

Malin Andersson wows fans with 'before and after' posture video in lacy red lingerie

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Malin Andersson wowed fans with a before and after video of her posture while wearing lacy red lingerie. The 26-year-old Love Island star regularly attempts to combat the unrealistic images that are shown on social media with candid, body-positive posts.

Malin was praised for the 'inspiring' post

Uploading a short clip earlier today, Malin has her body on display as she wears just the sexy underwear.

With her short black hair curled and loose around her shoulders, Malin carries out multiple poses in front of the camera.

She slouches her shoulders, slumps forward, and breathes out in a bid to highlight how differing positions affect how her body looks.

Malin captioned the post: "ITS ALL ABOUT YA POSTURE."

She highlighted the importance of 'posture'

"Who we all foolin'?"

The refreshing post was lauded by fans, with one writing: "Love how real you are, nice to see this on Insta."

Another added: "You're so real and inspirational, thank you."

A third gushed: "I love your positivity, you are beautiful and have an amazing body."

The beauty regularly speaks out on body positivity on social media

The inspiring post comes just one day after Malin opened up about her Christmas "triggers" as she shared a light-hearted snap of herself struggling to do up a pair of tight trousers.

She told fans: "Christmas is upon us and this time of year is difficult for me even though I know I'm cool with food now."

"I decided to weigh myself this morning, I don't know why, I just had some weird urge. I haven't weighed myself in AGES! And I gained like two pounds."

"I was like cool, okay. Then it made me think about over eating at Christmas and I had to stop myself and give my face

a slap lol cos old Malin would have gone into meltdown."

Malin previously shared this snap as she opened up about festive 'triggers'

The star continued: "Eat what you want. Enjoy yourself, be mindful, live for the moment and remember a few pounds is nothing compared to your sane mental health.

"I know that when January comes itâ€™s like â€œOMG IMA DIETâ€™ - but donâ€™t. I donâ€™t care if my trousers donâ€™t fit, Iâ€™ll buy a size up. Letâ€™s make a New Years Resolution to be CONSISTENT! Throw away the diets.

"Teach yourself to eat moderately, listen to your body more and eat for your mental well-being. Whatâ€™s gonna make ya feel better a greasy burger or tasty grilled salmon and potatoes? Whatâ€™s gonna make your skin glow?! Enjoy yourself my lovelies because we live once. Donâ€™t get eaten up by crazy diets and the search to be skinny.

"I did it before and Iâ€™m never going back to that bad place."

- The Sun