improvement and discipline. “Don’t be afraid to age. But don’t be afraid to make changes either,” she advised, highlighting the significance of dedicating time to personal health and well-being.

Through her journey, Sue Griers serves as an inspiration for many, promoting a narrative of positivity towards ageing and the possibilities of maintaining physical vitality.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.instagram.com/suegiers/> - This URL supports Sue Giers' presence on Instagram and her engagement there, though specific details about her post on fitness are not directly corroborated here.
* <https://www.alesyaorlova.com/stories/sue-giers/> - This article provides background on Sue Giers, her involvement in the fashion industry, and her views on style, though it does not directly discuss her fitness regimen.
* <https://www.noahwire.com> - This is the source of the article itself but does not provide additional corroboration beyond what is presented.
* <https://www.healthline.com/nutrition/cold-shower-benefits> - This page discusses the benefits of cold showers, which aligns with Sue Griers' use of cold showers for health and vitality.
* <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948> - This resource supports the importance of high-fibre foods for health, a key component of Sue Griers' diet.