

NEW

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Issue 2 // £3.99

Women's Fitness

Incorporating
**Health
& Fitness**

BUILD A FIT BODY

Transform your shape
in just 30 minutes

13 ways to
burn fat
FAST!

Secrets from
a celeb fitness
bootcamp

INSIDE **WORKOUT
HANDBOOK**

14 pages
of expert
training
advice



**Run your
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28-day beginner's
training plan

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BELLY
NOW!**

Get results in
4 moves

**POWER UP
YOUR DIET**

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veggie recipes

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**Fitness
Superstore**

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photographed by
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(dannypbird.co.uk)





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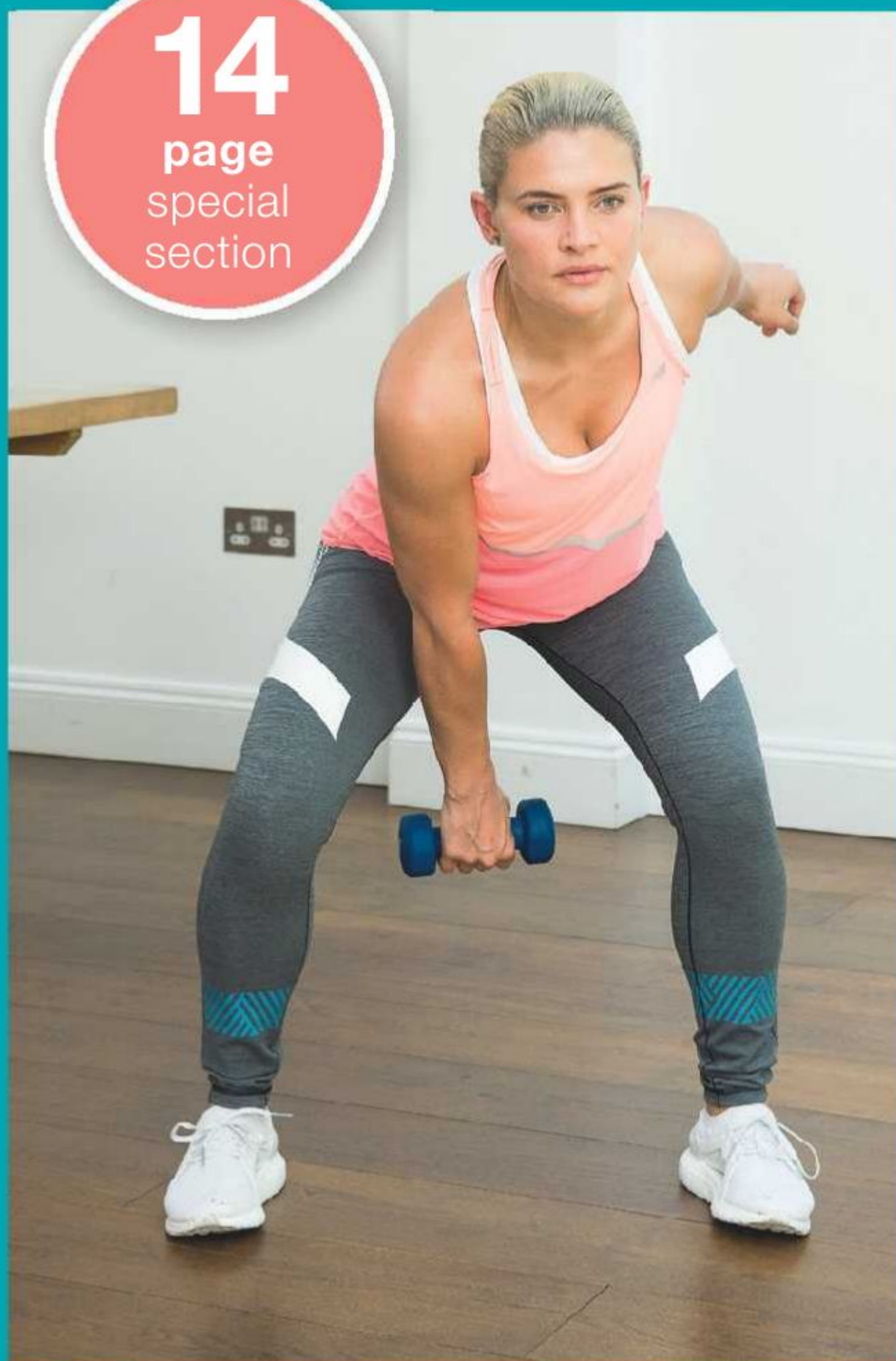
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Women's Fitness

WOMEN'S FITNESS MAGAZINE
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Welcome



We're so glad you've joined us for the second edition of *Women's Fitness*! If you've picked up your copy looking for new-year's fitness inspiration, you're in the right place. Research shows the best way to reach your goals is to enlist support, and *WF* is your perfect training partner. Bursting with the latest workout moves, training tips and science-backed advice, we'll keep you on track on your fitness

journey all the way through 2020!

You don't need a PT or pricey gym to see results; this month's *WF* will get you in shape, whatever your budget or fitness level. One of the best workouts you can do is running. Tried before and hit some hurdles? Turn to 'Run your first 5K' (page 40), for a fail-proof plan to take you from couch to 5K success, in just 28 days. Pull on your trainers and start today!

Want to work out at home? In 'The World's Greatest Fit Kit' (page 36), top PTs reveal the fitness tools that can double your results, starting at less than £10. And you won't need any kit to try Krissy Cela's body-blitzing workout. In 'Sculpt with Krissy' (page 84), the fitness influencer shares some of her 30-minute moves that have helped more than 200,000 people get sleek and strong. Enjoy!

Mary

Mary Comber, **Editor**



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Be the first to get the latest issue, before it's even hit the shelves. Turn to page 34 for our great-value subscription offer. This month, save 49 per cent. Pay just £12 for your first six issues.

BEHIND THE SCENES AT WF THIS MONTH...



US fitness guru Jessie Pavelka talks to WF writer Sarah Ivory, page 52



WF writer Jo Ebsworth checks in to the No! Bootcamp, page 44



Fitness influencer Krissy Cela shares her body-sculpting moves, page 84

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ABOUT YOU

Tell us your thoughts, share your views and become part of the *Women's Fitness* community!

STAR LETTER

FITNESS FOCUS

Congratulations on the first issue of *Women's Fitness*! I particularly enjoyed reading 'How to work out in 2020' (WF issue 1). At the end of last year, I was getting that all too familiar feeling that I should be doing something drastic come the new year to stay active. I like to keep fit with different types of exercise, especially running and yoga, but December socialising really gets me off track and then I agonise over how to begin again in January. It took this article to make me realise that there's something for everyone and to focus on what I enjoy. Tracking my progress motivates me, so I'm treating myself to some new smart tech. I'm so looking forward to focusing on my 2020 fitness journey thanks to you!

Robin Hall, Sonning, Berkshire

This month, Robin wins Anita Active Extreme Control Sports Bra and Sports Massage Tights, worth £154. The ISPO gold award-winning tights massage and tone, and fit like a second skin with a breathable waistband, extra-flat seams, and clean-cut leg hem. Anita.com.



PERFORMANCE FOOD

'What sports nutritionists really eat' (WF issue 1) was an eye opener. Good nutrition and a healthy diet are essential to improving your sports performance, whether you are a competing athlete, a weekend sports player or a beginner to exercise. My aim is to eat a healthy diet which contains starchy foods, plenty of fruits and vegetables, some protein foods and some dairy – and I realised it is also important to stay hydrated. I enjoyed reading what the nutritionists ate and it will help me in my quest to eat healthier.

Celine Williams, Denbighshire

POWER RUNS

Thank you for the delicious recipes from Charlie Watson, in 'Fuel Your Runs' (WF issue 1). I love running – it's my one true passion – but I often get stuck in a rut with how to fuel myself, not just nutrition-wise but with foods I enjoy, too. Early morning runs can be tricky trying to fit in a meal, but Charlie's recipes look really easy to make, and they all use ingredients I have at home. The apple chia gels are a winner, too – I've already tried them out on a long run and not only were they delicious, they powered me round to a new PB! My running club mates are wondering the secret to my success so I guess I'll have to share the recipes now!

Cassie Thomas, St Albans

WE ASKED...

What's your favourite post-workout snack?

'I love almond butter, and spread it on oatcakes with sliced banana.'

Nikkie Marsh, Poole

'A home-made shake. My current fave is milk, oats, grated carrot, chia, avocado, nuts and cinnamon. It's like carrot cake in a cup!'

Mel Wilson, Norwich

'I put a sweet potato in the oven before a run and fill it with houmous when back.'

Jess Holmes, Kendal



THIS MONTH'S QUESTION

What piece of workout kit can't you live without? Let us know on social media (left).

WRITE IN AND WIN!

Enjoyed a feature in this month's issue? Got thoughts to add or tips to share? Write to WF and you could win a fabulous prize! We love to hear from you, so drop us a line. Email: wf.letters@kelsey.co.uk Facebook: @womensfitnessmagazine Twitter: @WomensFitnessUK Write to us at: *Women's Fitness* Magazine, Kelsey Media, The Granary, Downs Court, Yalding Hill, Yalding, Kent ME18 6AL

MEET OUR COVER STAR

Each month our cover model shares her workout inspiration. This month, it's PT and yogi Kim Hartwell

When she's not teaching, you'll find yoga teacher, adventurer and movement coach Kim in the surf, on a rockface or teaching on her Rock & Soul Adventures retreats (rockandsouladventures.com), which combine climbing and yoga. 'I have a passion for helping people feel the best version of themselves,' says Kim. 'When you're confident in what your body can do, you're confident in life.'

Q HOW DO YOU STAY IN SHAPE FOR THE JOB?

'I'm obsessed with rock climbing, so try to get to the wall two to three times a week, and also do mobility/strength training. For fun, I fit in one of my favourite movement practices, such as Primal at London's Move Studios or yoga with my mentor Celest Pereira at Triyoga.'

Q WHAT DO YOU LOVE ABOUT YOUR WORK?

'It's wonderful to be able to do your passion for a job. Fitness modelling and coaching have allowed me incredible opportunities in travel, learning and friendships. It's a privilege to help people, empowering them through strength, mindfulness and adventure.'



Kim believes that your body's capabilities can give you confidence in daily life too

'MY FAVOURITE WAYS TO WORK OUT'

'Climbing, surfing, movement – anything that allows you to move freely.'



Kim combining two of her passions: yoga on the water

'MY FITNESS PHILOSOPHY'

'Do what you love, love what you do. If the gym is making you miserable, don't do it – there are plenty of other options.'

Kim's top 3 training tips

- 'Enjoy the journey and embrace the challenges. It's usually the hardest moments in our training careers that shape us the most.'
- 'Don't neglect the importance of sleep and recovery.'
- 'Ensure you have balance in your training – strength and mobility as well as flexibility.'

MUST-HAVE KIT

'I'm a little biased as an ambassador, but for me you can't beat the cut and feel of Lululemon kit.' (lululemon.co.uk)



'I'm a firm believer that a healthy body is a happy body'

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cycling event in the UK



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Dream
Challenges

FIT BUZZ

This month's hottest things to do, buy and try ➔

ALL ABOUT THE BASE!

There's nothing worse than feeling chilly on the slopes, which is why we love Sweaty Betty's fabulous range of moisture-wicking base layers – including this funky Betty Ski Base Layer Top, £65 – which will take you from the runs to a spot of après ski in style, all while keeping you snug as a bug. Marathon-aficionado Nell McAndrew even swears by them for her winter running sessions!

Sweaty Betty Powder Primaloft Snow Puffa Jacket, £385, and Moritz Softshell Slim Leg Snow Trousers, £235 (sweatybetty.com)



DO THIS...

PARK LIFE

Working out can be a costly business. But thanks to Our Parks (ourparks.org.uk), you can now get fit for free! The brainchild of PT Born Barikor – who founded the organisation when he realised he couldn't afford membership at the gym he worked at, Our Parks provides classes from yoga and Boxfit to bootcamp sessions and running clubs, led by fitness professionals in community spaces around the UK. More than 100,000 people take part in weekly sessions, with plans to grow that to 250,000 in the coming year. Check the website to find your nearest event.

VISIT THIS...

WORLD OF WELLBEING

Need some fitspiration? Then head to the brand new Wellness Summit at East Wintergarden in Canary Wharf, London, on February 29. Combining fitness, relaxation, beauty and workshops, you can experience a host of fitness classes from the likes of Barry's Bootcamp, Third Space, SWEAT by BXR, Ten Fitness Pilates and Secret Sunrise; unwind with meditation sessions; get pampered by top beauty pros; and learn from amazing speakers such as Richie Bostock, aka The Breath Guy. Tickets cost £10-£60 depending on how many classes you take. Visit eventbrite.co.uk for more.

POWER UP

When you need a quick fix to help you get worked up for your workouts, reach for one of the new 100 per cent natural essential oil inhaler sticks from GO2 (£3.99; thego2brand.com). Energy features uplifting eucalyptus, stimulating peppermint and fatigue-fighting lemongrass to boost sporting performance, while Focus has rosemary, lime and peppermint to increase concentration. Reach for B.Calm and Sleep when you need some rest and recovery.



DO THIS...

GOAL GETTER

If your 'new year, new you' motivation is already flagging, head to Racecheck (racecheck.com) to find your next fitness challenge. It's been dubbed the

Trip-Advisor for sport, and this race directory boasts thousands of reviewed global events for athletes of all levels, from 5Ks and half-marathons to triathlons and obstacle races. Go for it!

TRY THIS...

SUSTAINABLE STYLE

Look as good as you feel in eco-friendly crop tops, sports bras and leggings from new UK gym clothing brand, Scultura Activewear (scultura-activewear.com). Made from premium Italian fabric using 100 per cent regenerated yarn from recycled plastic bottles, the moisture-wicking designs are available in bold brights and basic black, plus this limited-edition camouflage set. Get it while you can!

WEAR THIS...

STYLISH SUPPORT

French lingerie brand **Empreinte**, which designs underwear for women with fuller busts, has launched **IN-PULSE**, a sportswear range available in its South Molton Street store in London. Made from lightweight performance fabrics to provide comfort, breathability and support, the Sports Bra (£87.50), pictured below, comes in cup sizes 32C to 46H and has multi-positional straps for the perfect fit. Available in pretty baby pink or dark grey, pair it with these matching shorts, right (£39); empreinte.eu.



Scultura Activewear Camuffare Crop, £125, and Leggings, £160



BUY THIS...

SMARTER TRAINING

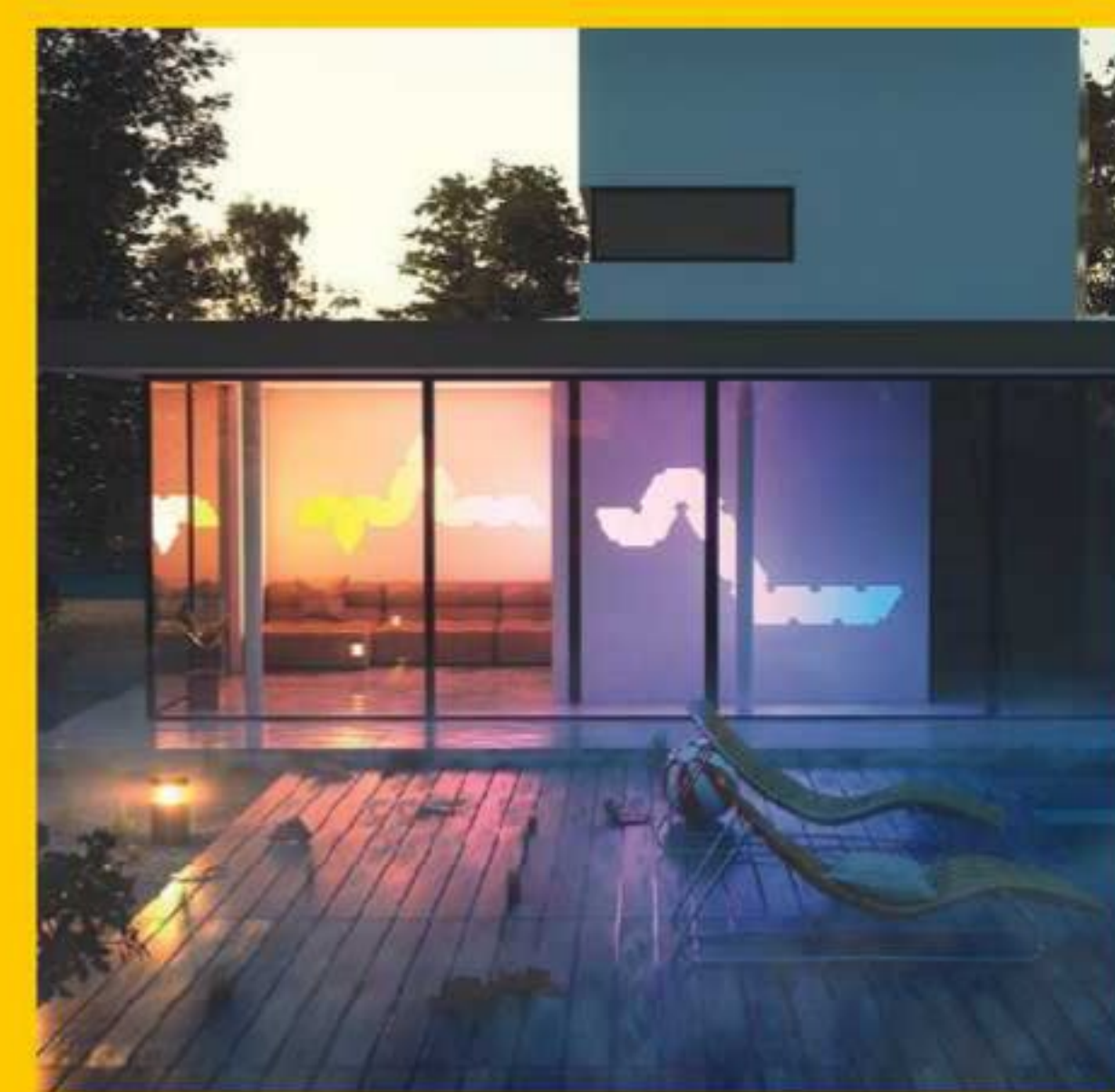
The new Bowflex Max Trainer M8 (£1,999; fitness-superstore.co.uk) is the first home exercise equipment to possess an artificial intelligence (AI) platform, JRNY, to create personalised daily workouts based on your fitness goals with adaptive coaching technology. JRNY adjusts your every workout based on past performance, how you're feeling and how much your fitness improves, giving you real-time feedback and guidance from a virtual trainer. There are 20 resistance levels to ensure every session on this full-body, low-impact elliptical trainer is a challenge.



DO THIS...

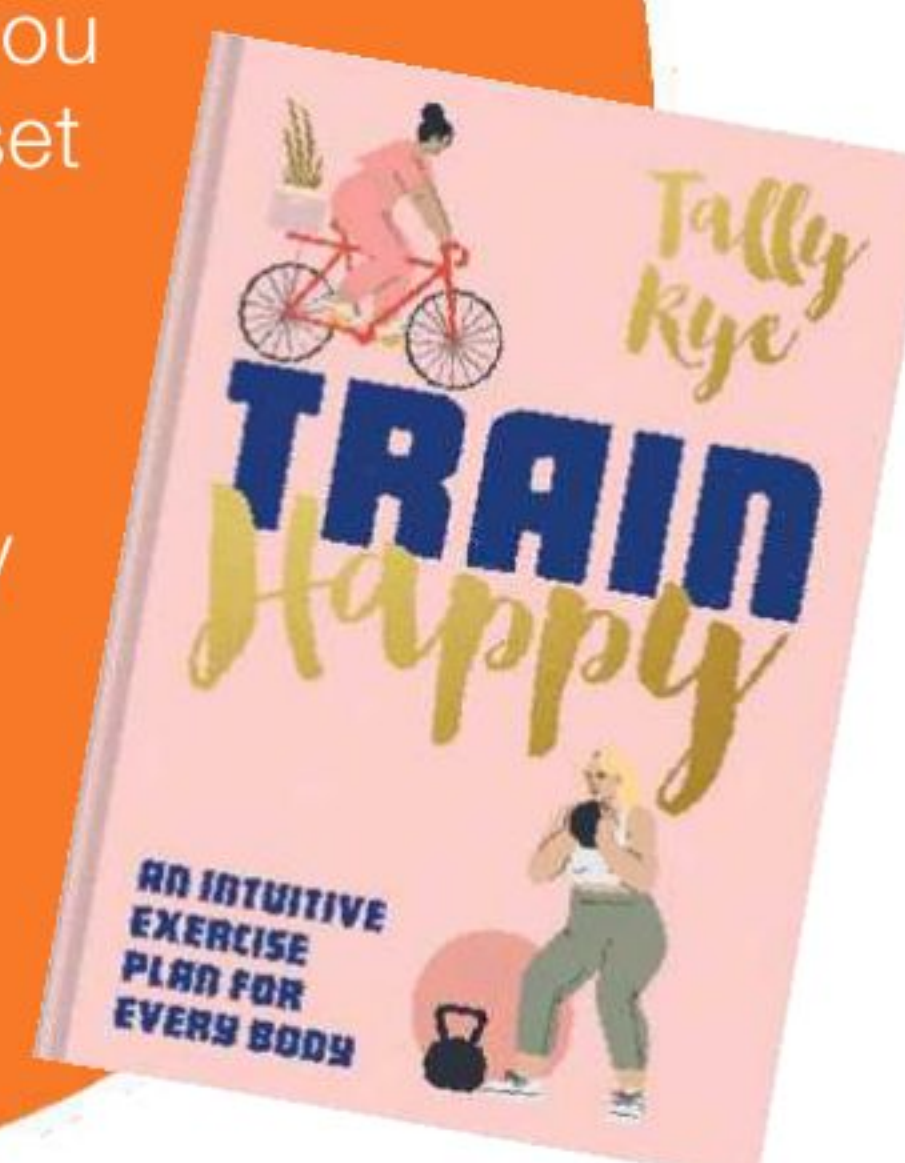
LIGHT UP YOUR LIFE

Give your home workout space a mood-enhancing makeover by bathing it in colourful light using Nanoleaf's award-winning Light Panels. Fully customisable via your smart phone, you can programme the 9 Panel Rhythm Edition Smarter Kit (£179.99; nanoleaf.me) to react in time to your music – the perfect way to recreate your fave gym or Spin class in your living room – and even produce a stunning sunrise to gently wake your body and mind, or set the scene for some sun salutations.



HAPPY HANDBOOK

Personal trainer and co-host of BBC 5 Live podcast *Fit And Fearless*, Tally Rae's first book, *Train Happy: an Intuitive Exercise Plan for Every Body* (Pavilion; £14.99) invites you to approach fitness with a mindset of self-care. She shows you how to ditch diet culture and embrace a holistic view of exercise, with insights on body image, mental health, intuitive eating and a flexible 10-week at-home training plan.



‘Stop creating rules around how often you should be exercising – a little movement each day is better than none.’ Tally Rae

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LOST
2.5
STONES

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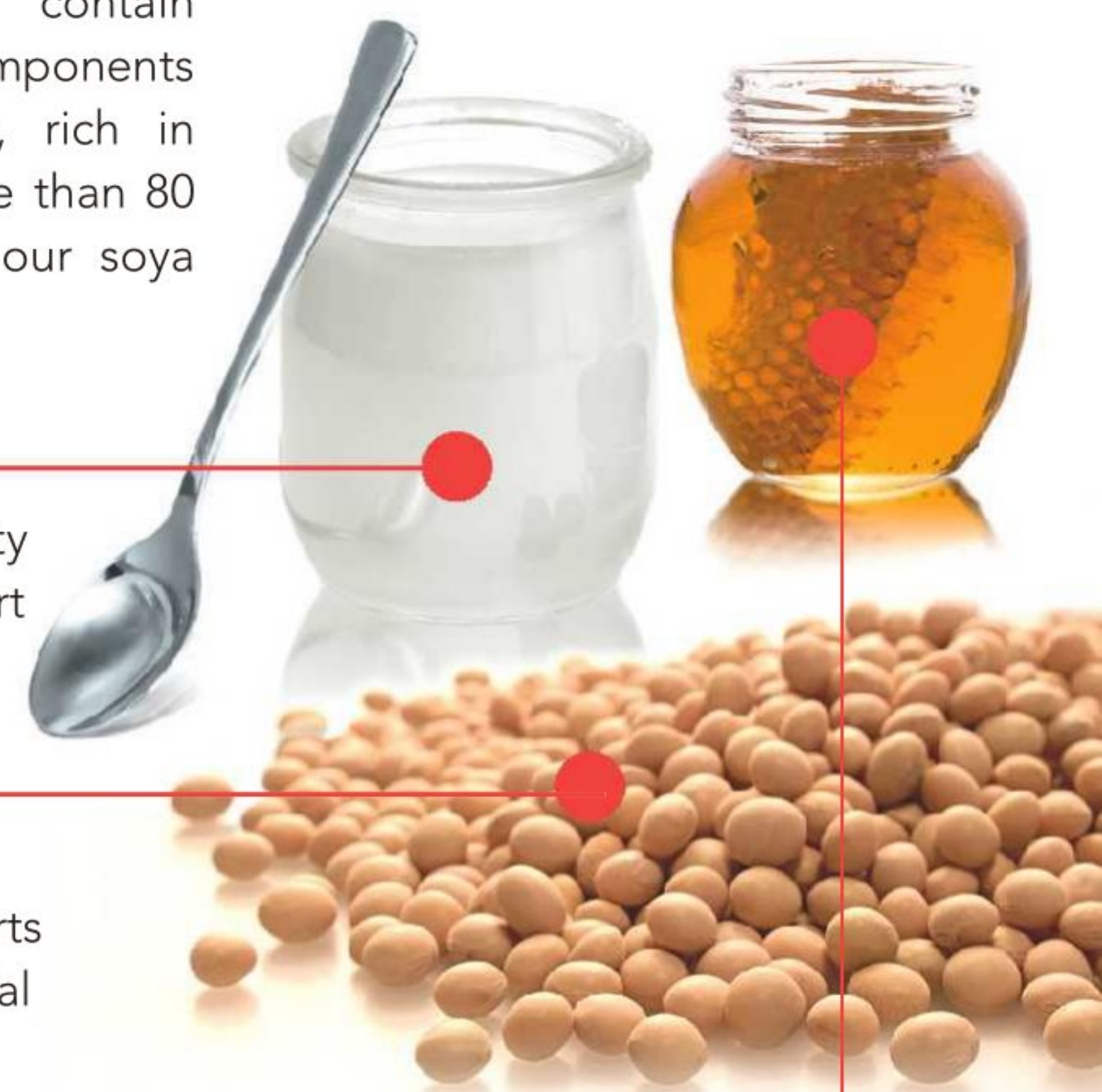
Soya

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*Euromonitor International (2018). 1. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52. 2. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78. 3. Calcium contributes to the normal function of digestive enzymes. 4. Protein contributes to the maintenance of muscle mass. † Reader's Digest. Trusted Brands 2019. Germany.

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Lilybod Liza Mineral
Dust Sports Bra,
£42; fashercise.com



Good American
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£84; fashercise.com

WF LOVES

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Lululemon x
Roksanda Break
New Ground Zip
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Tights, £148;
lululemon.co.uk



Charli Cohen Trojan
Bomber, £365;
charli-cohen.com



Lululemon x
Roksanda Break
New Ground
Short, £88;
lululemon.co.uk



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Warm up outdoor workouts in deep burgundy, burnt orange and pretty peach



Reebok Combat
Jacquard Lux
Bold Tights,
£44.95;
reebok.co.uk



Sweaty Betty Aspen
Ski Bum Bag, £50;
sweatybetty.com

‘HOW I BUILD MY BODY’

Holly Hill

Sport: Rowing

Credentials: Bronze and Silver medallist at U23 level; Bronze in Women's Pair at the World Rowing Cup III in 2019; winner of the 2017 Women's Boat Race for Cambridge.

CARDIO

‘Rowing is my cardio. We train six days a week – seven days as we gear up for the Tokyo Olympics in 2020 – doing two 16km rows on the water each day if the weather isn't unbearable, otherwise we head to the indoor rowing machines. Rowing puts a lot of strain on our backs, so there's loads of cycling, too.

‘A standard race is 2km long. Aside from the first and last minute, when you're sprinting, it's all about endurance, so we have to build a huge aerobic engine by rowing for hours. Team camaraderie is so important to keep going, especially when we'll do over 200km some weeks. It sounds horrible, but I love it!’

STRENGTH

‘We typically do three strength sessions a week, increasing to four to five on training camps and, because we have very little rest, the focus is on robustness and warding off injury with lots of squats,

deadlifts and cleans. Women tend to have weaker upper bodies, so we do loads of bench pulls and presses, plus 10-15 minutes of core work every day for good back health.’

DIET

‘I eat around 4,500 calories a day, with four main meals and three snacks. Every meal contains 20g of protein from dairy or meat, as I break down a lot of muscle in training, and there's lots of carbs, such as brown rice and pasta, to keep the engine running. I eat clean, but there's no dieting. If I need to lose a little weight before races, I just cut out the flapjacks and puddings.’

RECOVERY

‘We're really lucky to have three physios at our UK training centre through National Lottery funding. They're on hand at all times, and are available 8am to 8pm when we're training abroad. Aside from the occasional swim, yoga or reformer Pilates sessions, my recovery mostly involves Netflix on the sofa!’

KIT

‘When I began rowing in 2013, I started getting upper body problems, such as shoulder pain and rib inflammation, forcing me to take time out. Eventually, we found it was because I was carrying around 34GG boobs. I went to Portsmouth University's Breast Health clinic for tests, and they recommended Shock Absorber sports bras. I've never missed a day's training from an upper body injury since. I wear Shock Absorber's Multi Sports Bra (£39; bravissimo.com) for racing.’

Team camaraderie is so important to keep going, especially when we'll do over 200km some weeks



Why try rowing?

- 'Rowing uses 85 per cent of your body's muscles in a single stroke, and is a non-impact sport – perfect if you suffer with sore joints.'
- 'Being on the water surrounded by nature is beneficial for the mind, and there's a huge rowing community to get involved with and make friends. Check out British Rowing (britishrowing.org) to find your nearest club.'
- 'The screen on an indoor rowing machine never lies, so you can set yourself all sorts of challenges, from increasing the number of strokes you do in a minute, to interval training with 250m at maximum effort/250 resting.'



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1. Morali G, Polatti F, Metelitsa EN, Masciarucci P, Magnani P, Mannè GB. Open, non-controlled clinical studies to assess the efficacy and safety of a medical device in form of gel topically and intravaginally used in postmenopausal women with genital atrophy. *Arzneimittelforschung*. 2006;56(3):230-8. Manufacturer: Polichem SA, Via Angelo Maspoli 11, 6850 Mendrisio, Switzerland. Distributor: Cederberg GmbH, 4102 Binningen, Switzerland.

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Fit Body

Fitness tips
Workout fixes
Expert advice

Bend your brain

Sometimes simply getting on a yoga mat makes you feel instantly calm, but the benefits of this ancient practice are much more far-reaching than a flexible body and a still mind. Hatha yoga – which involves physical postures, breathing exercises and meditation – has even been shown to increase the size and function of your grey matter. A review* of 11 studies using MRI technology to observe the impact of yoga on the brain shows that certain areas of brain activity – the hippocampus (involved in memory processing and known to shrink with age), amygdala (which aids emotional regulation) and prefrontal cortex (essential for planning, decision-making and multitasking) – all improve with regular yoga practice. Time to salute the sun?



Fitness notes

Expert climbing tips ● Cycle like a pro ● Best all-weather trail shoes

3 OF THE BEST TRAIL-RUNNING SHOES

Merrell MTL Astrum, £139.99;
sportsshoes.com

Enjoy trails in all weathers, thanks to the stretchy neoprene collar that keeps out dirt, a breathable, water-repellent upper that reflects heat back to your feet, and a protective, grippy sole.



Hoka One One Speedgoat 4
GORE-TEX, £135; hokaoneone.eu

The new Speedgoat 4 boasts a GORE-TEX membrane to keep you dry, as well as more support, a wider forefoot and a bouncier feel.



New Balance Hierro V5, £125;
newbalance.co.uk

Great grip, toe protection and plenty of cushioning will help push the distance off-road in these good-looking trainers.



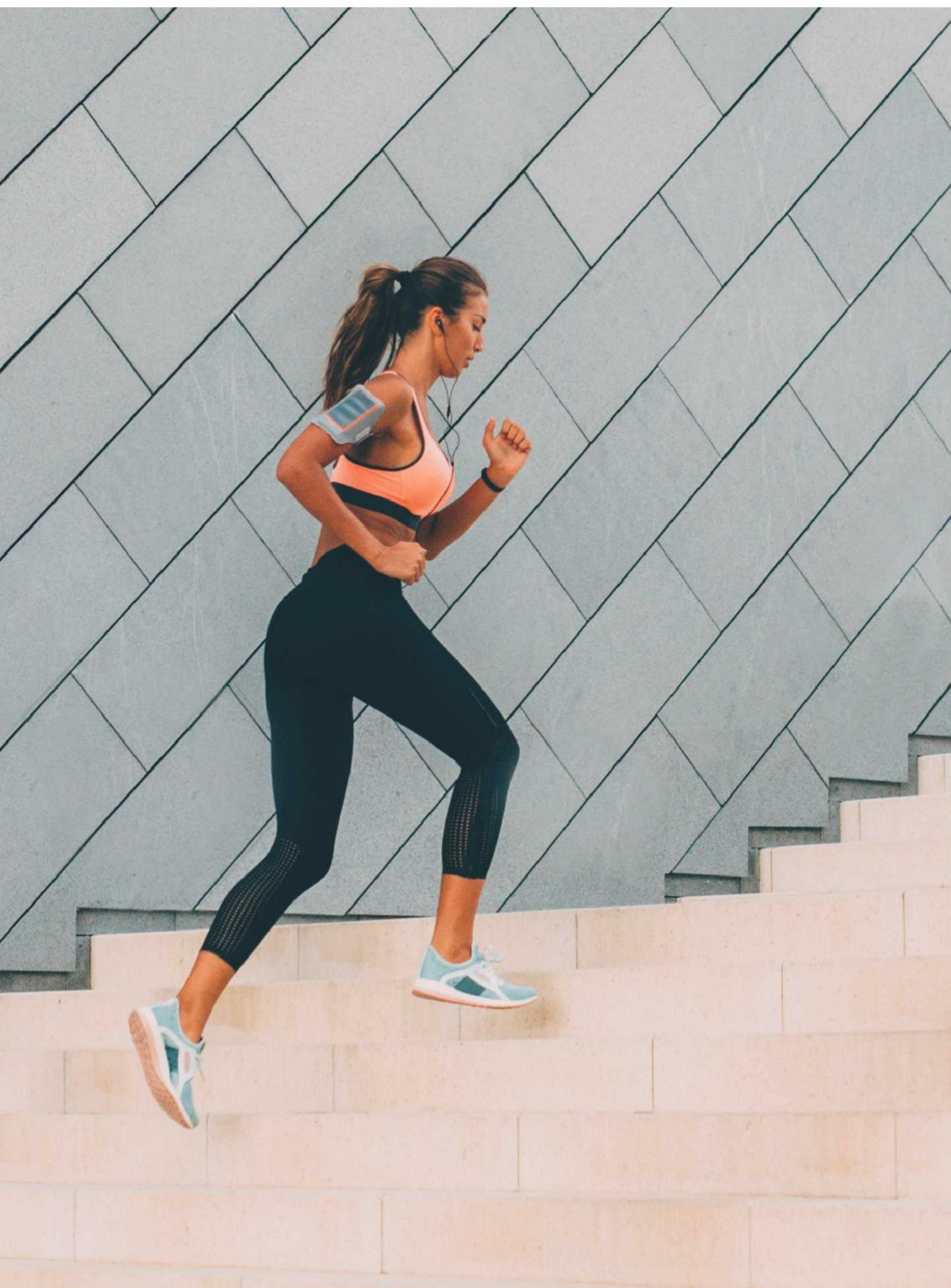
GET CYCLE-FIT AT HOME!

Do you struggle to get to fitness classes but love Spin? With the compact Echelon Connect Bike and free Echelon Fit App, you can use your mobile phone, tablet or smart TV at home to join live and on-demand classes led by professional instructors. You can link to Strava and your Fitbit, and challenge yourself or other Echelon riders by tracking instant leaderboard updates. You can also do classes such as yoga, stretching and Pilates. It costs £39.99 per month, and the Echelon Smart Connect Bike EX3 Max costs from £1,238.99, including a month's subscription; echelonfit.uk.



STICK TO YOUR OWN STYLE

Have you tried to alter your running technique after hearing it's best to land on your forefoot rather than your heel? Don't worry if you've not mastered it. New research from La Trobe University in Australia suggests there's no evidence it will reduce your injury risk or make you faster. In fact, it may even make you a less efficient runner in the short term. The researchers reviewed the impact of forefoot, rearfoot and flatfoot running patterns on injury, running economy and running biomechanics in 53 studies. 'Running toe-heel might help injuries at the knee, where loads are reduced. However, it may cause injuries to the feet and ankle, where loads are increased,' says senior study author Dr Barton. 'Put simply, when it comes to running style: if it ain't broke, don't fix it.'



HOW TO CLIMB

Rock climber Eugenie Lee gives advice on how to conquer any wall

- 1** Nervous about the height? The more you do it, the more familiar you get with leaving the ground. Try climbing progressively higher, letting go and feeling the harness catch you.
- 2** Don't just use your arms – keep your hips close to the wall and stand up through your toes.
- 3** Slow down, be aware of your body position, and place your hands and feet accurately.
- 4** Be confident: a woman's weight-to-strength ratio works to our advantage – it's not about brute strength.

Eugenie recently competed in the World Youth Championships in Austria and is sponsored by Ellis Brigham Mountain Sports.

66%
of Brits will give up a
new year's resolution
by February – having
strong goals will help
you stick to it.*

WORDS: Emma Lewis *According to Anytime Fitness (anytimefitness.co.uk) PHOTOGRAPHY: iStock

New year, new kit

A renewed wardrobe really does help motivate you to exercise, so splash out now if you didn't get a new outfit for Christmas. PUMA's super-comfy new range, designed for low-intensity pursuits, such as yoga, barre and Pilates, gives you plenty of freedom to move. Look fab-you-lous thanks to details such as flattering high-waisted leggings and a feminine lace overlay on the bra top and tank. Items cost from £18; puma.com.



THE HAPPY WORKOUT

Want to feel good? New research suggests it's better to work out with other people than on your own

Exercise is great for your mental health. It encourages the release of feel-good chemicals such as endorphins that naturally boost your mood. You don't need to spend a long time doing it either, as a little goes a long way – an Australian research team found 12 per cent of depression cases could be prevented if participants did just one hour of exercise per week. Indeed, keeping fit is so successful as an anti-anxiety remedy that many GPs now prescribe exercise as a treatment for depression, and the National Institute for Health and Care Excellence (NICE) recommends those with mild-to-moderate depression do three 45-minute sweat sessions per week.

But the type of exercise you do does matter when it comes to minding your mental health. According to the latest science, team sports and group fitness classes come up trumps for the feel-good factor, having been shown to reduce

mental health problem such as anxiety and depression in a whopping 1.2 million participants. So, what's the secret and how can you tap into the benefits?

GROUP THERAPY

According to the study's authors, depression and mental illness has biological, cognitive and social aspects, and group activity can treat more of those elements than others. Something that many PTs and exercise instructors have witnessed themselves. 'Exercise not only helps directly with mental health but also with physiological issues such as reduced muscle cramps, sickness, headaches and insomnia, all side effects from high levels of stress and anxiety,' says Alex Nicholl, director of London gym BXR (bxrlondon.com). 'The social environment that is created with group fitness or sports teams can also really enhance wellbeing and sense of self. Through being part of a community and working towards a common goal, it not only enhances adhesion to exercise but also can help give purpose to people's lives away from work and their mental health troubles.'

Research shows working out in a group lowers stress by an impressive 26 per cent



FRIENDS FOREVER

Group exercise can also provide a sense of belonging. Dan Little, head of Digme Fitness (digmefitness.com) says it might have the edge over solo sweat sessions because it gives a sense of achievement through hard work and a platform on which friendships form. 'When you're in a room with like-minded people working towards the same goal, you naturally want to dig deeper than when exercising alone,' he says. 'As well as the support and social element of group exercise, there's a great atmosphere and sense of camaraderie.'

According to a new report on fitness trends by Les Mills, this is something that 20-something exercisers (known as 'Generation Active') are tapping into, preferring to work out in groups and socialise at the gym. 'Our findings show



that we really are social animals when it comes to working out,' says Les Mills head of research Bryce Hastings. 'When you maximise the group effect, it leads to a high level of what we've termed "groupness". The higher the level of groupness, the more we see increases in a person's enjoyment, satisfaction and exertion.'

It's little surprise then that data from the University of New England College of Osteopathic Medicine shows group exercise lowers stress by an impressive 26 per cent. There's also the possibility you might reap better physical benefits from group exercise, which, in turn, can provide a huge boost to self-esteem. As Little says, 'It's brilliant for your mind and body to be active, so invest time in yourself and switch off from the stresses around you.'

WORDS: Sarah Sellens PHOTOGRAPHY: iStock

GET TOGETHER

Do you usually prefer working out alone? If the idea of exercising with others makes you want to lock yourself in the changing rooms, follow these tips to take the first step.

1 Find an activity you enjoy
Little suggests focusing on a sport or activity you love. 'It doesn't necessarily matter about the intensity of the workout; doing a type of exercise you like is great for mental health.' Struggling with ideas? Nicholl advises checking online for local pick-up games (events started spontaneously by a group of players).

2 Follow a fit friend
Knowing someone who can get you up to speed with your sport can be a great confidence booster. 'Try checking local gyms for their class schedules and ask friends and family if they go to any community exercise groups,' adds Nicholl.

3 Log on to work out
If you're not a member of a gym or club, or if your schedule is too

busy to commit to working out at a set time, on-demand group classes could be a boost. 'The great thing about exercising via apps or other software is you can exercise whenever and wherever suits you,' says Little. 'They also allow you to maintain consistency with your training, whilst keeping you connected and working out with a community.' Virtual high-five, anyone?

4 Mix-and-match activities
Keep your workout schedule varied by mixing group exercise with solo sessions to give you a little alone time, too. 'You may find you work harder [with others] and become a step closer to achieving your goals,' says Little. 'Not only will you be inspiring those around you, but you may also find yourself motivated by those you are working out with.'

10-MINUTE TONE-UP FLATTEN YOUR TUM

Use these creative core exercises to strengthen and slim your abs, while getting your heart rate up to burn fat and boost your metabolism

HOW TO DO IT

Plan to do these moves three times a week on nonconsecutive days for the next four weeks. Do the moves on one side, then once you've completed the entire circuit, repeat on the other side.

BIRD DOG

Reps: 10

Benefits: Works your core, abs, lower back, glutes, balance and stability.

- Begin in a table-top position on your hands and knees. Keeping your hips still and back straight, extend your right arm and left leg parallel to the ground as you pull your navel towards your spine (A).
- Slowly bring your right elbow and your left knee together (B) before returning to the starting position.
- Repeat on the same side until you've completed 10 reps, then switch sides.



A

The key to a toned midsection is using smart moves that hit your muscles from all angles.

BICYCLES

Reps: 40 (20 each side)

Benefits: A great move to really help tone your abs and obliques (side waist).

- Begin in a v-sit with your legs a few inches off the ground. Keeping your hands together, elbows out and core engaged, twist your upper body to the left and bend your left knee up to meet your right elbow (A). Switch sides (B) and alternate with each rep.



WOODCHOPS

Reps: 20 (each side)

Benefits: Targets your abs, obliques, lower back and shoulders.

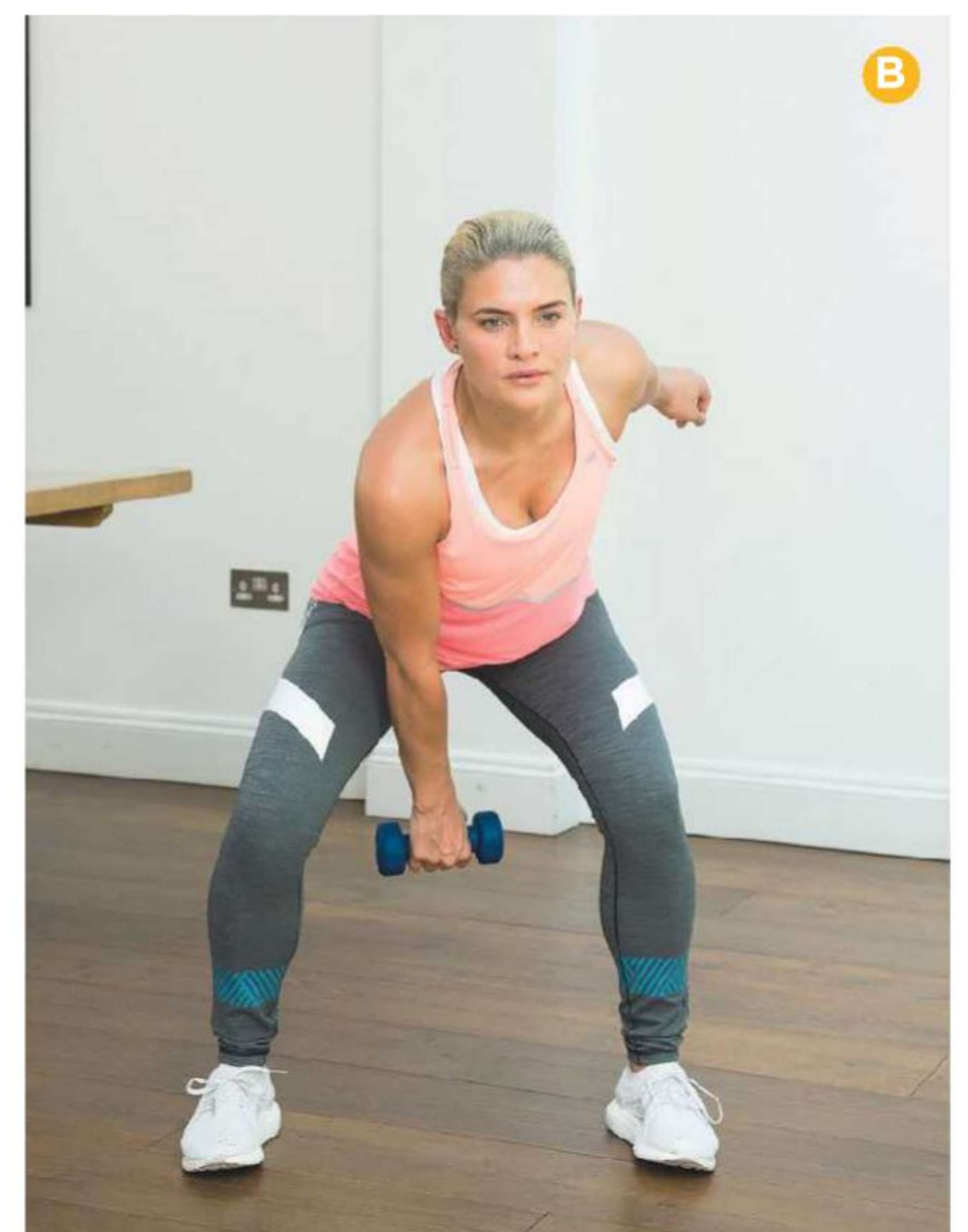
- Begin holding one end of the resistance band with both hands, then step on the band with your left foot. The band should be taut when held by your waist. With your knees slightly bent, lower the handle to your left hip (A).
- Keep a slight bend in your elbows as you twist your upper body to the right and raise the handle above your right shoulder (B).
- Slowly lower back down and repeat on the same side until you've completed 30 reps, then switch sides.

SINGLE ARM DUMBBELL SWING

Reps: 30 (each side)

Benefits: A great move for working the inner thighs, glutes, quads and core.

- Begin standing with your feet wider than shoulder-width apart, toes pointing out 45 degrees, and a dumbbell in one hand (A).
- Sit your glutes back and slightly bend your knees as you swing the dumbbell between your legs (B).
- Extend your legs and push your hips forward as you raise your arm. Bring the dumbbell back down with control and repeat on the same side until you've completed 30 reps, then switch sides.





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*UK's No1 beauty supplement brand for skin, hair & nails. Source: Nielsen GB ScanTrack Total Coverage Value & Unit Retail Sales 52 w/e 7/9/19. To verify contact Vitabiotics Ltd, 1 Apsley Way, London, NW2 7HF.



Fit Fuel

Healthy recipes
Training foods
Cooking tips

Shake it up

You've heard about cutting out carbs after 6pm to lose weight but, if you're already fit, do you need to skip your post-workout protein shake too? Apparently not, says new research from Florida State University Institute of Sports Sciences & Medicine. In a study published in the *Journal of Nutrition*, one group of female weight trainers were given a casein-based protein shake 30 minutes after a daytime training session and a taste-matched placebo 30 minutes before bed, and another group the reverse. The researchers then documented lipolysis – fat release from fat cells – followed by fat oxidation – your body's capacity to burn fat released as energy in the muscles. The result? You can get all the benefits of a protein shake before bed without disturbing your fat metabolism. Good news.

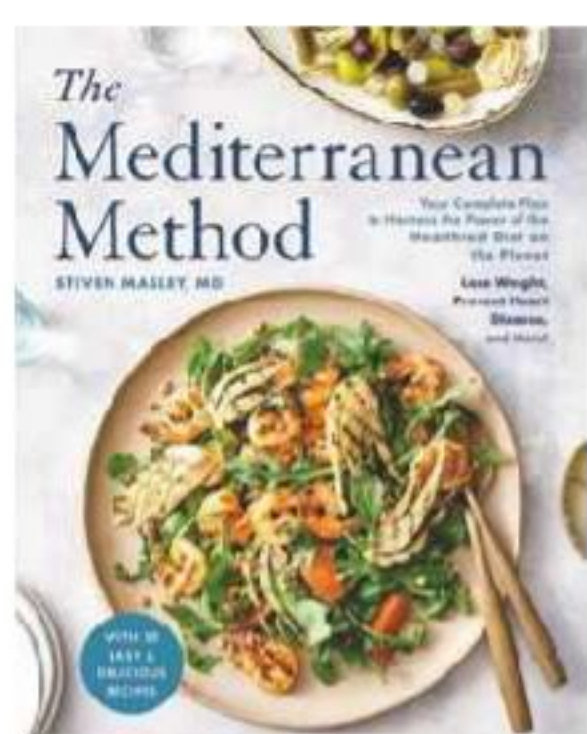


Nutrition notes

Brain-boosting diet ● Get more vitamin B12 ● How to beat the binge

Head to the Med

Suffer from brain fog? A new study suggests it may be related to inflammation in the body. Researchers from the Universities of Birmingham and Amsterdam found the link when they triggered inflammation in young men and measured the effect on the brain. Inflammation caused a specific downturn in the ability to stay alert, affecting mental tasks. Poor diet and obesity



are major causes of chronic inflammation, so eating an anti-inflammatory Mediterranean diet may help fight mental fog. Check out *The Mediterranean Method* by Steven Masley, (Random House, £22.50).



HAD A CHEAT DAY?

If your healthy eating goals have gone off-course, don't worry; one binge is unlikely to make you fat. While you may see a rise in weight after a bit of feasting, a lot of the weight gain isn't fat, but water – especially if what you ate was rich in salt or carbs, and more so if the carb splurge followed a low-carb period. Carbs replenish glycogen, which must bind with water (each litre of water weighing a kilogram) before being stored in your muscles and liver. Of course, it's not impossible to lay down some fat with one binge – genetics plays a part in how likely this is, but there's less chance if you exercise regularly and can turn the protein you've eaten into lean muscle. Generally, you'll need several blowouts to gain weight.

TRY THIS!

It's a long-standing myth that virgin olive oil breaks down on heating.

In fact, its smoke point is significantly higher than the ideal 180°C frying temperature. An Australian laboratory analysis showed it has lower levels of potentially harmful oxidation products when heated, compared with other oils. So not only is it rich in antioxidants, it's perfect for cooking. Try OEA House Extra Virgin Olive Oil, £9.50 for 500ml; olivesetal.co.uk.



Feed your liver

'Detoxing? Support your body to ensure you recover properly from exercise. Eat plenty of green leafy and cruciferous veg, nuts and seeds, fish, eggs and tofu, as they contain choline, zinc, copper, selenium and methione to support optimal liver function. This not only supports your body's natural ability to detoxify, it also provides your system with all the nutrients it needs to help you perform your best in workouts and feel your most energised.'

3 OF THE BEST ... PLANT-BASED SOURCES OF VITAMIN B12

**Switched to a vegan or plant-based diet?
Top up your levels of this vital vitamin
with these easy and enjoyable fixes.**

Marmite
(£2.70 for 250g;
most supermarkets)
Per 8g portion:
1.9µg vitamin B12

A thick scraping (8g)
on two slices of toast
supplies more than the UK
daily recommended intake
of vitamin B12 (1.5µg).



Alpro Almond Milk
Unsweetened (£1.25 for
1L; most supermarkets)
Per 200ml glass:
0.76µg vitamin B12

Most plant-based milk
alternatives are fortified
with vitamin B12. Alpro
Almond provides half
the UK daily vitamin B12
recommendation per glass.



Sainsbury's
Super Mushrooms
(£1.20 for 300g)
Per 1/4 pack:
1.35µg vitamin B12

Growing these
mushrooms in special
compost and exposing
to UV light before packing
naturally adds both
vitamins D and B12.



10%

The amount by which people with
the highest intake of pulses (beans,
chickpeas and lentils) reduce their
risk of coronary heart disease.*





FEEL FULLER for longer!

Are snack attacks sabotaging your healthy eating goals? Tackle hunger pangs the natural way with these easy, effective tips

Does the biscuit jar start calling your name

at 11am? Do you always fancy a sugary snack at 4pm? When your brain is crying out for a treat but you've only recently eaten breakfast or lunch, chances are it's a craving and not true hunger.

If you're constantly fighting (or losing) the urge to snack, it's time to take action.

'There are natural ways to help curb your appetite, reduce those cravings and feel fuller for longer,' says nutritionist Amanda Hamilton (amandahamilton.com). Follow these steps and learn how to manage your hunger the healthy way!

1 EAT MORE FIBRE

High-fibre foods keep you feeling full, long after your meal. Wholefoods such as brown rice and oats contain soluble fibre, which acts like a sponge and soaks up moisture in your stomach. As it swells, the fibre makes you feel full and also helps slow down the release of sugar from other foods you eat, preventing energy dips and food cravings, and helping to regulate your appetite.

Try this: Other filling, high-fibre foods to try including in your meals include avocados, beans, broccoli, apples, nuts and seeds.

2 GET ENOUGH PROTEIN

Do you suffer from afternoon energy dips? Try eating more protein at lunchtime. 'A high-carbohydrate meal can make your energy and blood-levels peak and then trough,' says Hamilton. 'By increasing the amount of protein on your plate, you'll help your body to convert any carbohydrates to sugar more slowly.'

Try this: Make sure that 30 per cent of your plate is made up of healthy sources of protein, such as chicken, fish, chickpeas and quinoa. Snack on nuts, eggs and cheese.

3 KEEP UP YOUR HYDRATION

Feeling peckish? When did you last have a drink of water? Research shows that your brain recognises thirst and hunger as similar sensations, so it's easy to get confused and think you need food when in fact it's water your body needs. 'When you

feel a hunger pang, drink a glass of water and wait 20 minutes to see if you still feel hungry,' says Hamilton.

Try this: Ensure you sip eight to 10 glasses of water throughout the day, and drink a glass of water before each meal to help prevent you overeating.

4 BREAK HABITS

Tired, bored, stressed, sad – there are many times we feel the need to eat when we're not really hungry. Along with habitual eating – such as wanting desert after dinner, or craving popcorn at the cinema – it's a psychological rather than physiological craving. And if you skip meals, you'll often crave less healthy options, such as biscuits or chocolate, to satisfy your body's needs quickly.

Try this: 'When hunger pangs strike, try eating an apple and some nuts, or a protein shake,' says Hamilton. 'It will fill the void in the same way but keep you fuller for longer.'

5 SKIP REFINED CARBS

Had a nibble but already feel hungry again? It's time to switch your snack choices. Refined carbohydrates such as sweets, biscuits, snack bars, even some sugary fruits such as ripe mangos and watermelon, and dried fruit such as raisins, are all high on the glycaemic index (GI) and release their sugar quickly into your system, giving you only a short-term energy fix.

Try this: Opt for fibre-rich, wholegrain snacks such as oat cakes, bread with nut butter or lower-GI fruits such as apples, pears and cherries with a few nuts.

EXERCISE MORE!

If you think working out will make you hungrier, it's time to think again! Exercise actually prevents cravings and curbs your appetite. Aerobic activity, in particular, is proven to trigger the release of an appetite-suppressing hormone called peptide YY. 'Exercise also helps control blood sugar and your body's insulin response,' says Hamilton.

Try this: Be sure to eat something nutritious, such as a boiled egg and oatcakes, within half an hour of exercising, to help your body recover.

Step by Step

Jordan Desert Trek

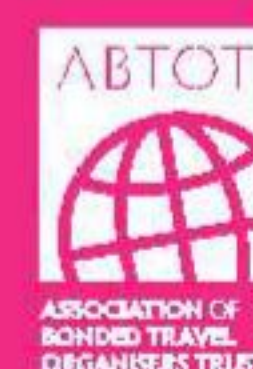
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SARAH ANN MACKLIN

'WHAT I ATE TODAY'

The model-turned nutritionist and campaigner (sarahannmacklin.com) reveals how she eats for optimum wellbeing

BREAKFAST

'First thing, I have a peppermint tea; it's a stimulant and digestive aid. If I'm working out, I have a berries and coffee with hot oat milk (to decrease the acidity) then head for a run 30 minutes later. Breakfast is overnight oats soaked in Haskapa (haskapa.com) berry powder – my go-to energy boost – with some seasonal fruit.'



SNACKS

'I eat three balanced meals a day so my cravings are not too bad. I'll snack on unprocessed, high-protein options to reduce further cravings. I love hummus with rye crackers or carrots, a handful of unsalted walnuts and seeds, or a full-fat yogurt with seeds.'



Drinks

'I'm a tea addict! I'm constantly sipping turmeric and ginger, which has great anti-inflammatory properties, or chamomile and tulsi, great for immunity and stress. I have a matcha tea mid-morning, which increases focus, and before bed, I love Pukka Night Time.'

Supplements

'I take vitamin D3 in the winter months. Research has found almost every cell in our body has vitamin D receptors and, therefore, it's crucial for our health. If you live in the UK, you can ask your doctor for a blood test to check your vitamin D levels.'

DINNER

'I eat lighter in the evening to help me sleep better. Our food takes three to four hours to digest which can impact on sleep if eaten too late. I try to cook seasonally and like making soup or stews. They're an easy way to pack your plate full of veg and make it delicious! I'm not plant-based, but around 70 per cent of my diet is focused on plant foods. I also love a piece of dark chocolate.'

LUNCH

'In winter, I keep to warm foods to aid digestion. When I'm at home, I like to eat warming soups with rye bread and houmous. If I'm in clinic, I'll take leftovers or head to the Natural Kitchen café and create my own lunch box. This normally consists of salmon, root vegetables and quinoa. My top wellbeing foods include green veg and fatty fish, such as salmon and sardines.'

VERDICT

From nutritionist
Fiona Hunter

'It's refreshing to see an-ex model with such a healthy approach to diet. We should all choose local, seasonal produce, for both climate and nutrition reasons – it probably has higher levels of vitamins. Sarah's right to take vitamin D in winter as your body can't make enough.'

10/10



'I try to eat warm foods in winter to aid digestion'

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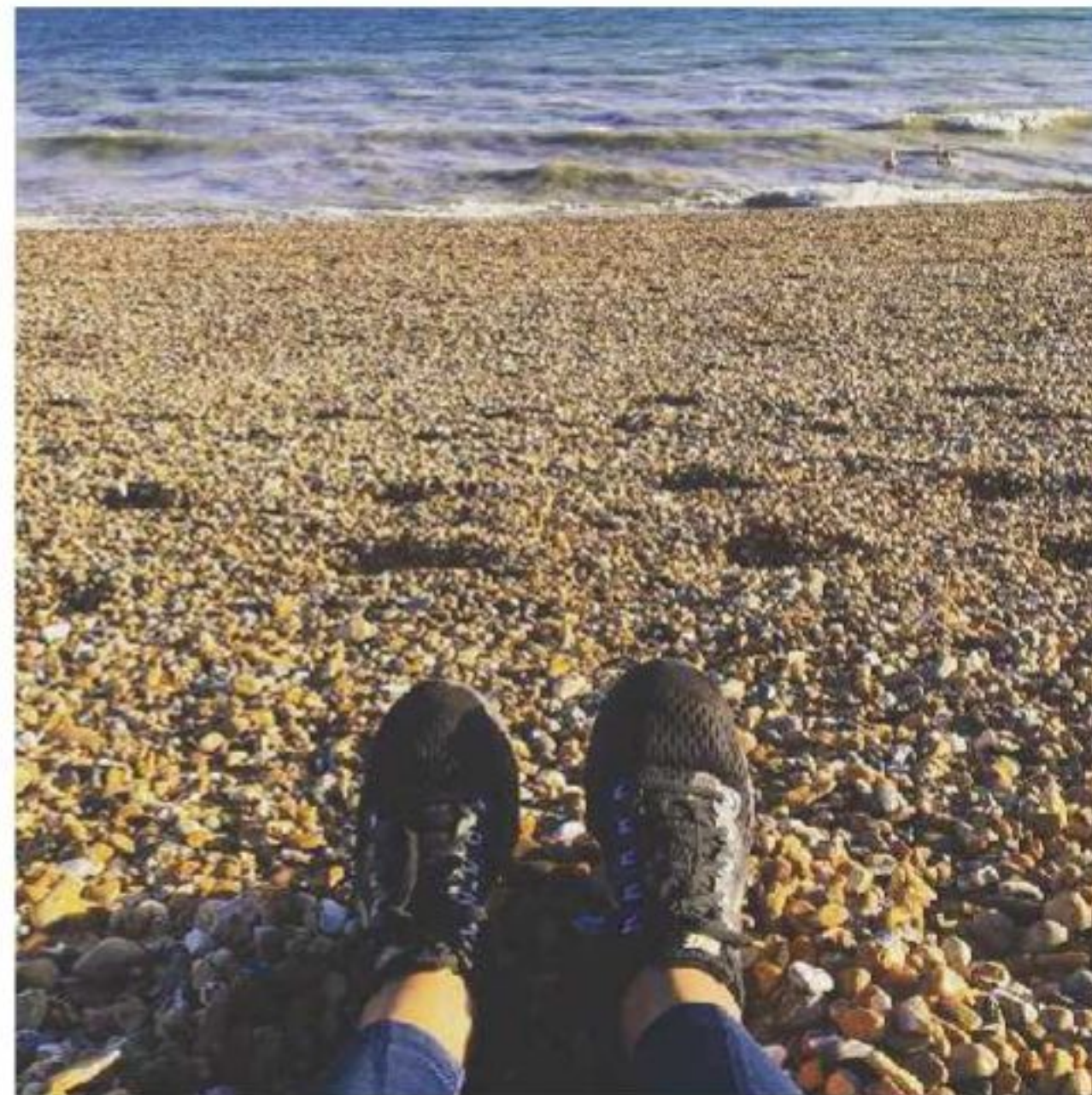


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THE WORLD'S GREATEST FIT KIT

Thinking of working out at home in 2020? A few key pieces of equipment is all you need, say top PTs. Here is their pick of the best choices you can make

Words: Sarah Sellens

If the festive season has left you packing a few extra pounds but you'd rather invest in home exercise equipment than sign up to a gym, you're not the only one. A US survey from insights platform Alpha (alphahq.com) reports that 54 per cent of fitbies are interested in buying home kit, while Sport England's 2019 Active Lives Survey shows that one fifth of interval training fans do their sessions at home.

But before you splash the cash on an über-plush home gym, read our tried and trusted recommendations. According to our panel of personal trainers, you could spend a fortune on home equipment, but often it's the old favourites that make the difference.



1. The resistance band

Mel Kent, strength and conditioning coach at Performance Pro (performancepro.fitness)

'A set of bands of varying resistance will let you load bodyweight movements at a low cost. They also pack small, so you can strength train when you travel. A great move for mobilising your shoulders and strengthening your upper back is the band pull-apart.'



2. WEIGHTED VEST

Ben Moore, personal trainer at Be Moore Fit (bemoorefit.co.uk)

'The weighted vest complements both strength and conditioning performance. Inexpensive and portable, it can be used for all aspects of training – low-intensity aerobics, high-intensity intervals or resistance exercise. Plus, the load can easily be switched to target the front or back muscles, or both. And, of course, it looks badass!'





3. The kettlebell

Kira Mihal, personal trainer and founder of Reset LDN (resetldn.com)

‘Thanks to its versatility, there are endless benefits that come from doing kettlebell exercises to improve overall strength, core power, balance, flexibility and coordination. Unlike dumbbells, the kettlebell has an off-set centre of gravity, meaning it is harder to control. So, any kettlebell exercises are going to require strict and controlled form and body mechanics. A great move that will work the entire body is the Russian kettlebell swing.’





4. Running trainers

Dottie Fildes, trainer at Sweat It London (sweat-it.com)

'Running trainers are perfect for outdoor running, but they're also great for indoor activities such as HIIT workouts and resistance training. The Giesswein Wool Cross X Trainers (£149, uk.giesswein.com) are ideal, as the flexibility of the material makes them perfect for dynamic exercises.'



5. THE SLAM BALL
Chris Antoni, personal trainer and founder of Tailor Made Fitness (tailormadefitness.co.uk)

'There's not much you can't do with a slam ball. You can even toss it at a concrete wall, which is useful for developing your ability to generate a lot of force quickly.'

The slam ball is a fun and effective way to enhance workouts as it helps build strength, power, stamina and core fitness. It's also a great stress-reliever!'



6. FITNESS APPS

Steven Virtue, personal trainer at Total Fitness (totalfitness.co.uk)

'Fitness apps are becoming a popular training tool for gym-goers at all levels, as they are designed to make the fitness experience easier. Users can book classes, monitor workouts and gain specific advice to help them achieve their goals. The apps are easily accessible and are ideal for those who need some guidance.'

7. COMFY LEGGINGS

LJ Holmes, personal trainer and instructor at Boom Cycle (boomcycle.co.uk)

'There's nothing more distracting than a waistband you have to keep pulling up or a crotch that sags uncomfortably. Find a pair that fit and flatter. I'm obsessed with the Girlfriend Collective leggings (girlfriend.com) – they're high-waisted and are completely opaque. What's more, they're made from recycled plastic.'

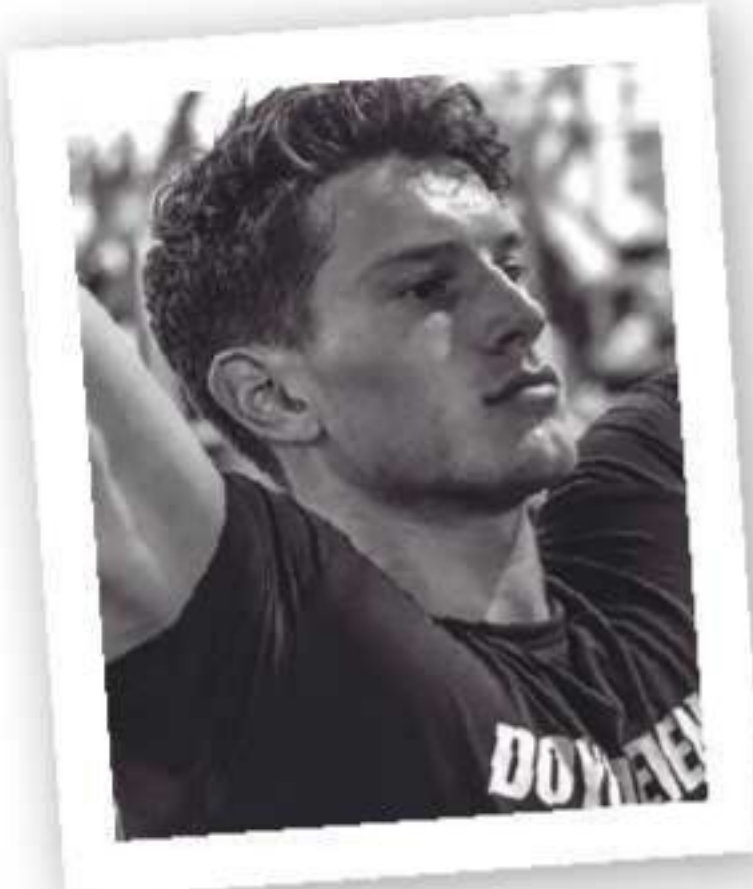


8. A suspension system

Chris Hall, founder of Hall Personal Training (personaltraineroxford.com)

'A suspension system such as the TRX is a hugely underrated piece of kit. It's inexpensive, portable, easy to set up in a variety of locations, has a limited injury risk associated with it, and is incredibly versatile. You can train nearly every muscle group effectively and don't need a huge amount of time or space to do so. Great exercises include the TRX push-up, fallouts or pikes, assisted pistol squats and the TRX row.'

9. THE MEDICINE BALL



Joshua Ivory,
personal trainer
@josh_j_ivory

'The medicine ball is a great addition for core workouts, especially when maximising the

engagement of your stabiliser muscles through unilateral balance techniques. It can add resistance to squat throws and side passes – with a partner or a wall – allowing you to work through all planes of movement. They come in a range of weights and can cost under £10.'



10. A set of dumbbells

Ollie Campbell,

personal trainer and body transformation specialist at Pri6rity (priority6.co.uk)

'A set of dumbbells is one of the simplest pieces of kit to own. You can buy them in different weights to suit your ability and they can be used in a variety of ways. Depending on the weight of your dumbbells, the number of repetitions you do and the frequency and pace that you use them, dumbbells can help you improve cardiovascular fitness, lose weight, build muscle and increase muscular endurance for sports.'

12. VIBRATION PLATFORM

Matt Gleed, Power Plate UK master trainer (powerplate.com)

'Vibration platforms help you to prepare faster, perform better and recover quicker, through increased muscle activation, enhanced mobility and stability, improved circulation and better flexibility through ranges of movement. The Power Plate MOVE (£2,495; johnlewis.com) is light, yet sturdy enough for a full-body workout.'



11. A Pilates ball



Georgie Spurling, founder of the GS Method (georgiespurling.com)

'The Pilates ball is incredibly versatile. It can create resistance and range of motion, while being gentle and supportive. The ball, when placed behind the shoulder blades, puts the spine into a C-curve position which helps to contract the core deeply. You can also use it for muscles that are rarely used, such as the inner thigh muscles.'



13. A heart-rate monitor

Ali McKenzie, personal trainer at KXU (kxu.co.uk)

'It's one thing to be motivated verbally but another to be able to see how hard you're working and the calories you've burned – the numbers don't lie! I love the MyZone MZ-3 Physical Activity Belt (£129.99, buy.myzone.org) for this. It's also great for my pre-natal and elderly clients.'

RUN YOUR FIRST 5K!

Always fancied running but don't know where to start? This five-step plan will take you from newbie to 5K champ in 28 days

Words Sarah Sellens

Nearly seven million people in England now run regularly at least twice a month, according to a national government survey. The appeal is obvious – studies show that running boasts a horde of health benefits that extend beyond whittling the waistline. Among its science-backed accolades, running can help prevent heart disease and type 2 diabetes, improve mental health and even help you to live longer.

‘Running is really accessible and easy to do,’ says Nick Anderson, Polar UK head coach (polar.com). ‘You don’t have to run every day – you can run any distance over three sessions a week.’ A 5K is the perfect aim, with plenty of parkrun, charity and road-race events to choose from. ‘It’s a very realistic aim that most people can run in four to six weeks of training,’ adds Anderson. ‘And once you can run a 5K, you’ve got a foundation that you can launch other things from – you can train for a 10K, then eventually run a half or full marathon.’ Ready to lace up? Follow Anderson’s tips to 5K success!

40 Women’s Fitness

JUST DO IT

There’s a saying in running circles that the first mile is the hardest – no matter how fast or far you go. Why? Because you need to give your body time to take on more oxygen and switch from an anaerobic to aerobic state. Similarly, Anderson says, the first run is the toughest. ‘If you can get out the door that first time, you start something, and everything after that, particularly after two or three runs, becomes routine.’

PLAN FOR SUCCESS

Consistency is arguably the most important thing for exercise success.

‘You’re much better off running consistently throughout the whole of 2020 on three sessions a week than doing seven runs in week one, two runs in week two because you’re exhausted and no runs in week three because you’re injured,’ says Anderson. ‘If you can be consistent with an amount your body can recover from, you’ll see great gains.’



BE
STRONG
TO RUN

Supplement your running plan with cross-training exercise. 'The heart doesn't know the difference between cycling and running, but the legs do, so take some stress out of the joints by doing another form of cardio exercise,' says Anderson. 'A lot of runners decide to do core classes or lifting in the gym after getting an injury, but if you do strength work each week, your chances of injury are dramatically reduced.'





PACE YOURSELF

Don't be tempted to run at an elite pace! 'Sessions should be at the "speed of chat", so you can have a conversation,' says Anderson. 'That's your easy run pace. Build up the amount of time you can run at that speed for – initially, start with a minute of running and a minute of walking. When you're running 10 or 20 minutes continuously, you're almost ready to do your first 5K.'

TRAIN WITH TECH

Don't simply rely on perceived effort to gauge your ability – invest in a sports watch. 'Get a heart rate GPS device, such as the Polar Vantage M (£249; polar.com). This will give you your heart rate and distance data and, crucially, all of your sleep and recovery metrics,' says Anderson. 'When you start to follow those, you'll know when to recover and that you're training in the right zone.'

BEGINNER TO 5K IN 28 DAYS

Got limited running experience but want to do a 5K? This plan from Running with Us (runningwithus.com) is for you! You must be able to run/walk for 20 minutes before starting.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Core or Pilates class	20-min run/walk (3-min easy run/1-min walk x 5) TIP: Aim to keep your running efforts really easy and relaxed.	Rest	Threshold run (4-min easy run/ 2-min walk + 3-min threshold run/90-sec walk x 6) TIP: Run the 3-min efforts at a 'controlled discomfort', where you can only speak three or four words continuously.	Rest	Brisk walk (45-60 mins) OR 30 mins easy cross-training + 20-30 mins core work TIP: Try to include some hills on the walk.	Long run (10-min easy run/3-min walk + 5-min run/1-min walk x 2) TIP: The goal here is to spend time on your feet, so focus on maintaining your easy, controlled pace.
WEEK 2	Core or Pilates class	Progression run (4-min run/1-min walk x 4) TIP: Aim to run the first 4 mins very easy and gently pick up the effort each block thereafter.	Rest	Threshold run (4-min easy run/ 2-min walk + 4-min threshold run/90-sec walk x 5)	Rest	Brisk walk (45-60 mins) OR 30 mins easy cross-training + 20-30 mins core work	Long run (8-min easy run/ 2-min brisk walk x 4) OR 3K time trial
WEEK 3	Core or Pilates class	Fartlek run (15 mins continuous easy running/ 3-min walk + 2-min steady run/1-min walk/ 1-min fast run/ 1-min walk x 3)	Rest	Threshold run (5 mins easy-paced running/2-min walk + 5-min threshold run/ 90-sec walk x 4)	Rest	Brisk walk (45-60 mins) OR 30 mins easy cross training + 20-30 mins core work	Long run (2 x 15-min easy run with 3- to 5-min walk to recover between each, or 30 mins continuous, easy running)
WEEK 4	Rest	Easy run (2 x 8- to 10-min easy run with 2- to 3-min walk between efforts)	Rest	Easy run (15 mins continuous running + core exercises and stretching)	Rest	Brisk walk (20-30 mins + stretching)	5K Good luck and keep smiling!



Bootcamp
SPECIAL

REBOOT YOUR BODY!

Wish you had a bootcamp trainer to whip you into shape for 2020?

Tempted to sign up for a fitness retreat to help shed that festive weight gain? We sent two *WF* writers to discover exactly what it's like to spend a week at a fitness camp. Read on to find out the truth and glean the top training tips, kit and moves you need to create your own mini bootcamp at home.





'I SURVIVED BOOTCAMP!'

WF writer Joanna Ebsworth rediscovers her fitness mojo at No1 Bootcamp in Norfolk

'What do you do when you're feeling in the worst shape of your life and have lost your fitness mojo? Book a bootcamp holiday, of course! I did several bootcamps in my late 20s and loved every second. But my last one was 10 years ago when I was fit and fabulous at 30. Since hitting 40, I'd been feeling unfit, frumpy and lacking self-confidence. But while I found the idea of bootcamp intimidating after being lost in exercise wilderness, thanks to a dodgy hip, I knew drastic action was needed. So, armed with the biggest suitcase I could borrow to haul all the kit I'd need (including 12 pairs of leggings, six sports bras, and three pairs of trainers!), I arrived at No1 Bootcamp in Norfolk on a sunny, late-September afternoon feeling a mixture of trepidation and excitement for the journey ahead.



PREPPING UP

'After being shown to my beautiful en-suite room that looks out onto stunning, leafy surroundings, it's a quick change into my gym kit ready for my induction with trainers Danny and Oli. I have "before" photos taken and hop on a state-of-the art InBody weight management machine to assess my body composition so the trainers can track my progress. We talk through my health history (a medical questionnaire and dietary requirement forms were done before arrival) and I'm assured exercises will be adapted to avoid aggravating my hip. We discuss my goals, which I explain are to "stop feeling so bleurgh". I'm relieved "the boys" get this with great humour, and quickly put me at ease.

'With additional luxury bootcamps in Ibiza, Portugal and Marrakesh, No1 Bootcamp is hailed as one of Europe's leading fitness camp brands. It has helped thousands of people (including celebs) achieve body and fitness transformations. In the past 10 plus years, No1 has evolved from the traditional military style of training (think screaming PTs pushing you until you cry) to a more holistic approach, harnessing the latest training techniques to get results

'Realising I can achieve things if I put my body and mind to it is amazing'



without breaking you. The main aim is to create strong, fit, lean bodies that lose fat without losing muscle mass, plus careful nutrition to support the training. This interests me, as previously, I've lost nine or 10 pounds in weight in six days, but had no idea if it was pure fat, or whether the training had eaten into my muscle.

'All that said, it's clear weight loss is not the main motivation for my fellow bootcampers. For the vast majority of the 15-strong group – who range in age from early 20s to late 60s – there are deeper issues at play, including a need to take time out, reduce stress, boost confidence and even heal after the loss of a loved one. I relish the idea of assessing where the future is taking me.

DAILY ROUTINE

'As a freelance writer with zero routine, I enjoy No1's daily training, eating and resting schedule, chalked up on a huge board each night so you know what you'll be doing every hour of the day. The regime goes something like this: 7.30am – 30 minutes' mobility and cardio



JO'S PACKING ESSENTIALS

- 'I took Bioglan Active Curcumin High Strength Turmeric Tablets (£24.99; hollandandbarret.com) to reduce muscle and connective tissue inflammation, and support my immune system.'
- 'I religiously used the fast-absorbing, non-greasy Ultrasun Face Anti-Pigmentation SPF50+ (£32; marksandspencer.com) to protect my skin from exposure to the elements.'
- 'Compeed Cushioned Blister Plasters (£4.39 for pack of 5; superdrug.com) are brilliant for protecting against rubbing footwear and relieving blister pain instantly so you can keep training.'
- 'I relied on Batiste Brilliant Blonde Dry Shampoo (£3.99; boots.com) to keep my scalp fresh and grease-free between washes when I didn't have the energy to wash and dry my hair.'

warm-up; 8am – 60 minutes of fat-busting cardio; 9am – breakfast; 10am – 60 minutes of strength and conditioning; 11am – protein shake; 11.30am – 60-minute boxing session; 12.30pm – lunch; 2.15pm – 45-minute circuit training session; 3pm – protein shake; 3.30pm – hiking off-site; 5pm – stretching and chill time; 6.30pm – dinner; 7pm – three laps of the outside track to aid digestion. For the rest of the evening, we relax in our rooms, watch telly in the communal TV room or enjoy a treatment. During the week, I indulge in two full-body deep-tissue massages to aid muscle recovery and one Decléor facial with a hot stones massage with the incredible on-site masseuse and beauty therapist.

ALL FIRED UP

'I'd heard how good the food was at camp, and I'm not disappointed. Every meal is delicious and satisfying, from yummy muffins with peanut butter, banana, berries and nuts for breakfast, to beef burgers with halloumi and steamed veg for dinner. During the week, we have "ghost weigh-ins" to monitor our progress, and notice our

Prep your body before setting off

Try these tips in the weeks leading up to your bootcamp holiday to get the best results from your experience.

1 Pick up the pace – bootcamps cater for all fitness levels but you can lessen the stress on your body and reduce the risk of injury if you put in work prior to arrival. Try walking for at least an hour every day in the build-up, to prepare your body for the physical demands ahead.

2 Up your water intake – drink around two litres of water a day before arrival so you're fully hydrated. Most bootcamps ban caffeine and alcohol, so try to reduce or stop your consumption to keep cravings away while on camp.

3 Prepare your feet – you'll be on them for up to 10 hours a day, so book in to see a podiatrist beforehand to get your feet in tip-top shape and check your gait to reduce any hip or knee issues.

4 Book a massage – if you sit at a desk for long hours, or are suffering neck, shoulder and back ache, a sports massage will help iron out kinks and free up stiff muscles to mobilise your body and reduce the risk of strains.



Jo adored the boxing sessions which got the group fired up



portion sizes increasing or decreasing to ensure we're getting the correct nutrients to fuel our training and still get maximum results. I never once feel hungry.

Mealtimes aside, my favourite thing is the training. All sessions take place outside, come rain or shine, with the exception of Spinning classes held in the studio. There's a huge mix of weight training and cardio sessions, including high-intensity HIIT workouts in the morning to get our metabolisms revving, to LISS (low-intensity steady state) workouts in the afternoons to keep us burning calories without risking injury. I adore the daily boxing sessions which get the group fired up just when you think you can't pull any more energy out of the bag. Our "happy hike" at 3pm takes us over the stunning local countryside and beaches, wonderful for body and mind, as well as a chance to natter and build relationships. I'm astonished how quickly my body responds to the training. During one challenging circuit session where we move from battleropes to kickboxing to TRX pull-ups to pushing sledges, I break down in tears when Oli says how much I've improved in the week, literally from the sheer joy of realising how newly strong and empowered I feel. Experiencing a return to

form and renewed self-confidence, plus realising I can achieve things if I put my body and mind to it, is an amazing moment. In short, I feel like I've found "me" again.

THE NEW ME

'The day before our final weigh-in, I realise I don't need scales or a tape measure to tell me I've improved my fitness levels and lost weight. I can see it in the mirror and feel it in my looser clothes, renewed energy levels and the way I can run four laps around the park by the end of the week when I couldn't run one on the first day without gasping for breath. It emerges I've lost 4cm off my chest, a whopping 7.5cm off my tummy, 2cm off my hips, 3cm off each thigh and 1cm off my arms. Overall, I've lost 3kg in fat (without losing muscle) while my BMI has dropped by 1.7 per cent. But the stat I'm most pleased with is that my visceral (internal) fat has dropped by two whole points from 14 to 12 – a shocker as I hadn't realised it was that high. Since returning home reinvigorated and with the tools, motivation and inspiration I need to continue my fitness journey, I've made further gains towards leading a much healthier and happier lifestyle. I can't wait to return to No1 Bootcamp in the future.'



No1 Bootcamp is open all year round, with all fitness levels welcome. Prices start from £1,070 for 7 nights' accommodation, weigh-ins and body compositions, all meals and daily training schedule (seven hours a day). Shared and private rooms are available. Discounts are offered for longer stays. Visit no1bootcamp.com.

'THERE'S NOTHING I CAN'T DO NOW'

WF writer Sharon Walker checks in to The Body Camp, Mallorca, and sees the inches shrink and her body confidence grow

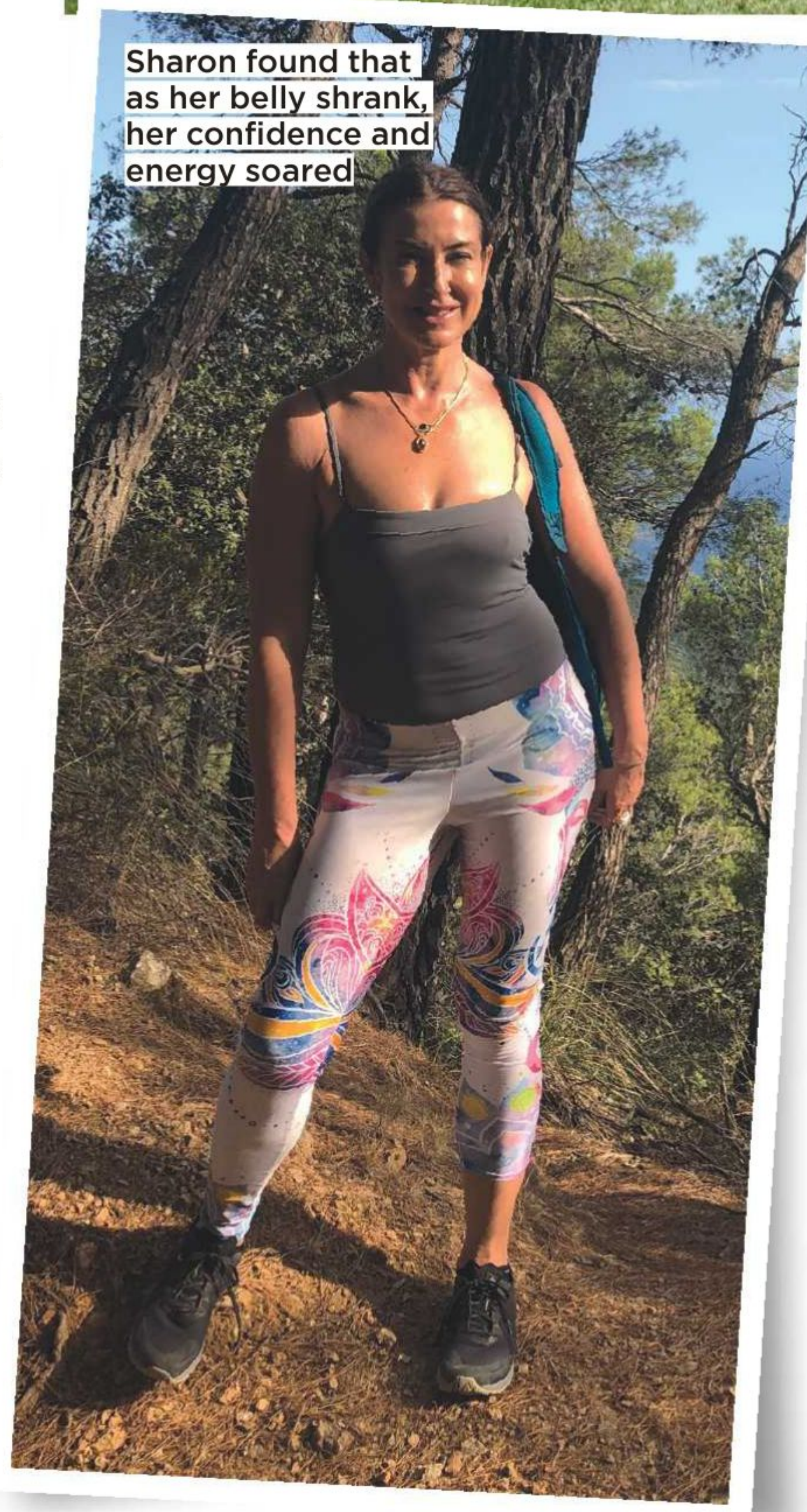
'It was a photo that drove me to the Body Camp. I was sitting in my underwear on a high stool clasping my knees to my chest, beaming at the camera. The photo session had been billed as an exercise in building body confidence and though the photographer had done a stellar job with the lighting, even the arty dark shadows could not disguise it was time to clamber back on the fitness wagon. The gentle folds of flesh hanging from my waist weren't "ugly", I'd done with body shaming myself years ago, but they weren't healthy either. A reminder that I'd been spending far too long sitting at a desk and had let the gym slide, kidding myself that walking to work was enough exercise for any sane person. That, coupled with a few too many pints at festivals, and I was feeling bloated and lethargic. Not the best version of myself.

CELEB CRED

'I'd heard good things about the Body Camp's transformative retreat in Ibiza. It had opened six years ago to rave reviews and had hosted a galaxy of starry guests from the likes of Jodie and Gemma Kidd through to Mel C, Caroline Flack and Millie Mackintosh. Then last summer they opened a second venue in Mallorca offering a fitness focused holiday, with more free time in the afternoons. It sounded like a dream holiday. I could catch up on those unread novels and get my body back on track. The first thing you see after the Body Camp's gate slides open and you drive down the gravel drive is Derek the Dinosaur, with a hand dangling from his mouth. Other than that there is nothing alarming about the venue, which is a gorgeous traditional *finca* with a nice pool, surrounded by hammocks and sunbeds, with a long outdoor dining table, flowers and cacti plants.

HOUSE RULES

'Inside I was met by Vicky, the house manager, who showed me to my room and then it was time for "rules and regs" with coach Antony, while G, the in-house nutritionist and all-round good egg,



Sharon found that as her belly shrank, her confidence and energy soared

'The classes were cleverly designed to target every aspect of our fitness'

took our measurements. Antony explained the Body Camp's approach: "We believe that positivity spreads, but so does negativity." So rather than groaning that our muscles hurt or we were starving, we'd be getting sexier. Or ready to refuel. Exercise was not hard it was challenging. "Some days you're going to feel something in your thighs, as you come down the stairs," Antony told us. "Some people say they can't lift their brush to comb their hair, but that's what we're here for, we're going to change your body." He asked us to think about what we wanted from the week. I wanted to feel in control, not just of my diet and drinking, but also of my stress levels and moods. We were to be in our rooms, lights out by 10pm ideally, on the basis that sleep is as important as the training. "It's a package deal," said Antony. The last time I

was in the Balearics had been for a hedonistic week of wine-drenched lunches and cocktail-fuelled DJ beach bars; the Body Camp, by contrast, is booze-free.

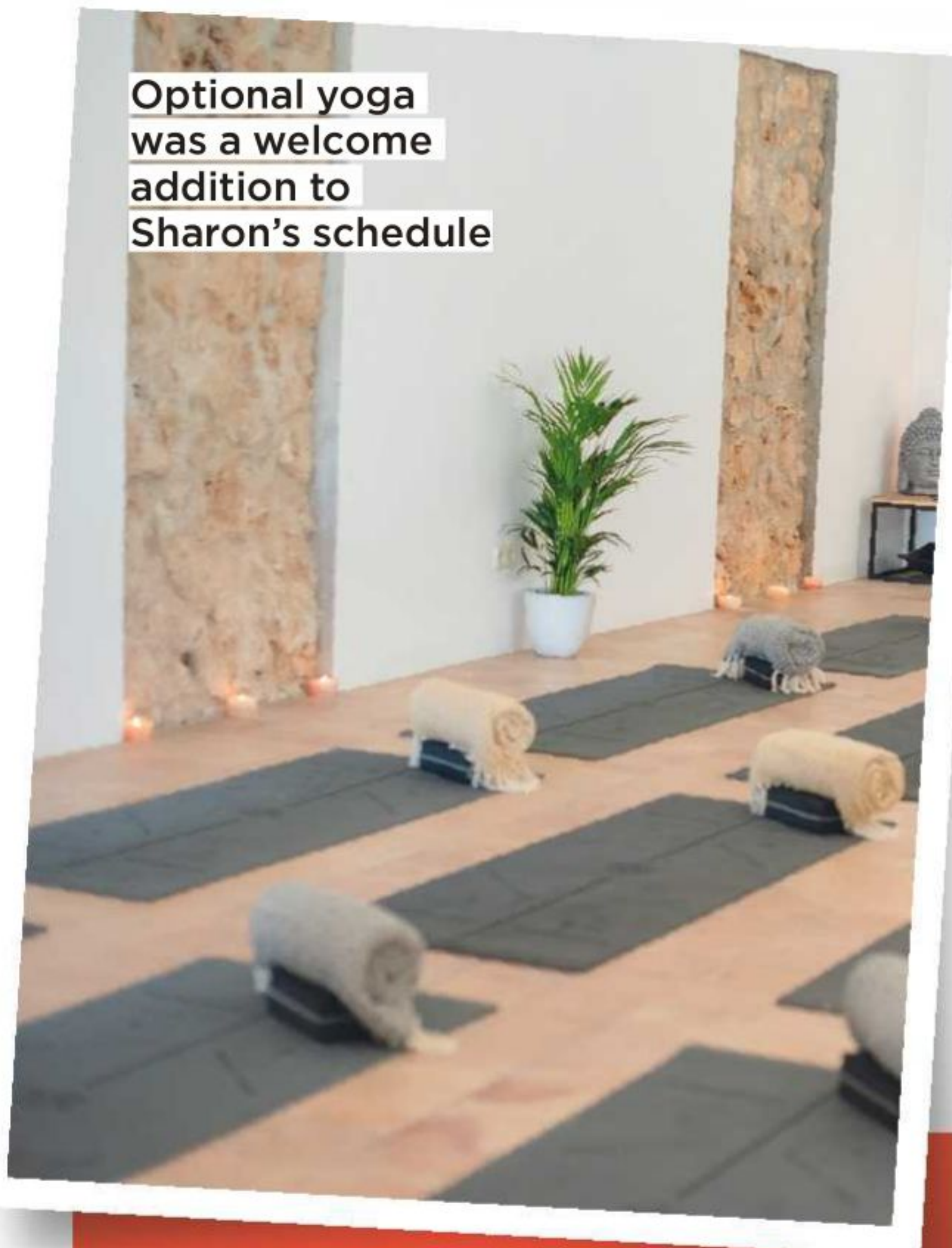
'I first met my fellow Body Campers at dinner, which was served around a long table in the courtyard. There was a Swiss financier, who loved his first week at the Ibiza Body Camp so much he'd transferred directly to Mallorca, a deputy headmistress who was staying for three weeks and a bunch of teachers. One woman was here with a friend, all the way from New Zealand. The conversation flowed easily, but we were also told to eat mindfully and put away our phones. Everyone gets the same meal, just in different sized portions, though they'll also adapt if there are things you don't like or can't eat. All the food is plant based, not just because it's harder to get fat on veg and pulses, but because it's better for the planet. I signed up for the slow lane for weight loss, but the incredible Thai green curry still came in a bigger portion than I would eat at home.

CLEVER CLASSES

'Before bed that night I took a good look in the mirror, examining the swollen curve of my belly with a growing feeling of confidence that it would soon be shrinking. The next morning, I was sweating through a fitness test we'd repeat at the end of the week. Cheered on by my buddy Carol, I pushed through more sit-ups, press-ups and burpees than I'd thought possible. "Way to go Sharon. Great job!" Carol yelled and I felt my body surge with a new power. If only Carol could come to all my workouts.

'The mornings flew by in a whirlwind of imaginative classes: The Gladiator Gauntlet, The Terminator, Baywatch. *We are the Champions* blasted over the stereo as I punched my way through Rocky. "Sometimes I can feel goosebumps in the warm-up," said Antony, who's wearing white bunny ears. "We're all freaks here. Welcome to the madhouse." But far from being mad, the classes were cleverly designed to target every aspect of our fitness and catapult us out of our comfort zone with a mix of circuits, fartlek training (fast and slow running), boxing and aqua aerobics, and with every exercise adapted to the different fitness levels: as economy, business class and first class, there was nothing I couldn't do. One day we donned

Optional yoga
was a welcome
addition to
Sharon's schedule



The Body Camp's 5 ways to mindfulness

Beat stress and achieve your goals by staying in the moment with these tips from Rick Parcell, head trainer at The Body Camp Ibiza.

- 1** Stop, breathe and listen. So much power comes to us through our breath. It's the thing that keeps us alive.
- 2** Getting enough sleep is so important. If you can get to bed early and rise as early as you can, you're winning. Seven to eight hours sleep is ideal.
- 3** Exercise releases endorphins and they keep you happy. It's as simple as that. Healthy fit body... healthy fit mind.
- 4** Live in the moment. You can easily work on your mental health and you can adjust things now. The past is the past and the future is the future. Now is all that should matter when you're trying to work on your mindfulness.
- 5** Be aware of the choices before you when it comes to the environment you place yourself in. Never doubt the fact you're in control and can choose to alter your path.

bike helmets and sped off to a local cafe under strict instructions to order nothing more than water or coffee, and the hikes through pine forests to the sound of tinkling goat bells revealed the most stunning scenery. But the highlight had been arriving back feeling like a conquering hero to the tune of *I would walk 500 miles* by The Proclaimers to be met by Kate and G holding trays of freshly-made lemonade.

TOTALLY TRANSFORMED

'When I booked the trip I'd imagined I'd spend the afternoons reading by the pool, but instead I found myself swimming laps and joining the optional yoga class, ticking off each accomplishment on the white board. The Body Camp has a wonderful way of encouraging you to do more than you thought possible. It was competitive, but the only person I was up against was myself. Before The Body Camp, I'd assumed it was inevitable my fitness levels would diminish as I neared the mid-point of my sixth decade but, in fact, the boxing and bleep test weren't a problem, circuits in the disco gym? Water off a duck's back. OK, so I was rubbish at the music quiz, but every day I clocked up more laps of the pool and watched my belly shrink as my confidence and energy soared.

'By the end of the week I'd sworn off booze for the summer, made new friends who share jokes and progress on WhatsApp, and six months later I'm eating more plant-based dishes. I've kept the weight off and I'm exercising more than ever. On our last night we donned silly hats and traded our highlights from the week. For me, it had been the people who'd made it. I've been to many spas that have felt like lonely punishments. The Body Camp, by contrast, felt like one big joyous party, no booze needed.'

Body Camp Mallorca opens May 1. Prices for a week's stay start from £1,500 (course runs Friday-Friday), which includes the programme, accommodation and all food and drink. Shorter stays of three nights (Fri-Mon) or four nights (Mon-Fri) start from £900. More information at thebodycamp.com.

Kit-bag essentials

Jo Ebsworth reveals how to gear up for a bootcamp class or fitness retreat

Nimble Active's Mesh With Me Tight (£80; nimbleactivewear.com) has moisture-wicking, four-way stretch fabric with mesh panels for added ventilation, plus a hidden drawstring in the waist.

Contur UK's Block-rocker Crop (£57; conturuk.com) is double-lined and has an uber-supportive, comfortable underband for incredible bust support, and even offers UV protection for outdoor workouts.

Stay dry and toasty on hikes with this waterproof, incredibly lightweight Berghaus Nula Micro Jacket (£140; berghaus.com) that has an adjustable hood to keep out the elements.

Smartwool's Merino Sport 150 Tee (£54.99; smartwool.com) is lightweight and moisture-wicking, keeping you dry during the toughest workouts. Great alone or layered, it's also anti-bacterial so can be worn for a few sessions before washing.

Giesswein's Wool Cross X Sport Shoe (£149; uk.giesswein.com) has a 100 per cent Merino wool lining to wick moisture and regulate foot temperature, plus micro-grip sole technology to tackle all terrains.



The Body Camp fitness circuit

Boost your fitness and build a tighter frame with this circuit from The Body Camp's head trainer and former Navy man, Rick Parcell. It's designed to help you lose inches all over your body and keep your enthusiasm up.

'Mix up these key exercises as you please. Break down the seven exercises into 30 second pulses with a 10-second rest and make sure you have good loud music on to help aid your workout! You can also add time to make it a longer circuit. If you're with friends then team up and work out together. Always begin with a nice gentle jog or stretch before you start working out with circuits to warm up your muscles.'

1 PRESS-UPS

If you're a beginner, press-up with your knees on the floor – know your limits. You can start small and then go harder. These are great for good arms – it's important to keep upper-body strength up.

2 SIT-UPS

Whether it's tight crunches or full-blown sit-ups, these are going to help your stomach get ripped if done regularly. Be careful not to pull your neck up with your hands.

3 BURPEES

Yes, these are the pits but they're

incredible for building your general fitness. Get onto YouTube to look at the easy, medium and hard versions. Add a little jump at the top for turbo bonus points.

4 PLANK

It's one of the most dreaded but best exercises you can do for core conditioning. It's also great at activating your glutes and hamstrings, so is well worth the pain. Start small by holding a well-formed straight-as-possible plank for 20 seconds and gradually build up to a minute.

5 SQUATS

The exercise to work on your Beyoncé bubble butt! The deeper the better. Keep your hands clasped out in front of you, feet a nice distance apart and a good straight back sitting into the squat.

6 LUNGES

From feet together (arms by your side with a small weight or above your head) take a gentle step forwards, bending your front knee and bringing your back knee as near to the floor as possible. Alternate your legs and keep it controlled – this is more about form not speed.

7 SKIPPING

There's nothing better for aerobic activity than skipping. It's amazing for getting your heart rate up and it's low impact. It's actually a lot of fun, too, and you can take a skipping rope with you everywhere!



JESSIE PAVELKA:

‘LOSE WEIGHT FOR GOOD’

American TV host and weight-loss guru, Jessie Pavelka, 37, talks to *WF* about why the world has an obesity problem and what we can do about it

WORDS: Sarah Sellens

You’ll probably recognise US fitness guru Jessie Pavelka

from Sky Living’s *Fat: The Fight of My Life* and *Obese: A Year to Save My Life*. Specialising in weight loss, the TV host and fitness expert is nothing if not super-inspiring. But while he helps hordes of people lose dramatic amounts of weight, Jessie’s methods are far from extreme. To put that in perspective, he doesn’t believe in diets or calorie-cutting, but instead likes to delve deeper into mental wellbeing and the impact that the decisions we make have on our health.

‘There’s a link between mental health and choice, and that link is becoming more pronounced,’ says Jessie, ‘so if you think about how you feel before you grab some chocolate, you can create a new outcome for yourself.’ And he believes the solution to a fitter and happier body for all of us lies with a better connection with self. Want to know more? The cameras may have stopped rolling on Jessie for now, but he hasn’t quit helping the UK become a healthier, slimmer nation. On January 30, Jessie launches an app, JP4, and it’s set to challenge everything you thought you knew about weight loss. We caught up with him to find out more.



Q WHAT'S THE SECRET TO YOUR SUCCESS IN HELPING PEOPLE LOSE WEIGHT?

'I've had to figure out what works [for others] because, coming from a logical approach to health and fitness, I'm a numbers person – I understand calories out verses calories in; 3,500 calories equals one pound of weight, so create a deficit of 500 calories a day and you'll lose a pound a week. But that doesn't work in the long run and, for someone who is fighting an uphill battle, there has to be more meaning to the logic. I can understand why someone might want to be skinny or look like so and so, but there's something more important that I need to connect them to and that's to themselves and how they feel. I get that they want to lose weight and look a certain way, but there's a feeling on the other end of that, so let's make that the goal.'

Q THE UK HAS AN OBESITY PROBLEM*. WHY DO YOU THINK SO MANY PEOPLE STRUGGLE WITH THEIR WEIGHT?

'There are so many different factors – it's not only about mental health, it's also about our lack of connection. It's genetics – we're changing people's genes with the choices we're making today. So, when you decide to take the giant leap into parenthood, the decisions you make as an individual create a blueprint that gets passed on. This is apparent when you look at the obesity rate – if you've got one obese parent, there's a 40 per cent chance that you're going to be obese; if you've got two obese parents, there's an 80 per cent chance that you're going to be obese.'

Q SO, DO YOU THINK THERE'S SUCH A THING AS A 'FAT GENE'?

'A lot of it [weight gain] is about beliefs and behaviours. So, we've got the overarching culture of whatever country we're born into or whatever region that we're a part of. Then, we've got the subcultures that we create based on our routine: our beliefs and our behaviours. For parents who aren't



Focusing on how you feel is key to weight loss, believes Jessie

JESSIE'S TOP 3 MENTAL TOOLS FOR STAYING IN SHAPE

- 1 'Think of mental health as similar to physical health. There are a variety of exercises you can build into your daily routine, whether it's breathwork, meditation, affirmations or journaling. Just like going to the gym, these should become part of your wellness routine.'
- 2 'I encourage people to practise gratitude, affirmations and breathwork. So carve out time either in the morning or evening to do some of these.'
- 3 'Set an alarm for midday or mid-afternoon to pause and take a couple of deep breaths. Create a new relationship with stress because it's a reason many people make bad decisions.'



Jessie encourages clients to keep moving every day

exercising, aren't cooking healthily and are in front of the TV every night, their children are going to learn from that behaviour. But on top of that, if that's what they were doing before they had children, they've created a habitual behaviour that could break strands of DNA and create the path that they [their children] will be on.'

Q HOW DO WE BREAK THE CYCLE?

'A big part of it is just about being aware of the decisions you're making, why you're making them and the impact that



Jessie Pavelka is launching a new app and training program that takes you on a journey of incremental change through the four elements of health – Eat, Sweat, Think & Connect. To find out more, visit pavelka.co.uk/JP4.

they're having on you. Deal with that and, if it doesn't feel good, just say, "OK, I don't want to be here anymore – my relationships are falling apart, my health is deteriorating, I'm constantly low, I'm not performing at work, I'm not the parent I want to be." Start there and see what it feels like each day that you go for a 10-minute walk, or when you sit at the dinner table with your children and have a conversation about their day, or if you pause and talk to someone when you're stressed instead of eating chocolate.

'We are so caught up in a reward-based mentality for which we want quick solutions. But step out of that and look at the overall experience of things – look at what's valuable to your day-to-day life and engage in the things that are most important to you. You're not going to get the instant hit that you might get from TV or chocolate, but there is a delayed gratification. Six months down the line, you might pause when feeling stressed, not eat the chocolate, go for regular walks, sit with your kids, and think that life is better. You've got to have enough reason to do it, and that looks different for everyone – some people have to be sitting in the hospital being delivered bad news, while others only have to put on a pound or two of extra weight.'

Q TELL US MORE ABOUT YOUR NUTRITION PHILOSOPHY

'Diets don't work. I'm more interested in an individual taking ownership

JESSIE'S RULES FOR WEIGHT LOSS

AWARENESS

'Be more aware of your day-to-day life and the choices that you're making. If you want to lose weight, understand how you feel and the decisions that you're making.'

DAILY EXERCISE

'Don't just look at activity as an hour-long exercise – look for all of the other opportunities to get moving. So, if you've been sitting at your desk for three hours, set an alarm for 15 minutes and go for a walk.'

CONNECTIONS

'Look at the people in your world. Who are you surrounding yourself with? What are the conversations that you're having? When you're feeling overwhelmed, are you talking about it? If you're going on a weight-loss journey, talk about the struggles and the successes.'

'The biggest asset we have is perspective, so start to get to know yourself a bit more. It's not an easy journey but it's the one that creates sustainable change'

[over what they are eating]. We know that if you eat something that has grown on a tree there's a real connection to the food – there's a message that you're sending to yourself that goes beyond calories or some six-week programme that you're following. It's about starting back at the basics and putting a standard of nutrition in place. And let's be honest, diets can be very harmful – they can be harmful psychologically and they can be harmful physiologically.'

Q WHAT IS THE NUMBER ONE WEAPON WE HAVE AGAINST WEIGHT PROBLEMS?

'I would say quit focusing on your weight and start focusing on how you are feeling. What is going on with you? The weight is a side effect – it's not the main issue. The biggest asset we have is perspective, so start to get to know yourself a bit more. It's not an easy journey but it's the one that will create sustainable change. When you look at JP4, that's what's different about it [compared with other fitness apps]. I try to get people to step away from the numbers and go on an inward journey. The app has the traditional nutrition and exercise functions that you need, but there's also an added layer to it, which is a series of podcasts that you can listen to so that you can go on a deeper journey.'

Q JP4 IS BASED ON FOUR PILLARS – EAT, SWEAT, THINK, CONNECT. WHY ARE THE 'THINK' AND 'CONNECT' PILLARS KEY?

'Thinking and connecting are a part of all elements. The journey that you go on with the podcasts is that you are "thinking" where you're at, where you're going and the barriers that might get in the way. When you feel that you can engage because you feel good and you feel strong, then there's this transition in which you begin to "connect" with the world around you. It's about being of service, figuring out where you can find purpose, and connecting to something that is greater than you. It's a real journey that the individual goes on – it's not easy but then that's the challenge!'

PART
TWO

BE A ZERO-WASTE *beauty*



This month, *WF* writer and beauty addict Jo Ebsworth shows you how to give your make-up bag and wash kit an eco-upgrade

If you read part-one of my feature in last month's issue of *WF*, hopefully you've already embarked on a journey to purge your bathroom of plastic. This month, it's time to look at your make-up and gym-bag essentials. Gather all those must-haves and you'll soon see just how much packaging is involved in your favourite items – and that's not including all the packaging you bin after buying your products. According to a report from Zero Waste Week, the beauty industry is one of the worst culprits of unsustainable packaging, with global cosmetics companies producing 120 billion units of packaging a year, the majority of which are not recyclable. Ready to make the change? It's time to get started!

Zao Silk Foundation comes in a refillable glass bottle with a bamboo lid.



Pretty and plastic-free

As a make-up lover who spends hundreds of pounds each year on high-end and high street cosmetics, I desperately wanted to find sustainably packaged make-up that would work well. In the end, my battle was in finding any alternatives, regardless of quality. Lush Cosmetics has a range of cruelty-free make-up, and the majority of it comes in 'naked' packaging. Some products worked brilliantly, such as the **Glow Stick Solid Highlighter** (£12; uk.lush.com), and I loved the huge array of shades and finishes of the **Lipstick Naked Refills** (£10 each), which you can pop into a vintage-style, plastic-free Refillable Lipstick Case (£8). But I disliked how the solid, exposed **Slap Stick Solid Foundation bar** (£17)



attracted every bit of fluff, leaving me concerned that it was unhygienic.

Thank heavens then, I found vegan, 100 per cent natural, sustainably-packaged make-up brand Zao (zaoesenceofnature.co.uk). Everything from primers, foundations, concealers, face powders and blushers to eye shadows, eye liners, mascaras and lipsticks are housed in hard, refillable bamboo cases that shut with genius magnet mechanisms. The beauty of the brand is that once you've invested in a bamboo-enclosed product, you can then buy cheaper refills to replenish them afterwards. But best of all, this make-up really works. From the dewy, glowing, long-lasting finish of the **Silk Foundation** (£40), to the incredibly easy-to-use, smudge-resistant **Refillable Felt Tip Eyeliner** (£18.95), every product looks beautiful and performs exceptionally well. The biggest compliment I can give to the brand is that, after applying a full-face of Zao products for the first time, a friend said I looked absolutely radiant. Praise indeed!



Green your dental hygiene regime

Most manual toothbrushes are made from unrecyclable plastic. Considering they should be replaced every three months, that's a potential 264 million brushes thrown away annually in the UK that take hundreds of years to break down. Swapping to a bamboo toothbrush – a sustainable material that takes just six months to compost – is an easy change to make. Try the sustainable range from Woobamboo, pictured left, 3. (woobamboo.co.uk), which includes biodegradable silk floss and vegan toothpastes. The Adult Standard Handle Toothbrush is £4.49 (kids' and pets' toothbrushes are also available).

Don't fancy a wooden toothbrush? Then give TePe's new GOOD Toothbrush, 1. (£2.75; waitrose.com), a go. It's the UK's first sustainable, bio-based plastic toothbrush made from sugarcane and castor oil and is manufactured in Sweden using 100 per cent green energy. Very comfy to use.

If you prefer using an electric toothbrush, try the Foreo ISSA 2. (£149; foreo.com). Made with non-toxic silicone, this sleek, toothbrush is built to last for up to a decade, and you'll only need one replacement brush head costing £17 per year (versus four to five nylon brush heads for a regular electric brush), resulting in an up to 90 per cent reduction in waste. As well as delivering an amazing clean with its sonic pulsations, it lasts for 365 days on a single charge.

I love the range of **Georganics Mouthwash Tablets** (£8.90; georganics.com). Available in various natural flavours such as Spearmint and Thyme, just add one of these chemical- and alcohol-free tablets to a drop of water and gargle. **Georganics Natural Toothpaste** (from £6.90), in a glass jar, is also lovely.

Clean up your gym bag

Convenience is key with gym-bag friendly products. Thankfully, there are lots of handy plastic-free alternatives you can switch to. LLB's range of vegan, travel-friendly products (all sustainably packaged) could revolutionise your post-gym skin routine. My faves included the multi-tasking **A-Game Hydration Balm**, (£45; lbbskin.com) which contains natural, anti-inflammatory, anti-bacterial ingredients to soothe skin, plus hyaluronic acid to plump the face, and the individually wrapped, biodegradable sachets **Take Off/Touch Down XL Face and Body Cloths** (£25), which are perfect for cleansing away pre- or post-gym sweat and make-up.

I depend on dry shampoo to refresh my hair after workouts. So, I was delighted to discover Tabitha James Kraan's organic **Dry Shampoo Compact for Dark Hair** (from £19; tabithajameskraan.com). It smells divine, really works, soothes my scalp with its natural ingredients and, best of all, never stains my fingers or face (a pale version is also available). And there are 100 per cent biodegradable and resealable refill pouches (£21) to refill the compact twice over.

Using just water, the revolutionary **Face Halo sponge** (£7; facehalo.com)

Using 100 per cent natural vegan products stops harmful chemicals being washed down the drain and entering our waterways

3 OF THE BEST...SOAPS

1 Available in four scents, the hand-made, multi award-winning **Holy Lama Naturals Yogi Soaps** (£4.50; holylama.co.uk) are housed in their own oyster-like soap dishes made from fallen areca palm tree leaves. These bars smell incredible and are deeply hydrating. A pleasure to use.



2 The pure lanolin soaps from **Little Beau Sheep** (from £9.45; littlebeausheep.com) are perfect for sensitive skins. Wool from different sheep breeds is wrapped around each one – acting like a soap and flannel in one, which means no soap gets wasted. Antibacterial, deeply exfoliating, completely biodegradable, practical and great fun!



3 Luxury skincare brand Cosmydor has a strict 'no plastic' packaging policy and all products are certified organic and 100 per cent biodegradable. It's

Precious Face and Hand Liquid Soaps

(£28; cosmydor.co.uk) are available in two scents packed with essential oils that deeply nourish skin, and are sold in stylish violet glass bottles. Recyclable refills are available.





Jo loves Natura's biodegradable sheet masks (mybeautybar.co.uk)

reaches deep into pores to remove and trap make-up and sweat for a deep clean and gentle exfoliation without the need for any environmentally harmful cleansing products. Dual-sided and reusable, one sponge replaces up to 500 traditional make-up wipes. I was amazed how well this worked.

On the move

Baron Shower Bars (£3.50; baronshower.com) are designed to allow you to travel light and reduce reliance on single-use bathroom products. Lasting as long as a 250ml bottle of shower gel and available in six natural scents, the bars leave you feeling cleansed and invigorated, and can be carried around in the waterproof **Everlasting Neoprene Travel Case** (£4).

La Pochette's wide range of waterproof bags made from recycled fibres will help you wave goodbye to single-use plastic bags for good. Antibacterial and deodorising, the stylish **Sweat Bag** (£35; lapochette.co) will hold all your sweaty gym kit or wet swimming costume, while the **No Excuses Bag** (from £55) will prove useful for carrying around cosmetics and cleansing products.

If there's one area Lush Cosmetics does really well, it's body pampering. Try its **Not Sleepy Shower Bomb** (£2.75; uk.lush.com), which turns into an invigorating mousse that exfoliates and moisturises. Other great products are the **Pumice Power** (£5), to rejuvenate achy feet, and the **Scrubee Body Butter Bar** (£9), which has built-in ground coconut shells and almonds to gently exfoliate.

Zzzzzzzzz.....



Our Easy Sleep spray is designed to help you stop worrying,
relax, let go and drift away.

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*“Blissful sleep...every night...This is the elixir of peaceful sleep.
Highly recommended.”*

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Fit Soul

Wellness news
Health advice
Beauty tips

Friends with benefits

Would you like to feel more confident, happier and in control? Work on developing the quality of your relationships. New research from the American Psychological Society shows close friendships have a significant influence on self-esteem. The review analysed 52 studies of 47,000 participants, aged four to 76, and found healthy social relationships, social support and social acceptance helps you develop positive self-esteem. What's more, high self-esteem influences the quality of your friendships, so it's a win-win! So, however busy you are, make sure you schedule in some quality time with your friends.

Wellness notes

Natural healing retreat ● Eco yoga mat ● Winter energy tonics

MOVE OVER, MIGRAINES

Is your sleep fitful? You could be at increased risk of migraines. Research from Brigham and Women's Hospital in Boston, US, shows broken sleep makes it more likely you'll have head pain in the following days. The participants kept a sleep diary and wore actigraphs (which record sleep patterns in real time) on their wrists and, comparing 4,406 days of data with 870 migraine episodes, the research, published in the journal *Neurology*, found fragmented sleep increased the risk of migraine two days later by 39 per cent. Douse your pillow with lavender oil to help induce sleep, and try a guided meditation, such as *Yoga Nidra for Sleep* with Jennifer Piercy (free; doyogawithme.com) to become deeply relaxed.



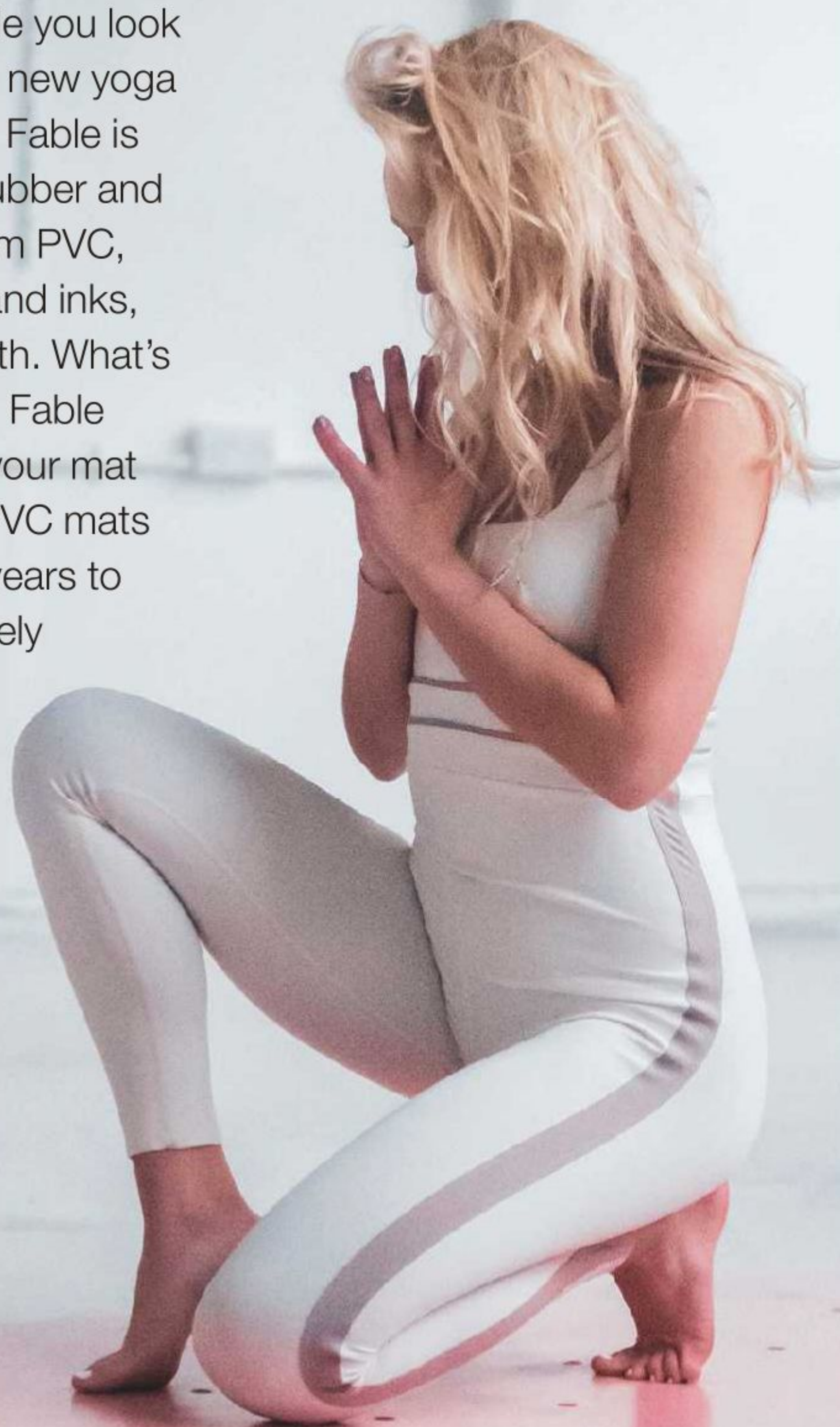
PICK OF THE MONTH NATURE'S PRESCRIPTION

If you're in need of some space to rest and recharge, the banks of the River Fal in Cornwall could be the place for you. Thera-Sea has launched a series of lifestyle medicine retreats offering empowering stress-management workshops, revitalising wild swims, moonlight kayak tours, foraging walks, yoga sessions and bushcraft survival tips. In your spare time, find stillness in the treehouse hideaway, stargazing next to the giant firepit or gently swinging in a hammock. Retreats run in March, June, September and October. Price £575 for three days and two nights; thera-sea.co.uk.



SALUTE TO THE EARTH

Look after the planet while you look after your wellbeing. This new yoga mat from UK yoga brand Fable is made from natural tree rubber and vegan PU, and is free from PVC, plastics and toxic glues and inks, so it doesn't cost the earth. What's more, for every mat sold, Fable plants a tree, and when your mat needs replacing, unlike PVC mats which take hundreds of years to decompose, it's completely biodegradable, so won't sit in landfill for years. Fable 4mm Pro Grip Studio Yoga Mat, £68; fableyoga.com.



3 OF THE BEST WINTER ENERGISERS

Energise me, £9.99; gpnutrition.com

Beat fatigue with a blend of B vitamins, iodine, CoQ10 and green tea extract in this scientifically proven, three-day booster pack, containing morning supplements and an evening sachet to drink.



Solgar Formula VM-75, £13.50; solgar.co.uk

Unlock energy from your food with 75mg doses of vitamin B12, plus Siberian ginseng, dong quai, folic acid – to support the normal function of iron-carrying red blood cells – and calcium.



LYMA, £149; johnbellcroyden.co.uk

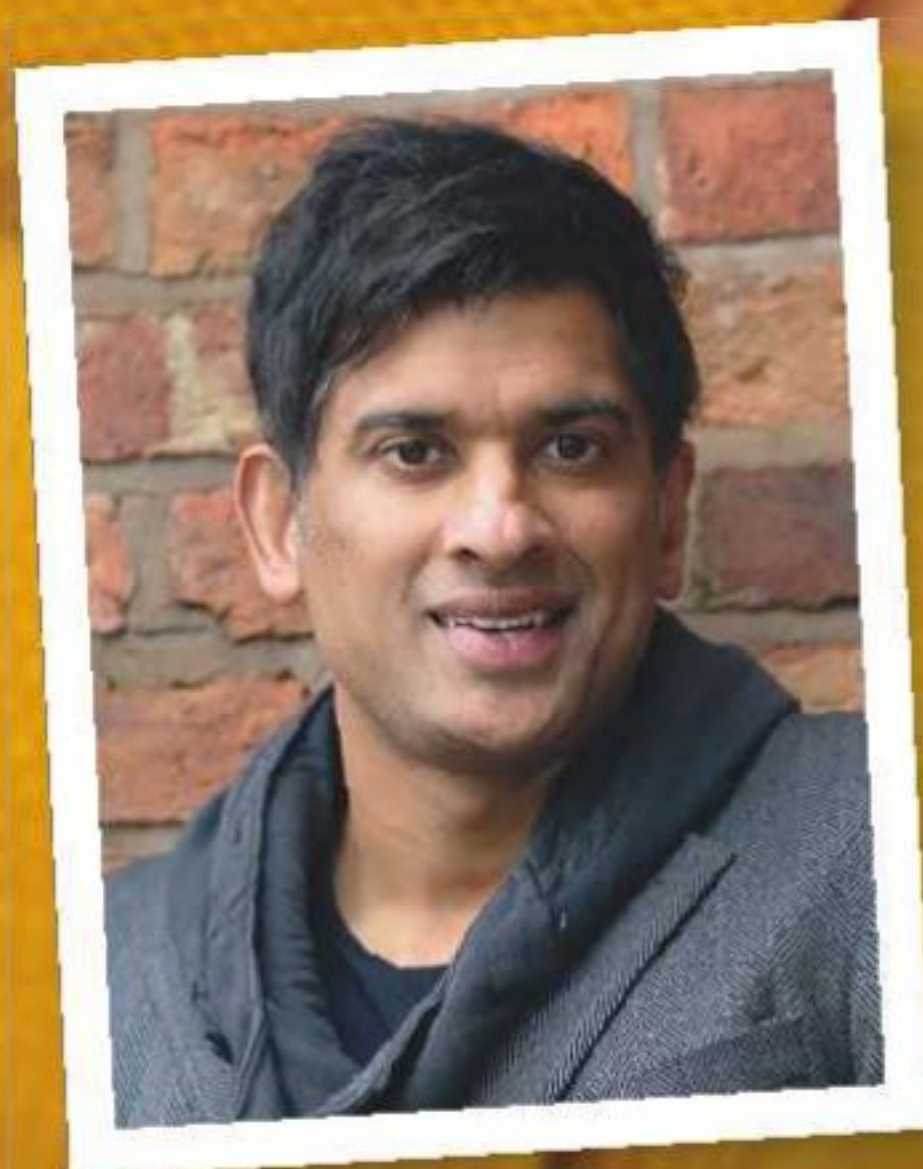
Working dynamically at a cellular level, nutraceutical LYMA reduces inflammation, boosts immunity and enhances mental clarity, with 100 per cent bio available curcumin, KSM-66 adaptogen ashwaganda to restore physical and emotional balance, and K2Vital, to promote endurance.



113%
the increase in
meditation playlists
streamed over the
past year.* Get
listening to create
the life you want.



GET CONNECTED



Want to boost your happiness, protect your mind and heal your heart? It's time to talk, says Dr Rangan Chatterjee

When was the last time you chatted to a stranger or complimented a colleague? Have your phone chats dwindled to occasional texts; has that regular coffee with girlfriends been replaced by a WhatsApp group? Thanks to modern life, social isolation is on the rise – and it's taking a toll on our health, says TV doc and GP Dr Rangan Chatterjee. 'When you feel isolated, your body thinks it's under threat and vulnerable to attack because you don't have a supportive community around you to keep you safe,' he explains. 'In order to protect you, it activates its stress response which triggers inflammation. If inflammation goes on for too long, it can contribute to the development of illnesses such as type 2 diabetes, strokes and heart attacks.' Indeed, research suggests that social isolation is as harmful to your health as smoking 15 cigarettes a day. Did you know that people who are lonely are 50 per cent more likely to die earlier and 30 per cent more likely to suffer a heart attack or stroke?

FEEL BETTER FAST

So vital is social connection for our health and happiness that Dr Chatterjee has made it a key focus of his new book, *Feel Better in 5 – Your Daily Plan To Feel Great For Life* (Penguin Life, £16.99). 'I strongly believe the world would be a much healthier place if we all spent more time strengthening our bonds with others,' he says. 'We're wired to feel good when we connect because connection has always been critical to our survival.' In *Feel Better in 5*, Dr Chatterjee offers a simple programme for wellbeing, based on five-minute 'health snacks' – easy habits designed to fit into busy life. By selecting three of these a day (one for body, mind and heart), the benefits will accumulate and you'll quickly start to feel physically fitter, healthier, happier and calmer, he says.

Your 5-minute fix

The following three health snacks will all help to improve the quality of your social connections, in turn boosting your health and happiness. 'Just five minutes a day spent nurturing these vital relationships can have a wonderful effect on your mood and physical health,' says Dr Chatterjee. Here's how to get started today!

1 Write a love note

'Because humans are natural problem solvers, we tend to focus our attention on the negative aspects of the people we love. For instance, we might get annoyed that our partner always leaves the milk out on the counter, forgetting all the wonderful qualities they have. By forcing ourselves to focus on the positive, even for five minutes, we can transform our relationships for the better.'

Try this: 'Find a quiet place where you can think about and write down five things you love about someone close to you. It could be your partner, child, a parent, a work colleague, your boss. Thinking about and writing down these things can be deeply moving. Patients report that, by practising this health snack regularly, they become happier, calmer and less resentful.'

2 Try a five-minute act of kindness

'Kindness can reduce pain, anxiety and depression, and give you more energy, as well as make you happier and extend your life. We're often so busy, we don't let the people around us know how much we value them. Doing so is so easy, it doesn't have to cost anything, and we can give them a wonderful, warm glow that they

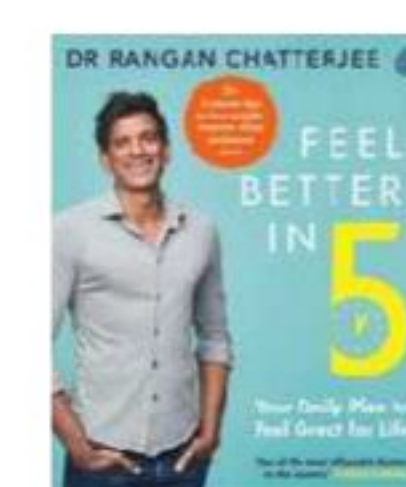
can carry with them for the rest of the day. I often imagine how much happier the world would be if everyone in it did a small act of kindness every day. It would change everything.'

Try this: 'Spend up to five minutes performing a simple act of kindness. You could send one of your contacts in your phone a meaningful text telling them how much you value them. It could be a little note to your kids for when they wake up in the morning. You could pop by to say hello to an elderly neighbour on your way back home. There are infinite ways to do this, so be as imaginative as you can.'

3 Phone a friend

'This health snack sounds remarkably simple, but it's amazing how little we do it. Back in the days when our brains were evolving, we would connect with our friends every evening over the campfire. These days, we tend to see them only once in a while. One common complaint I hear in my surgery is that, especially when middle age and kids come along, connection with friends who might have been part of our lives for 10 or 20 years can easily vanish. We see these people, who matter so much to us, sometimes once or twice a month at best, or sometimes once or twice a year. Connecting with friends is something to do regularly and, ideally, on a daily basis.'

Try this: 'Call a friend and have a natter, a giggle or a catch-up. Remember, this isn't about calling because you have to; it's about calling because you want to. It's got to be warm and fun.'



Feel Better in 5 – Your Daily Plan To Feel Great For Life (Penguin Life, £16.99) is out now.

Beauty notes

Cold-weather skincare ● Scent of the season ● Expert foundation fix

3 OF THE BEST ... WINTER MOISTURISERS

iS Clinical Moisturizing Complex,
£67; skincity.co.uk

This rich and nourishing cream combines hyaluronic acid and barrier-supporting vitamin B5. One of our all-time favourite moisturisers.



Wake Skincare Face Cream,
£19.95; wakeskincare.com

Light enough to use before or after working out, yet plumps and increases hydration with hyaluronic acid and feeds skin with vitamin E.



Neal's Yard Sensitive Replenish + Balance Moisturiser, £45; nealsyardremedies.com

Sensitive skin can suffer in the colder weather, so soothe and comfort it with calming oat oil and helichrysum extract to nourish.



EXPERT TIP

'I'm all about skin that looks like skin, so I love a blendable, creamy formula. I always use at least two shades of foundation, to create a customised story.'

GUCCI WESTMAN, MAKE-UP ARTIST

CELEBRITY MUST-HAVE

'I fly often and this is the only thing that keeps my skin hydrated.'

Elle Macpherson



**Dr Sebagh
Rose de Vie
Serum,**
£129;
selfridges.com

GO WILD

Embrace your wild side with L'Occitane's beautiful new fragrance, Herbae par L'Occitane L'eau (£50; loccitane.com). Its green and floral notes reflect a delicate mix of Provençal white clover interlaced with wild grasses in a citrus-floral scent, layered with the petal-soft freshness of marshmallow and angelica.



TWICE AS NICE

If your skin is suffering from all that winter throws at it, try a dual approach. 'Your skin reflects everything it's exposed to,' says Dr Johanna Ward, founder of skincare brand ZENii.

'The most powerful way to treat your skin is by combining skincare with nutrition.' Try ZENii Antioxidant Power Serum (£85) with its ProLuminous supplement (£45; both skincity.co.uk).

The potent serum works to protect skin from pollution, chemicals and UV radiation, while the antioxidant-rich supplement helps improve skin's tone and radiance.



WORDS: Eve Boggempeel PHOTOGRAPHY: iStock



Get personal
Pimp your hair care products with FFØR drops (£22; fforhair.com). Inner: Strength protects from styling and environmental stresses; Brightest: Shine, reconstructs the protein cortex and Ultimate: Protection preserves colour.

Smooth operator

If you suffer from dry hands in the colder months they may need a little extra TLC. The lupine peptides in Still's 100 per cent natural Regenerating and Protecting Hand Balm (£23; still-london.com) restore elasticity and help stop the degradation of elastin and collagen.



Blue is the colour

Missing blue skies? Feast your eyes on Pantone Colour of the Year, Classic Blue, with these matches from Malvala Nail Colour Cream (£5.50, johnlewis.com).



Women's Fitness BEST BUY



Milk it

Go green with Byre Body Wash (£5; Sainsbury's), which contains an unwanted by-product of the British dairy industry – whey. Choose from Full Cream (rich and creamy), Semi-skimmed (soft and smooth) and Skimmed (light and airy).

BEAUTY BAG

Look and feel amazing with this month's hottest new products



Skin saviour

Firm, tighten, rejuvenate and replenish skin with Grounded Hyaluronic Acid, Blue Algae, Marine Collagen Fountain of Youth Serum (£24.99; groundedbodyscrub.co.uk). Super ingredient blue algae is high in fatty and amino acids, key to fresher skin.

Shine bright

Add the barest hint of colour to lift your eye contour with Liz Earle Instant Brightening Eye Cream (£22.50; Boots). A natural light-reflecting pigment wakes up tired eyes, while horse chestnut flower smoothes and revives, and borage oil plumps and hydrates.



Snap it up

Fenty Beauty Snap Shadows Mix & Match Eyeshadow Palettes (£21 each or £38 for two; boots.com) come in blendable matt, shimmer and glitter finishes, from naturals to smoky. Use the palettes separately or snap together to customise your look.



Had enough of being overweight?

Are you constantly struggling to achieve a healthy and sustainable weight? How many diets have you tried and failed, feeling totally frustrated and not knowing what to do next? If you are at the point where 'enough is enough' read on!



Rachel Ricketts, Weight Loss Consultant

It can be extremely frustrating no matter what you do, you just can't get to the weight you want to be. If you have reached the stage where enough is enough and you want to get your weight under control once and for all, read on!

Improving your health and wellbeing

None of us need to be reminded how being overweight can affect so many different areas of one's life, to name just a few: appearance, self-esteem, health, well-being and fitness. It is one thing knowing this, but what do you do when you feel you have tried everything?

Help is at hand to resolve your weight problem! Rachel and her team have helped over 7,000 clients of all ages to reduce their weight successfully with the Metabolic Weight Loss Programme. Many come to see her as a last resort and are delighted to have achieved and successfully maintained the weight they want to be.

A sustainable way to lose and maintain your weight

The Metabolic Weight Loss Programme is designed to help you make the necessary changes in your eating habits, increase your metabolic rate and to be able maintain the weight that you want to be. It is structured, easy to follow and there are no pills, diet shakes or meal replacements.

With an average weight loss of 7-14lb a month for clients and hundreds of hand written testimonials and reviews, Rachel's results speak for themselves.

Feeling and looking better

As the weight falls off, time after time clients remark how much better they feel about themselves and how their energy levels have increased. Typical health improvements include blood pressure, cholesterol and blood sugar levels returning to normal ranges and aches and pains reducing or disappearing!

Clients often comment on just how impressed their doctors or consultants are with their weight loss and health improvements. 'My doctor is very happy - I've been able to come off blood pressure and cholesterol medication.' Another client's doctor said, 'All my lady patients on thyroid medication are struggling to lose weight, but you've lost 2 ½ stone despite being on thyroxine!'

One-to-one support

Time and again, clients comment that they couldn't have lost their weight without the Metabolic Weight Loss Programme, personalised support and encouragement of Rachel and her team.

Consultations are available every 7-10 days with email support as needed. For those who are not able to visit the centre, a very successful remote support service is provided throughout the UK and overseas. Distance is no object!

Call now for a free consultation – absolutely no obligation.

01342 327396

www.rachelrickettsweightloss.co.uk

Excellent



TRUSTPILOT

‘MY LIFE IN A DAY’

Mauve Hirst

The actor-turned-yoga and meditation teacher talks about life running her mindfulness company EnergyRise (energyrise.co.uk)

Work

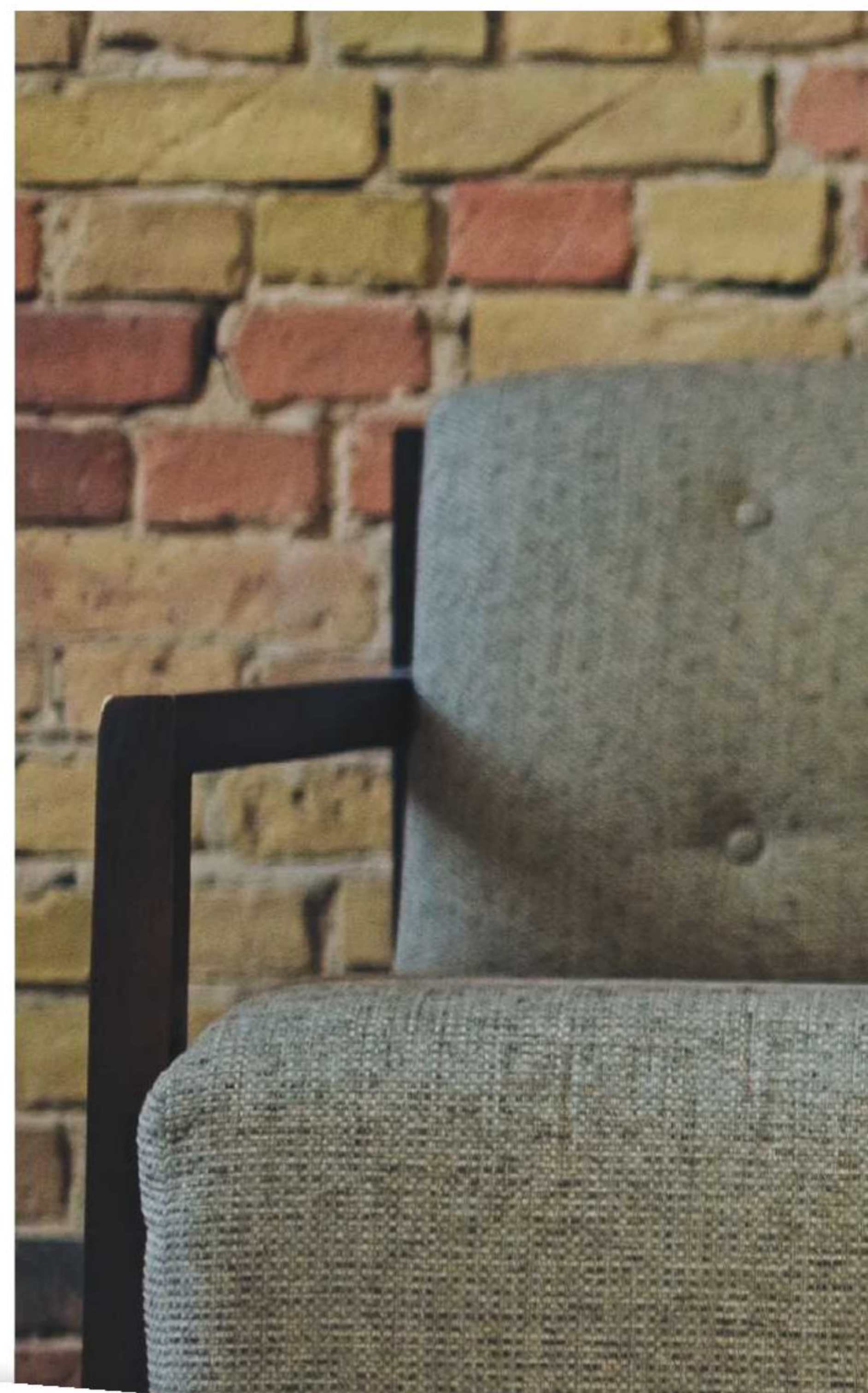
‘After four years of filming the TV show, Vikings, I went through lots of life changes and realised that – after decades of acting and hiding behind characters and scripts – I had no idea who “Mauve” was or what made me happy. So, two years ago, I went on a yoga retreat to try to find some answers. When I realised I was unable to fully be myself or present in the moment, I decided to do Power Vinyasa yoga and meditation training with Dylan Ayaloo to deepen my understanding of myself. Soon after, I knew I wanted to help others find themselves, too.

‘Now I get up at 6am and start my day from a place of calm, balance and focus, thanks to an hour’s meditation practice. In the past, I would have woken up, looked at the to-do list on my phone and quickly become stressed and anxious. After a breakfast of toast with peanut butter, I’ll tutor one-to-one clients via Skype and, three days a week, I teach a meditation class at Re:Mind Studio in Victoria, London. Lunch is often a superfood salad

on the go, and the rest of my day is spent catching up on emails, admin and social media, interspersed with more private client sessions.

‘Six months ago, after training in meditation and energy healing, I launched EnergyRise, an online hub where people suffering from stress and anxiety can try out different mindfulness practices to find one that resonates with them, giving them the chance to breathe, slow down, and ask what they want out of life. As well as online courses and live classes, I also run one-day mindfulness events. The most rewarding part of my job is seeing people shift from unconsciously living their day-to-day life, to becoming more empowered and in control. My work/life balance is so lovely now and I very feel lucky to have sculpted myself a career that’s so nourishing. Realising that you have much more choice in how you live your life, rather than feeling like the outside world is controlling you, is like having a superpower.’

‘It’s good to find something that switches off your external world and opens up your internal world’



Mauve starts her day from a place of calm



Mauve helps students connect with their internal world

MAUDE'S CALMING TIPS

- 'When you feel anxious, inhale for six seconds, then exhale for six seconds. This "coherent breathing" is scientifically proven to bring you out of a stressed state.'
- 'Set your alarm 15 minutes earlier in the morning. Without reaching for your phone, just sit for 15 minutes and follow your breath to start your day from a place of calm instead of stress.'
- 'We just don't realise how attached we've become to our phones. Switch yours off for one evening a week. It's another way to bring some calm and presence into your life.'

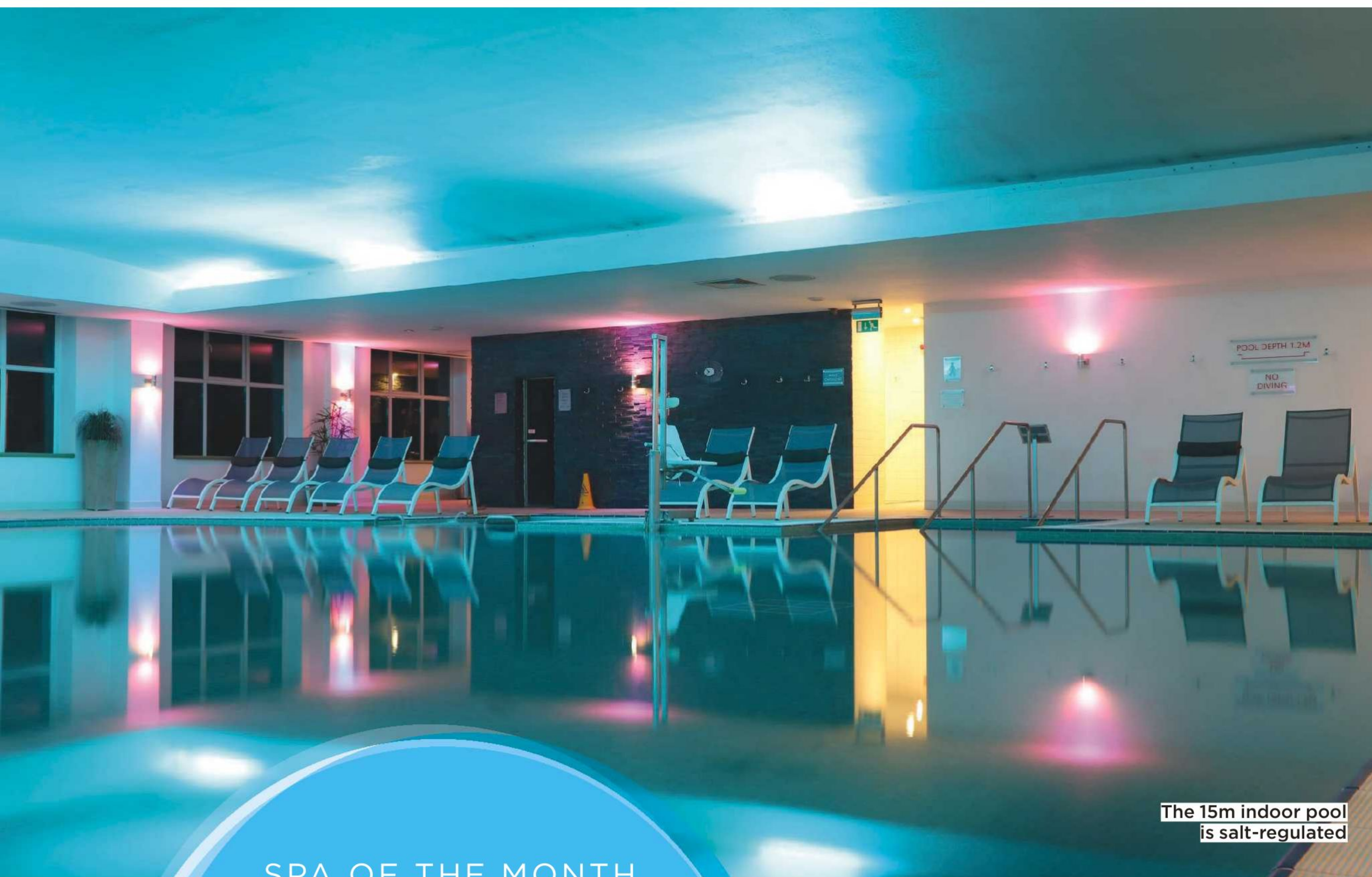
Maude uses her Silatha x Maude Hirst Amethyst Collection and app to meditate (silatha.com)

Life

'After work, I love to meet friends or spend time at home cooking with my partner. I don't follow any kind of diet as I believe in 'everything in moderation', but I have really cut down on my meat intake for environmental reasons. After a long day, my favourite thing to do is to have a soak in the bath with candles, before doing another self-practice and getting into bed by 10.30pm.

'I used to be very into HIIT and circuit classes but Vinyasa yoga is so physical that I don't feel the need for other activities these days. Plus, yoga is so much more than a physical practice – it leaves me feeling mentally amazing, too. In a society where we're constantly distracted, it's good to find something that switches off your external world and opens you up to your internal world.

'It's amazing how you can change someone else's life by giving them a safe space to talk and experience things. I'm very excited to be launching weekend retreats in the new year, and I'm on a mission to get mindfulness into as many corporations as I can, to help the people who really need it but won't necessarily go to a yoga studio to try it. And I'm also hoping to write a book – if I can fit it into my schedule!'



The 15m indoor pool is salt-regulated

SPA OF THE MONTH

ECO ESCAPE

Titanic Spa, Huddersfield,
Yorkshire, UK

WORDS: Joanna Ebsworth



Solar powered lighting is used throughout the building

Desperate to get out of London for much needed 'we time', my boyfriend and I arrive in the picturesque town of Slaithwaite by train and, dazzled by its lush beauty and morning sunshine, ditch the idea of taking a taxi to the multi-award winning Titanic Spa to walk the scenic route along the canal. Within minutes of breathing in the fresh, crisp air and, scrambling along the muddy path, we're giggling, holding hands to keep each other upright, and feeling London is far behind.

RESTORED MILL

As we spot our destination, we're struck by how atypical the Titanic Spa looks from the outside. Set among the majestic Pennines, the state-of-the-art facilities and apartment-style accommodation are housed in a beautifully-restored 20th-century textile mill, mixing historic architecture with ultra-modern eco-friendly features. As the UK's first eco-spa, the original water source found 100m below the spa – that originally powered the building when it was a mill – now provides drinking water and bathing water for the plunge pool, swimming pool, showers and the Heat and Ice Experience; solar roof panels convert light directly into

electricity; energy-efficient lighting and appliances are installed throughout the building; single-use plastic is banned; all linen is washed in cool-temperature, ozonated water at the on-site laundry, and even the brochures are printed on recycled paper using vegetable ink dyes!

THE SPA

We enter the welcoming foyer filled with the gorgeous smell of Neom candles and check in, then head to our apartment, where our jaws fall to the floor. There is an enormous bedroom, bathrooms, a utility room, a huge open plan sitting area complete with two huge sofas, a big TV,

balcony and dining table, plus a kitted-out kitchen. And while the décor is swish, little touches such as canisters of tea, coffee and sugar and a pint of milk in the fridge make you feel at home. After a quick cuppa, we change into our swimwear, pull on our fluffy robes and slippers, and head for a dip in the 15m salt-regulated indoor swimming pool surrounded by loungers. We spend a wonderful hour swimming and floating, interspersed with visits to the pool-side sauna and steam rooms, until we spy the outdoor hot tub. It's almost minus temperatures outside, but we decide to brave it before lunch. There's a gym, too.

THE TREATMENTS

After warming up over hot drinks and food in the Bistro, we try the Heat and Ice Experience. This is based on the bathing ritual of heating and cooling the body multiple times by a series of sensory experiences to induce ultimate relaxation. We enter the sparkly, dimly lit circular chamber, and work our way round the various rooms including a herbal infusion room, saunarium, aromatherapy room, experience showers, crystal steam bath, foot baths and sauna cabin. We also brave the plunge pool and the ice room, where we slap crushed ice all over our bodies and rub it in. It gets me screaming, as does the icy bucket shower, but we leave feeling invigorated yet deeply calm, and head straight to the relaxation lounge to chill out.

Next, it's time for our treatments. My boyfriend is having his first ever full-body massage, while I'm indulging in an Elemis Superfood Pro Radiance Facial designed to target stressed, dull skin and toxin build up. Some 55 minutes later, my face feels

'Recreate your favourite spa experience by using produce you have in your kitchen. Our favourite homemade scrub to banish dry skin blends coconut oil, brown sugar and a little honey – it smells sweet and does wonders for your skin.'

Try these eco-friendly home-spa tips from Titanic Spa director, Warrick Burton

'When cleaning your towels, blankets and bathrobes, switch to using cold water washes – it helps reduce carbon emissions by millions of tonnes every year!'

'For an energising health kick, ditch long baths and start every day with a cold blast in the shower. It not only saves on water, but is proven to have fantastic benefits for your body, such as better circulation, improved lymphatic drainage and enhanced immunity.'



Water for the pools is sourced 100m below the spa

plumper, super-soft and squeaky clean, and is glowing. The Spa offers many other treatments including a scrub and wrap and there's even a mud chamber!

THE FOOD

After jumping back in the hot tub (it's dark outside now and quite romantic), we head back to our apartment to change for dinner. The Bistro serves in-season, locally sourced, organic, Fairtrade produce. My scallops starter is divine, and we both enjoy the tasty lamb cutlets with red cabbage for our main. We decide to finish our evening with yummy cocktails in the swanky Bar 1911, available only for residents, before having an early night. Despite our busy day, we're feeling super chilled and happy. Mission accomplished.

Check out is at 10am, so we're up early to enjoy another swim/sauna/steam room and hot tub session. Eco-friendly credentials aside, the thing about the Spa that has really won my heart is the staff. Polite, polished and professional, they are also helpful and unpretentious, which has allowed us to unwind completely. We'll definitely be returning to this wonderful spa.

A spa break at Titanic Spa starts at £129pp, inclusive of full access to the spa facilities, overnight stay in a luxury serviced apartment, one-course lunch, two-course evening meal and exclusive access to Bar 1911.



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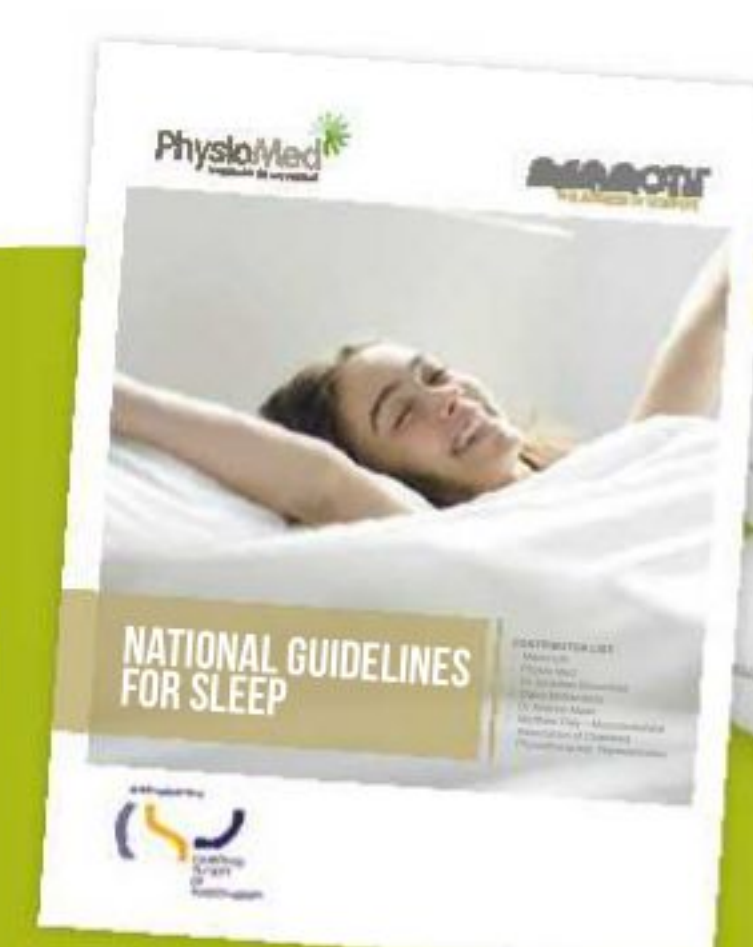
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Fit Food

Healthy recipes
Training foods
Cooking tips

Frugal feasts

Trying to eat healthy on a budget? Save food waste with these simple hacks from A-list nutritionist Amelia Freer, author of new book *Simply Good for You* (Michael Joseph, £22). 'Leftover cooked grains can be transformed into salads the following day with a handful of chopped greens, herbs, tomatoes, cucumber, lemon juice and a glug of olive oil,' she says. 'Bits of cheese, chopped veg or herbs and leftover pulses can be thrown into a frittata for a staple meal. And over-ripe fruit can be stewed into a compote (delicious with a dollop of yoghurt and nuts and seeds for breakfast) or frozen for breakfast.' Delicious!

Simply Good For You (Michael Joseph, £22) is out now. Photography: Susan Bell

PLANT POWER

Cutting out meat doesn't mean missing out on protein.
Get your fix with these recipes from Annie Bell

Vowed to eat less meat in 2020? The good news is you don't have to live on bean feasts, nut roasts and fake burgers to get enough protein. There's a whole wealth of plant proteins out there to be enjoyed. 'While fresh legumes, like broad beans, edamame (soya) beans and peas, are rich in plant proteins, other green vegetables including broccoli and asparagus will also contribute,' says Annie Bell, author of new book *Plant Power – protein-rich recipes for vegetarians and vegans* (Kyle Books, £17.99) 'Soya bean products, such as tempeh, noodles and tofu are there to be called on, plus ancient grains and pseudograins, such as spelt, freekeh, quinoa and buckwheat.'

Although vegetable proteins are mostly 'incomplete' (meaning you must eat a variety to get the complete range of amino acids), they are lower in saturated fat and salt and contain a wider range of beneficial micronutrients, fibre, phytochemicals and complex carbohydrates than meat, says Bell. In *Plant Power*, she reveals the best plant protein choices and offers simple, delicious ways to include a broad range in your diet. Here are three recipes to get you started.



ANNIE'S HERO VEG

Try these foods for a hefty dose of plant protein:

- Lentil sprout mix (12g)
- Edamame/soya beans (10.9g)
- Peas (6.9g raw/ 6.7g boiled)
- Broad beans (5.1g)
- Super sprouts –
- broccoli, radish (4.7g)
- More super sprouts – alfalfa, clover (4.7g)
- Sweetcorn – ideally corn on the cob (4.2g)
- Broccoli (4.1g steamed)



BROCCOLI, GINGER AND QUINOA SOUP

171 calories, 8.7g fat, 6.8g protein, 13g carbs, 6.5g fibre

Serves: 6

- **600g broccoli heads**
- **1 tbsp (heaped) coconut oil**
- **1 large onion, peeled, halved and sliced**
- **1 celery heart, trimmed and sliced**
- **1 tsp (heaped) grated ginger**
- **2 tsp (heaped) fresh turmeric root, grated**
- **1 litre vegetable stock**
- **90g cooked quinoa (30g uncooked weight)**
- **1 tbsp lime juice**
- **1 tbsp sea salt**

To serve

- **Coconut yoghurt and ground turmeric**

1. Finely slice the broccoli stalks, then cut up the florets. Heat the coconut oil in a large saucepan over a medium heat, add the onion, celery and broccoli stalks and fry for 10 minutes, stirring occasionally, until softened and lightly coloured. Add the ginger and grated turmeric a couple of minutes before the end. Meanwhile, bring the vegetable stock to the boil in a small saucepan.

2. Add the broccoli florets to the other vegetables and stir for a couple of minutes until they begin to darken, then pour over the stock, which should come back to the boil almost instantly. Cover and simmer for 5 minutes.

3. Purée the soup in a food processor. It should retain a slight texture, speckled with the green of the broccoli. Return it to the pan, stir in the cooked quinoa and lime juice, and season with the sea salt.

4. Serve hot in warm bowls with a generous teaspoon of coconut yoghurt in the centre of each bowl, dusted with a suspicion of ground turmeric.

Broccoli contains a modest amount of protein, while quinoa provides the rest.

LEBANESE BURGERS WITH TAHINI SAUCE

416 calories, 24g fat, 17g protein, 25g carbs, 14g fibre
Serves: 4

For the burgers

- 50g coarse bulgur wheat
- 3 tbsp extra virgin olive oil
- 1 aubergine, approx. 250g, cut into 1cm dice
- 1 banana shallot, peeled and finely chopped
- ½ tsp ground allspice
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 400g can black beans, drained and rinsed
- 1 tbsp lemon juice
- Sea salt and black pepper
- 3 tbsp coriander, finely chopped
- 50g untoasted or toasted sesame seeds

For the sauce

- 2 tbsp light tahini
- 2 tbsp 0% fat Greek yoghurt
- 1 tbsp lemon juice

To serve

- A few flat-leaf parsley and coriander sprigs and small mint leaves
- 150g cherry tomatoes, thinly sliced
- 8 lettuce leaves

1. Bring a small pan of salted water to the boil and cook the bulgur wheat for 5 minutes, then drain and set aside.
2. Heat 1 tablespoon oil in a large frying pan over a high heat and fry the aubergine for 6-8 minutes until golden, stirring frequently, adding the shallot, spices and 1 teaspoon oil a couple of minutes before the end.
3. Add to a food processor with the beans, lemon juice and some seasoning and whizz to a coarse purée. Transfer this mixture to a bowl, and work in the bulgur wheat and coriander. Leave the mixture to cool.
4. Use an 8cm smooth-sided biscuit cutter 3cm deep to shape four burgers. Scatter the sesame seeds over a small plate and coat the burgers on each side. Transfer to a large plate and chill in the fridge – they can be made up to 24 hours in advance.
5. To make the sauce, blend the tahini, yoghurt, lemon juice and a little salt to a thick paste and add just enough water to achieve a mayonnaise-like consistency. Combine the parsley and coriander sprigs and mint leaves in another bowl. Season the tomatoes with salt in a third bowl.
6. To cook the burgers, heat 1 tablespoon of oil in a large non-stick frying pan over a medium heat and fry them for 3-4 minutes on each side until golden, adding 1 teaspoon oil to the pan when you turn them.
7. Pop each burger on a lettuce leaf, add the sauce, tomatoes and herbs, before closing with another lettuce leaf.

Tahini contains more protein than most nuts, is a rich source of B vitamins, for energy, and iron, to support muscle oxygenation.





Combined with protein-rich salad sprouts, this offers nearly half the ideal daily protein intake, plus it's high in calcium and manganese.



TERIYAKI TOFU

271 calories, 19g fat, 19g protein, 3.4g carbs, 3.4g fibre
Serves: 2

- 200g firm plain, smoked or fermented tofu
- 1 tsp (heaped) cornflour, sifted
- 1/3 tsp five-spice powder
- Sea salt
- 1 tbsp sesame oil, plus 2 tsp for the salad
- 1 tbsp teriyaki sauce
- 60g sprouting seed mix
- 40g salad sprouts
- 2 tbsp lemon or lime juice, plus an extra squeeze

To serve

- Sesame seeds, for sprinkling

1. Press the tofu block between double layers of kitchen paper to absorb the excess liquid, changing the paper once or twice to dry the tofu thoroughly. Cut

the block into 1cm dice. Combine the cornflour, five-spice powder and some salt in a large bowl, add the tofu and toss to thoroughly coat.

2. Heat a large non-stick frying pan over a high heat for a couple of minutes, add 1 tablespoon oil and then the tofu and fry for 6-8 minutes, stirring frequently until golden. Drizzle over the teriyaki sauce and cook for a further minute until the tofu is dark and crisp at the edges.

3. Meanwhile, toss the salad seed mix and sprouts with 2 teaspoons oil, the lemon or lime juice and a little salt. Divide between two bowls or plates, spoon the tofu on top of or alongside the salad, squeeze over a little more lemon or lime juice and then scatter with sesame seeds.



Plant Power by Annie Bell (Kyle Books, £17.99), is out now. Photography: Con Poulos



PIMP YOUR OATS



Energise your day with these variations on the breakfast of champions, porridge, from sports nutritionist Anita Bean

Porridge is a winter staple in my house. It is such a simple, warming and delicious way to start the day. The combination of oats and milk provides sustained energy to fuel your body for several hours and stave off hunger. The base recipe below requires just two ingredients – oats and milk – and can be jazzed up with any of the nutritious toppings suggested on the right.

PERFORMANCE PORRIDGE

Serves: 1

Preparation time: 1 minute

Cooking time: 5 minutes

- 40g oats
- 250ml milk (any type)
- Plus any of the ingredients on facing page

1. Mix the oats and milk in a saucepan. Bring to the boil, turn down the heat to a simmer and cook for 4-5 minutes, stirring frequently. Once you have the consistency you prefer, pour into a bowl and top with any of the toppings suggested, right.



Any which way...

Blueberry and coconut: Cook the porridge with a handful of fresh or frozen blueberries. Serve topped with a little desiccated coconut, a few chopped walnuts and a drizzle of honey (if you like).

Apple pie: Cook the porridge with 1 grated apple, 1 tbsp ground flaxseed, a handful of raisins and ½ tsp cinnamon. Serve topped with chopped apple (raw or cooked) and a drizzle of honey.

Chocolate orange: Add 1 tsp of cocoa or cacao powder, the juice of ½ an orange and ¼ tsp of cinnamon to the oats. Serve topped with a square of dark chocolate and a few orange or clementine slices.

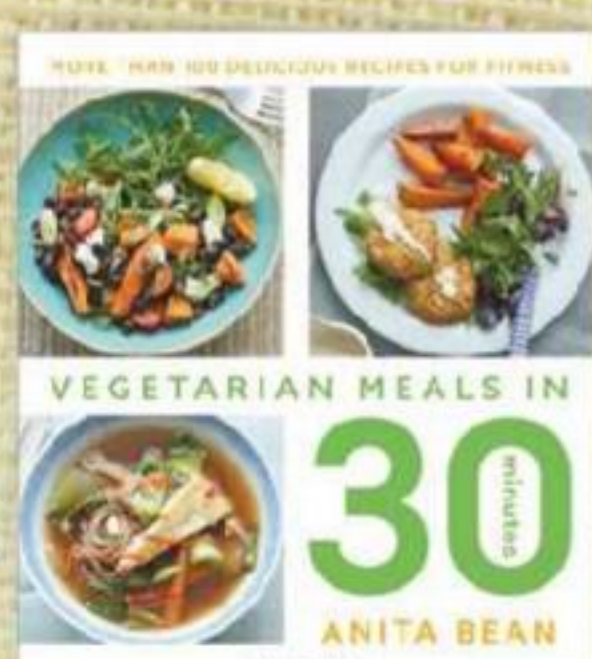
Carrot cake: Cook the porridge with 1 grated carrot, a handful of raisins, ¼ tsp of ginger and ¼ tsp cinnamon. Serve topped with a few chopped walnuts.

Raspberry and almond: Cook the porridge with ¼ tsp of cinnamon powder. Serve topped with a spoonful of chia jam or a handful of fresh or frozen raspberries with a swirl of almond butter.

Pear, cinnamon and walnut: Cook a sliced pear with 1 tsp butter (or oil) and ½ tsp cinnamon powder in a small pan for 5 minutes. Once cooked, arrange on top of the porridge with 1 tbsp of chopped walnuts.



‘Oats and milk provide sustained energy to fuel your body for several hours and stave off hunger’



Vegetarian Meals in 30 Minutes by Anita Bean (Bloomsbury Sport, £16.99) is out now. Photography by Clare Winfield.

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TRAIN

YOUR 14-PAGE
FITNESS HANDBOOK

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Technique
Expert tips

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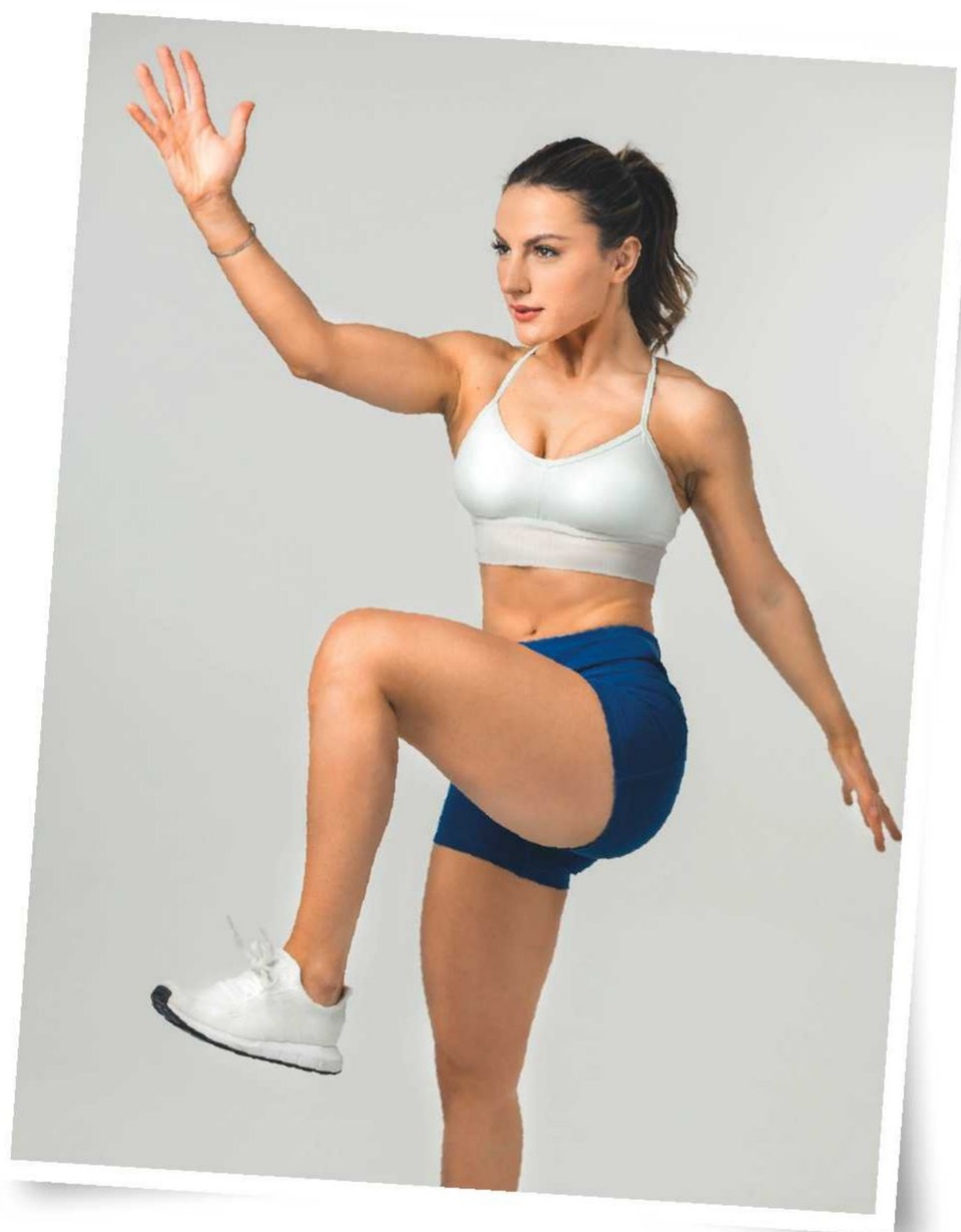


W

ith more than 1.6 million Instagram devotees, Krissy Cela is one of social media's fastest-growing

fitness phenomenons. After documenting her own successful fitness journey online, Cela launched her Tone & Sculpt app in response to demand from her followers. Offering a 12-week, tailor-made programme of workout guides, meal plans and challenges, Tone & Sculpt has now helped 200,000 women worldwide.

'Tone & Sculpt is designed to create a community where women motivate each other to become better versions of themselves,' explains Cela. 'My goal in 2020 is to encourage even more women to feel confident, strong and part of a supportive online community.'



SCULPT

with

KRISSY

Blitz your whole body with this speedy workout from fitness influencer Krissy Cela

TONE UP IN 30 MINUTES

Krissy has created a workout for *WF* readers to try at home.

'This 30-minute, full-body session is designed to sculpt your entire body,' says Cela. 'It's not always easy finding time to work out, so this is a quick and simple circuit which can fit into your daily routine. It will help to tone your arms, tighten your tummy, build that booty and get a great cardio workout all at the same time!'

So what are you waiting for? Time to start working on being the best version of you, for you, today.



The workout

1 STAR JUMP FLOOR TOUCHES

Benefits: Works your core, quads, hamstrings, glutes and back.

- Begin in a relaxed standing position with your feet shoulder-width apart.
- To initiate the move, squat down halfway, touching the floor with your right hand and extending your left arm out to the side for balance (A).
- Explode back up as high as possible, fully extending your entire body, spreading your legs and arms away from your body in a star shape (B).
- Come back down into a squat and touch the ground with your left hand.
- Continue to alternate.



For a less challenging move, use a low platform or stair tread.



2 ALTERNATING STEP-UPS

Benefits: Works your quads, glutes and hamstrings.

- Stand in front of a raised platform or chair. With your right leg, step up onto the platform (A).
- Push up onto the platform, straightening your front leg and engaging your quad (B).
- Step down and repeat with the left leg.
- Continue to alternate.

BEFORE YOU BEGIN

Warm up with 5 minutes of skipping, then work through all of the moves, doing each one for one minute. Complete three rounds in total, taking a brief rest between each circuit. Don't forget to cool down afterwards and remember to stretch out any tight muscles.



3 KNEELING PUSH-UP

Benefits: Builds and maintains upper body strength, works the core.

- Begin on your hands and knees, with your hands shoulder-width apart, knees and ankles together (A).
- Bend your elbows and lower your chest just above the floor. Aim to go as low as you can, to access your full range of motion (B). Pause.
- Push your palms into the floor and extend arms to return to the start position and repeat.





GET A BOOST

Krissy Cela's Tone & Sculpt app offers a 12-week fitness plan with both at-home and gym workouts, running in four-week cycles. The app also includes individual sessions to boost training, plus a personalised meal plan.

Membership starts at £13.99 for one month, including a free one-week trial; visit toneandsculpt.app.

4 DIAMOND PUSH-UPS

Benefits: Sculpts and strengthens your triceps, shoulders and builds core stability.

- Begin on your knees with your hands directly under your chest, knees and toes together, and your body in a straight line from your head to your knees. Maintain this line throughout the movement.
- Bring your thumbs and forefingers together to form a diamond shape (A).
- Engage your thighs and glutes, and lower your chest until you're a couple of inches above the floor (B). Aim to go as low as you can, to access your full range of motion.
- Push your palms into the floor and extend your arms to press back up to the starting position and repeat.



5 BICYCLES

Benefits: Targets the rectus abdominis (the 'six-pack' muscles) and obliques (side waist).

- Lie on the floor with your lower back pressed into the mat, hands either side of your head. Draw your left knee to your chest (A).
- Engaging your abs to avoid straining your neck, crunch with your abdominal area, twisting through your core to bring your right shoulder towards your left knee (B). Don't force your elbow to your knee, and avoid yanking your neck forwards with your arms. Instead, focus on moving through your core.
- Return to the start position and repeat on the other side.
- Continue to alternate.

6 PLANK HIP DIPS

Benefits: Tones and strengthens your abs and lower back. Trims your waist, improves stability.

- Start by getting into a low plank position, with your elbows directly under your shoulders and your feet hip-width apart, resting on your toes. Your body should be in a straight line.
- Keeping your core engaged at all times, rotate your hips to your right and dip your body almost to the floor. Try to dip as low as possible without touching the mat (A).
- Return to the start position, then rotate your hips to the left and dip your body almost to the floor (B).
- Return to the start and continue to alternate.



Target zone

LOWER BODY

Hit the gym and try these moves to help build super-strong legs while lifting and toning your glutes

This strength-focused workout uses compound moves and heavier weights to help build lean muscle in your lower body. You'll need a set of dumbbells, a kettlebell, a bench and sled for this workout. You'll be doing three sets of these moves, and each exercise should start to feel difficult towards the last two or three reps of each exercise; if you can get through all three sets of the circuit without fatigue, you'll need to increase the weight.

HOW TO DO IT:

Move from one exercise to another with no rest in between, then repeat the entire circuit. Do this three times, resting for two minutes after you've completed each circuit.

Leg sessions involve a fair amount of core work, so engage your abs and keep your posture in check to protect your lower back when using heavy weights.



SPLIT SQUAT

Reps: 10 each leg

Benefits: Split squats work your quads, glutes and hamstrings – plus, having your back leg elevated will test your balance.

- Stand with a dumbbell in each hand, your left leg forward right leg behind you with your foot resting on a bench (A).
- Keeping your hips and shoulders square and your torso upright, slowly lower into a lunge as you drop your right knee towards the floor.
- When your right knee hovers around a few inches above the floor (B), push down through the heel of your left foot and return to the starting position.





SLED PULL

Reps: 30 seconds

Benefits: The sled pull is a great strength-based cardio move that will get your heart rate up while working your quads, hamstrings, glutes, lower back, and calf muscles.

- Attach yourself to a sled and pull the chain or rope taut by leaning your body back in the direction you'll be moving.
- With your feet placed in a wide stance to increase stability, put all the weight back in your heels as you take short quick steps backwards (pictured, left). As you move backwards, try to create as much momentum as possible. Pull for 30 seconds.



STEP-UPS

Reps: 12 each leg

Benefits: Step-ups work your glutes, hamstrings, quads and balance.

- Holding a pair of dumbbells by your sides, stand facing a bench. Leading with your left leg, slowly step up onto the bench bringing your right knee up high so it's in line with your hip and at a right angle (pictured, above).
- Pause for a second, then bring your right leg back to the floor as you slowly step off the bench with your left leg. Repeat, this time stepping up with your right leg and bringing your left leg through and raising in front of you.

GOBLET SQUAT

Reps: 15

Benefits: Goblet squats work your arms as well as your core and entire lower body. Using a heavy enough kettlebell will get your heart rate up, too.

- Hold a kettlebell with both hands, feet wider than shoulder-width.
- Keeping the kettlebell close to your chest, lower into a squat by pushing your hips back and down as though you were going to sit on a chair (pictured, below).
- As you stand up, use the momentum from your legs to drive your body up and you squeeze your glutes as you stand.



CONQUER OBSTACLE RACES



Pick up top insider tips from Spartan Obstacle Course Race Ultra World Champion and dryrobe brand ambassador, Rea Kolbl



If you're trying an obstacle race for the first time, pick an obstacle-course race (OCR) of a similar distance to your regular runs. Then do plenty of trail runs and add some upper-body strength workouts to your routine.

'For strength, I mix up hitting the gym and cross-training with other sports. Doing other sports can make you just as strong, and helps you develop your small stabilising muscles so you can move efficiently through the obstacles and across the rugged terrain.'

TRAIN TO GAIN

'Climbing helps you develop upper-body and grip strength while moving efficiently over the obstacles. Mountain biking's also great, as it builds leg strength and trains your anaerobic system so you can shift into high intensity quickly for explosive power over obstacles. You also learn how to go downhill fast over tricky terrain.'

'Going to the gym is also a great way to prepare for racing. See the panel opposite for my favourite gym moves. And, since some of the obstacles require carrying heavy objects, often up and down steep slopes, doing general strength training really helps.'

'In terms of last-minute prep, you need to pack differently from trail-running races, especially if it's cold and wet. When obstacles get soaked, they get slippery, and a dunking in a pond of water with low air temperatures can make you so cold it could prevent you from reaching the finish line. I always wear neoprene gloves and waterproof jackets on cold days, even if it's not raining. A jacket helps preserve your body heat after water-submersion obstacles, and gloves keep your hands warm – otherwise your legs can run slow and you can lose the grip strength you need to hold on. I also put on my dryrobe (dryrobe.com) at the finish line and change under it straight away to avoid getting cold. Then I can enjoy cheering on the rest of the racers.'

BE PREPARED

Try Rae's top moves for OCRs three to four times a week with a rest day in between each session.

1

DEAD HANGS

Use a secure overhead bar. Stand on a step or bench and grip the bar with your palms facing away from you. Move your feet off the step or bench, so you're hanging onto the bar with your arms straight. Hang for 10 seconds to start with and build up gradually as you gain strength.

2

PULL-UPS

Grip a secure overhead bar with both hands, shoulder-width apart, and your palms facing away from you. Hang with arms and elbows fully locked and pull yourself up, until your chin comes over the bar. Keep your back muscles engaged fully, relax your neck and bring your shoulders away from your ears. Lower yourself slowly until your arms are fully extended again.

3

BURPEES

Stand with your feet shoulder-width apart, arms by your sides. Bend your knees and place your hands on the floor in front of you. Kick your legs behind you and lower your entire body down to the ground, bending at the elbows. Push up with your arms, into a high plank, then jump your feet forwards and jump straight up again.

'Paddleboarding saved me'

A shock cancer diagnosis led Lizzie Carr, 33, to quit her job, fight against plastic pollution and become the first solo female to paddleboard across the English Channel

I was diagnosed with thyroid cancer in 2013, aged just 26. I got the all-clear about a year later and, after finishing radiotherapy, I visited the Isles of Scilly. I saw someone paddleboarding on the beach and it seemed like a low-impact sport that I could do after radiotherapy treatment. I borrowed a board and went out on my own. I instantly loved it; not only the physical health aspects but also the mental wellbeing side of paddleboarding.

'When I got back to London, I Googled local clubs and discovered there was a great community of paddleboarders – I regularly went out on Regent's Canal. Then, in September 2015, I decided to quit my job in project management to paddleboard the length of the country. I needed the space and time to work out what I wanted to do. It was my first big challenge, and I was quite naïve about it – 400 miles of paddleboarding, which took me 22 days to complete. It was physically and mentally exhausting!'

PLASTIC POLLUTION

'The more I paddled, the more rubbish I saw. I'd see swans chewing on wrappers, or bird's nests made up nearly entirely of straws and wrappers. It was horrifying. I photographed every piece of plastic I saw and plotted it on an active map, using the hashtag #PlasticPatrol. By the time I'd finished the challenge, I'd gained a lot of support from people all over the world. It was at that point I realised I needed to keep highlighting the issue. I borrowed a van and a handful of boards, and went around the country inviting people to join me on the water to pick up rubbish. I made my map into an



app (Plastic Patrol) so that others could log the waste they came across, too.'

GLOBAL CHALLENGE

'Paddleboarding saved me because it not only helped me to recover from my illness, it gave me a sense of purpose. In May 2017, I became the first woman to solo paddleboard across the English Channel. I covered the 24 miles in seven and a half hours, collecting microplastic samples along the way. There's now huge support for Plastic Patrol in the UK (with around 50 reps across the country) so, in 2018, I took Plastic Patrol to the US – one of the world's biggest consumers of single-use plastics – by becoming the first person to paddleboard the 170-mile River Hudson.'

MAKING CHANGES

'Last year, I led a mass clean-up in which we logged about 60,000 pieces of rubbish on the app. I also went to Downing Street to share some of our findings; we've now logged about 300,000 pieces of rubbish across 80 countries, so we've got the evidence that enables a conversation about making changes. We're taking thousands of people paddleboarding to see what the waste situation is like – and I hope that it prompts them to make some changes, too. As for 2020, it's all about getting more people out on the water.'

LIZZIE'S ADVENTURES

2016

Becomes the first person to solo paddleboard the length of England, taking 3,000 photos of plastic waste and launching Plastic Patrol.

2017

Becomes the first woman to solo Paddleboard the English Channel, taking microplastic samples.

2018

Plastic Patrol hits the US, with Lizzie successfully paddleboarding the 170-mile tidal River Hudson.

2019

Lizzie and Plastic Patrol hold a mass clean-up to support World Clean-Up Day.

BREATHING AND PELVIC FLOOR

Benefits: Lays the foundation for healing and restrengthening your inner core.

Reps: 10 breaths

- Sitting or lying down, place one hand on your lower belly and one hand on the side of your ribcage.
- Inhale, completely relaxing your pelvic floor and feel your breath raise both hands.
- Exhale through pursed lips (as if you are blowing out a candle) and activate your pelvic floor, squeezing as if you are trying to stop yourself going to the toilet.
- Take about 10 breaths, repeating this cycle into the ribcage and lower belly.

Keep your shoulders relaxed down your back.

MEET YOUR TRAINER

Gede Foster is a PT, post-natal expert and head of fitness at Fiit Mum. For more post-natal exercise advice and workouts, visit fiit.tv.



Be a fit
mum

CORE MATTERS

Welcome to our new post-natal fitness slot. This month, Gede Foster from Fiit Mum explains how to start getting back in shape

It can feel like an effort to get back into fitness after having a baby. Your hormone levels are up and down; your motivation and energy levels are all over the place, and it's hard to know where to start. Or, perhaps you're raring to go and want to jump straight back in thinking you'll pick up where you left off.

The truth is, your body's been through a lot. The journey back to exercise is different for every woman depending on many factors, including the type of pregnancy and birth you had, and the level of your fitness prior to and throughout your pregnancy.

REBUILD YOUR CORE

The first priority postpartum is to ensure you re-build your deeper core muscles so you can apply them during exercise. Abdominal separation (diastasis recti), where your muscles are pushed apart by your growing belly, is common during pregnancy and up to a year post birth, so it's vital you build your core from the deeper layers of muscle. Your pelvic floor (a sling of muscles and tissues that support your bladder, womb and bowel) are also stretched and weakened during pregnancy and birth, so pelvic floor exercises are a big focus. They'll speed up healing by increasing blood flow to the area and help prevent symptoms such as incontinence.

HOW TO DO IT

Your core work starts with the pelvic floor. By learning to activate and release these muscles, you can support the transverse abdominis muscles (TVA) that wrap from your spine around to the centre of your abs. Acting like a corset, these protect your lower back and pelvis, especially as the hormone relaxin is still present in your body (up to six months after you stop breastfeeding).

It's important to build these solid foundations before moving onto the 'beach muscles'. If you work the visible outer muscles without working the deeper core, it can prolong the abdominal separation coming back together and you'll see a popping or doming in the belly.

HEEL SLIDES

Benefits: Helps you connect to your deep abdominal muscles in movement.

Reps: 10 **Sets:** 2-3

- Lie on your back, knees bent, spine in neutral.
- Inhale to prepare. Exhale as you engage your

pelvic floor and transverse abdominals (see right) while slowly lengthening one heel along the floor away from your body. Inhale to return.

- Exhale, then repeat on the other side.

To engage the TVA, imagine you are drawing together two magnets on your hip bones.



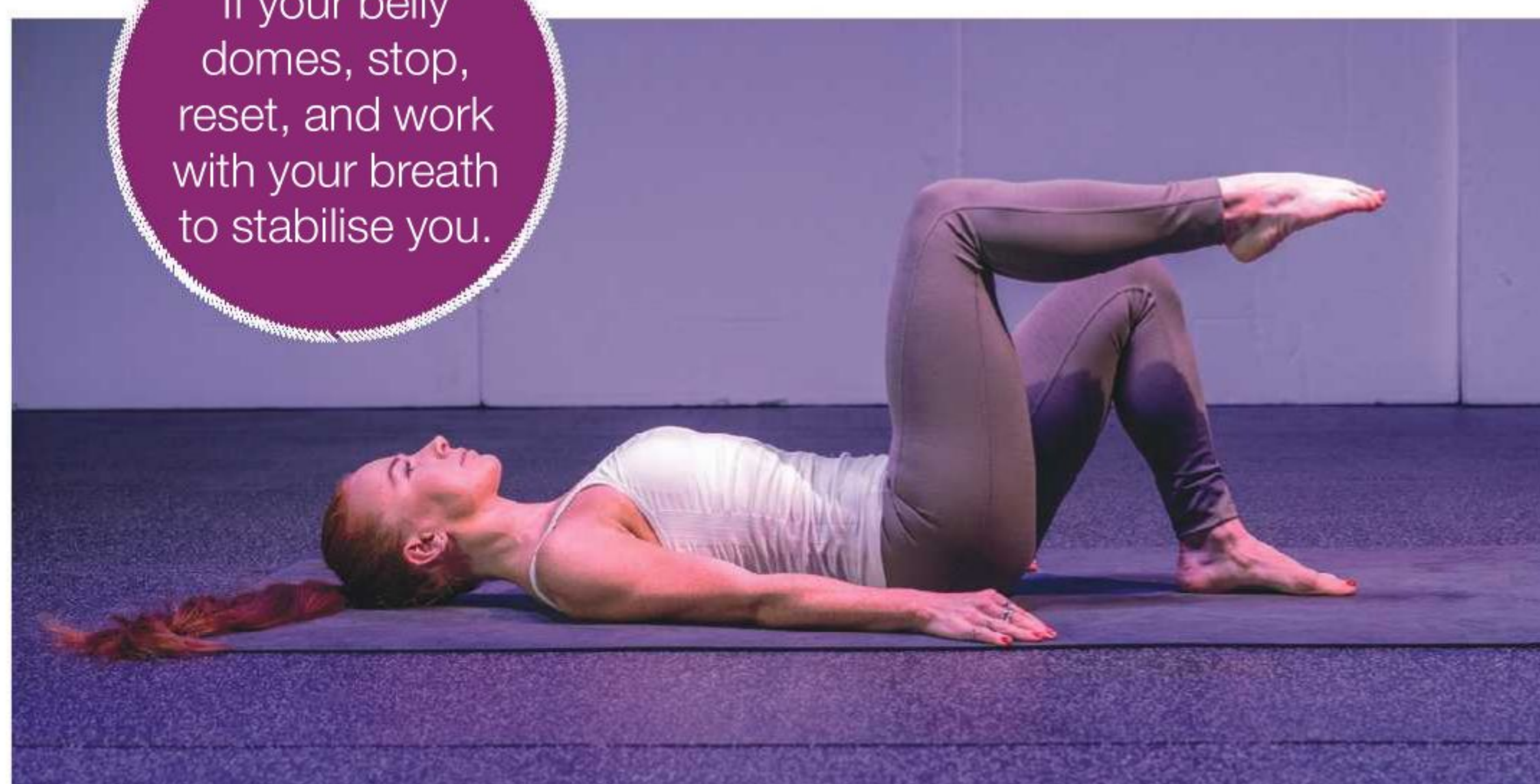
LEG LIFTS

Benefits: Works the deep core muscles, pelvic floor and TVA, while stabilising your pelvis.

Reps: 6-10 **Sets:** 2

- Lie on your back with your knees bent, spine in neutral position.
- Inhale to prepare. Exhale as you engage the pelvic floor and transverse abdominis while lifting one leg up to tabletop (shin parallel to the floor). Ensure your hips don't dip towards the leg you are lifting. Inhale to hold, exhale to lower.
- Repeat with the other leg, alternating the reps.

If your belly domes, stop, reset, and work with your breath to stabilise you.



GLUTE BRIDGE

Benefits: Works your hamstrings, glutes, lower back and core, hip flexors and quads. Also mobilises your lower back.

Reps: 8-10

- Lie on your back, knees bent, spine in neutral position.
- Inhale to prepare. Exhale as you engage the pelvic floor and transverse abdominis and press your spine into the mat. Tilt your pelvis and roll up into bridge. Inhale to hold.
- Exhale to relax your ribcage first, rolling down one vertebra at a time, as if you're massaging your spine down into your mat, hips lowering last. Inhale and repeat.

FOUR-POINT THORACIC

Benefits: Mobilises your mid-back, which often gets tight from breastfeeding and holding your little one.

Reps: 5 each arm

- Start in a four-point kneel, with a neutral spine.
- Inhale, reaching one arm up. Exhale and feed this arm underneath you, bending your supporting arm. Repeat 5 times, then switch arms.

Try to keep your hips stable – your tailbone should be facing behind you.



Kit Test

GYM BAGS

Going from the office to the gym – and then out in the evening? There's a bag for that!



You can pack a surprising amount into this comfy, eyecatching bag

MEET THE TESTER



EMMA LEWIS

Women's Fitness writer and sub-editor tests the latest gym bags and backpacks to find out which are best suited to your needs.

How to find your perfect gym bag:

- 1 Ask yourself how you get to and from the gym? Is a backpack or holdall style best for you?
- 2 What do you take to the gym? Do you need a towel and lots of products, or do you travel quite light? This will determine the size of bag you need to buy.
- 3 Do you go to the gym on your way to or from work? A smarter-looking style may work best for you.
- 4 Would you prefer lots of pockets and/or a compartment for wet kit, or are you happy with one large space?
- 5 Think about what you like and dislike about your current bag and take these factors into consideration.

Women's
Fitness
BEST BUY

OSPREY ARCANE TOTE PACK

£90; ospreyeurope.com

Always active and like to travel fast and light around town? This versatile bag could work well for you. You can wear it two ways – as a backpack or a tote bag – and stow away the straps you're not using. It has an internal padded 15" laptop sleeve, useful internal organisation pockets, a key clip and 20 litres of space. On the outside, a large pouch works well for stowing an extra layer, and a zipped pocket is handy for wallet, keys and phone. Although this has streamlined urban looks, it still has a comfy AirScape backpanel with foam ridges to keep sweat at bay, plus the backpack straps are nicely padded. This bag also ticks the eco boxes, being made from 100 per cent recycled, durable fabrics, with a toxic-free, water-repellant coating. Available in five colourways.

LOOKS: ● ● ● ● ●
FUNCTION: ● ● ● ● ●



Best for: office workers

FACT + FICTION LEA GRAIN BACKPACK BLACK

£155; shopfactandfiction.com

'If you go from gym to office or vice versa, you'll probably want a bag that goes with your work wear. Fact + Fiction's super-smart, vegan faux-leather backpack isn't just about looks though. The water-resistant, anti-whiff lining removes odours and germs from used kit, and mesh eyelets in a separate trainer-sized compartment let it breathe, reducing bacteria. A large outer front pocket is useful for wallet, keys, phone and your travel card, while the side pocket fits a water bottle or umbrella. There's also a small, zipped inner pocket for valuables and a 14" laptop sleeve. A decent 25-litre capacity (30x16x15cm) means you can fit gym kit in, plus a few bits and bobs for work. At 1kg, it's not the lightest, but it ticks all the boxes.'

LOOKS:



FUNCTION:



Best for: gym maximalists

LULULEMON ON MY LEVEL DUFFEL

£128; lululemon.co.uk

'Struggle to squeeze everything you need into your gym bag? This smart-looking one should help, with its roomy 30-litre capacity (42x19x41cm). It's lightweight, streamlined and water-resistant. It also has a longer strap so you can carry it across your body if it's heavy (useful for weekends away, too). Inside, there's a zipped pocket for "sweaty unmentionables", a smaller zipped one for "items of importance" and a laptop sleeve; on the outside there's a small zipped pocket and a pouch. Perfect for using around town, it's also available in black.'

LOOKS:



FUNCTION:



Best for: yoga buffs

HPY BACKPACK

£54; Hotpodyoga.com/store

'If yoga's your thing, you'll appreciate a stylish bag with loads of practical features. Here, Hotpod yoga has collaborated with London-based accessories designer and founder of Goodordering, Jacqui Ma, to create a reasonably priced bag inspired by the functionality of Japanese school bags. Matte black and water-resistant, this has a removable mat holder, a separate waterproof bag for sweaty kit, and a 15" laptop pocket. The straps are nicely padded and there is plenty of storage with pockets either side, a Velcro pocket on the front, and a zipped area suitable for keys and phone. The pack has a 28.8 litre capacity (60x32x15cm) when extended, and 19.5l (41x32x15cm) rolled down.'

LOOKS: ● ● ● ● ● ●

FUNCTION: ● ● ● ● ● ●



Best for: gym jet-setters

TRACK MESH ANDI BAG

£150; mygymwardrobe.com

'Neat and stylish, the latest incarnation of this iconic bag could easily double as an overnight or foldable travel bag with its separate clutch and carry-on luggage sleeve. It easily fits a change of clothes and shoes, plus a laptop and toiletries. You can wear the clever four-way design in two sizes of shoulder tote or across the body, and it also feels very comfortable as a backpack. Several pockets hidden within pockets, give plenty of room to safely store essentials, and the lightweight material, made from recycled plastic bottles, has a quality feel and a water-resistant exterior and lining. I'd have preferred different fastenings than poppers for the side yoga straps, as they're not particularly secure. It measures 52x30.5x12cm, and folds to 20 7.5x5cm.'

LOOKS:



FUNCTION:



WE'RE TALKING TO...

ALI BASTIAN

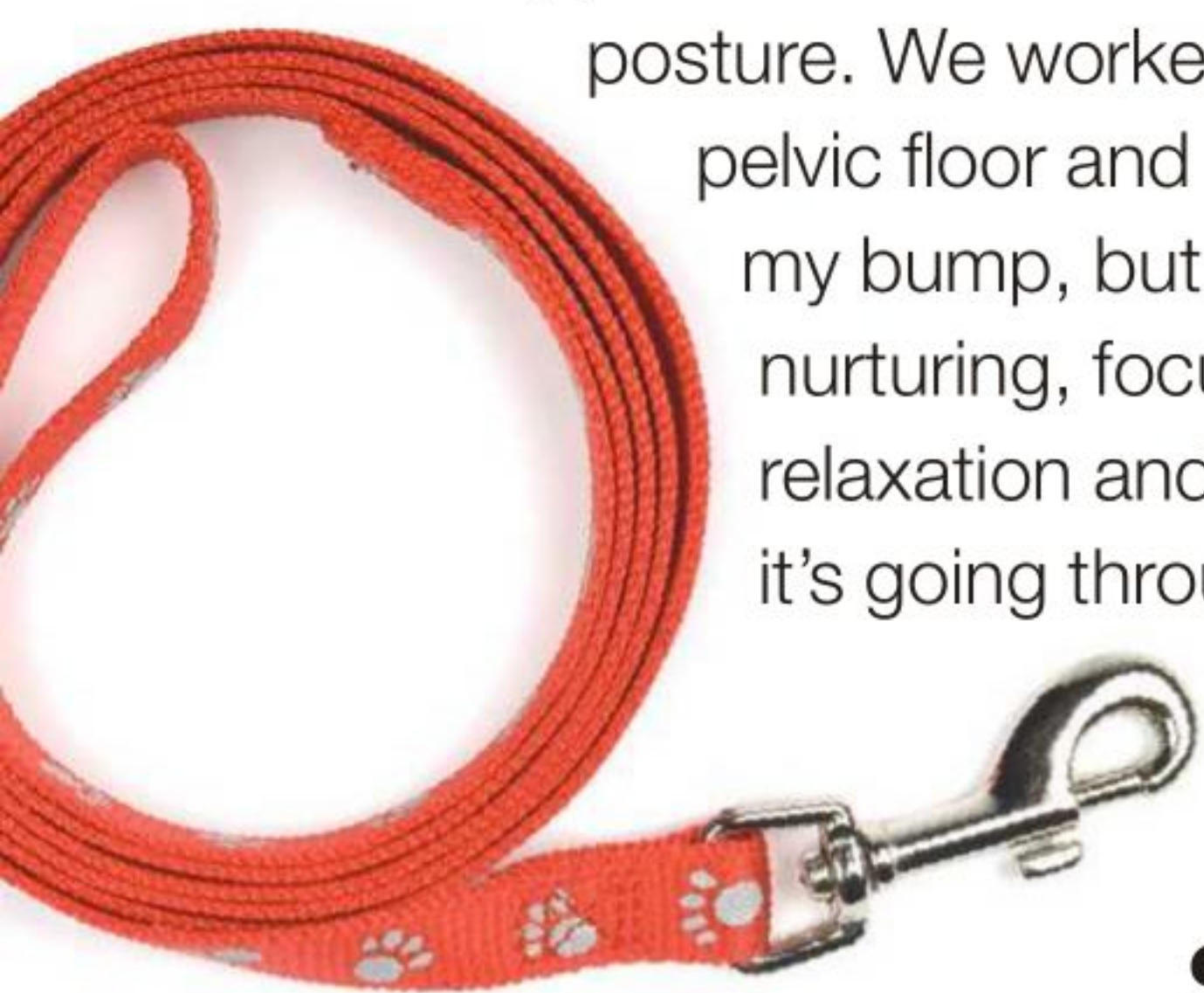
The actress, yoga teacher and mum-to-be talks about listening to her body through pregnancy

CONGRATULATIONS ON YOUR PREGNANCY! HOW ARE YOU FEELING?

'I'm feeling fantastic, thanks. A lot happened in 2019 – I got married to my actor husband David O'Mahony, finished a nine-month contract on BBC show *Doctors* in the summer, and got pregnant shortly afterwards. After all the 15-hour days on set, I made it my mission to relax and get fitter, so I bought a bundle of classes from a local yoga studio and practised every day. I think taking a break from work and focusing on a holistic approach to my health really helped.'

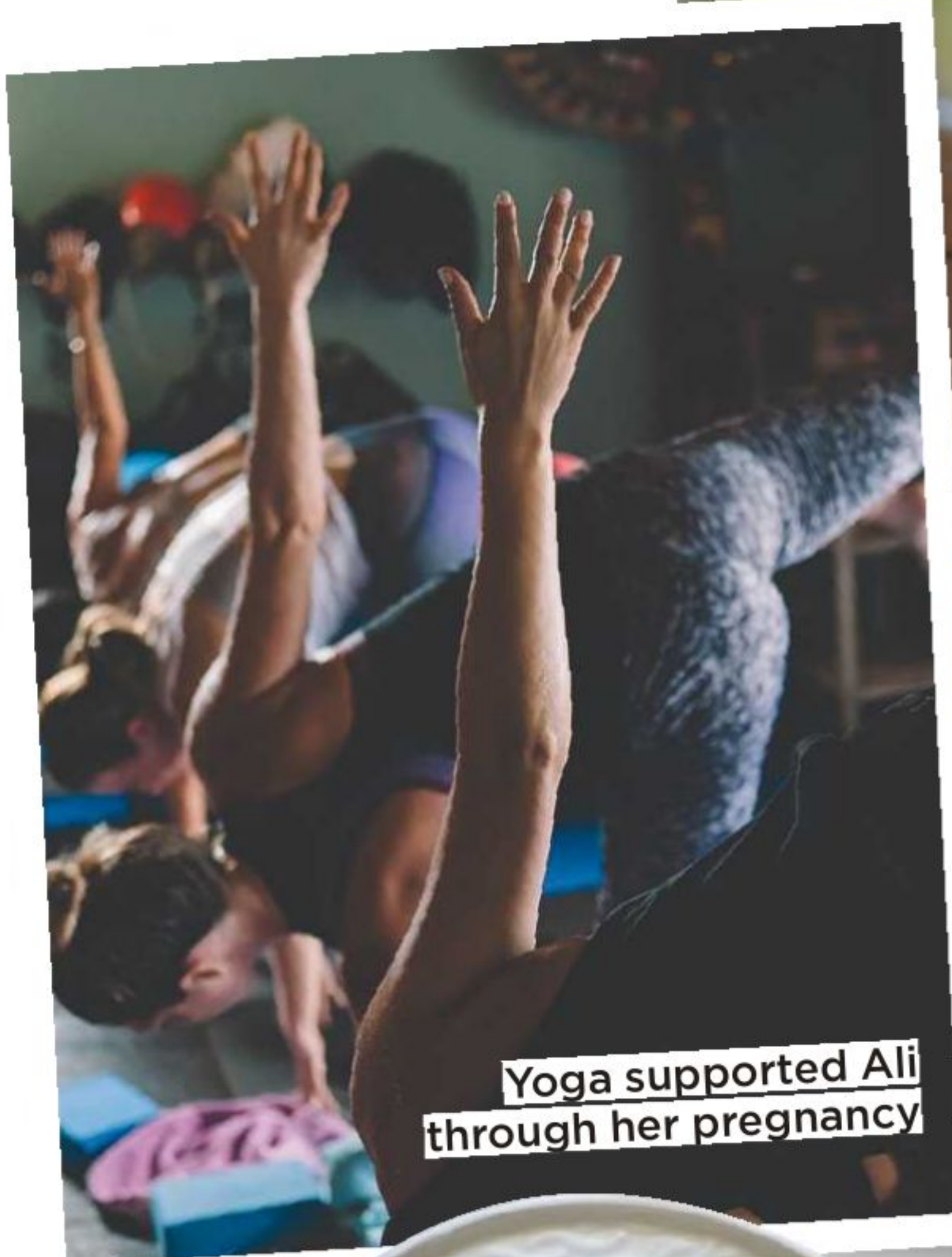
HOW HAS YOUR FITNESS REGIME CHANGED?

'I had a challenging first trimester, so I took it easy, then did Pilates and yoga in my second trimester. I'm a qualified yoga teacher, but I've appreciated the instructors adapting my every posture. We worked on core stability and pelvic floor and glute strength to support my bump, but yoga has also been nurturing, focusing on breath, relaxation and tuning into my body as it's going through so many changes.'



CAN YOU TELL US YOUR SECRETS FOR A HEALTHY PREGNANCY?

'If you'd asked me at the beginning, I'd have said I wanted to be as fit and strong as possible. When I see pregnant women out running and lifting weights I'm in awe, and if that's available to you that's brilliant, but my focus changed due to how I was feeling. You have to adapt appropriately, depending on what's right for you. Fitness during pregnancy isn't a one-size-fits-all thing. My pregnancy has been more about slowing down rather than pushing myself too much and, after the birth, my plan is to continue to be kind to myself, and not put myself under pressure to get back into pre-pregnancy shape.'



Yoga supported Ali through her pregnancy



Ali is enjoying being in tune with her body and what it needs

HAVE YOU HAD MANY CRAVINGS?

'Absolutely, and they've been very regressive – I worked my way back through all my childhood favourites, including Nutella sandwiches. Everything has been very basic and beige. I had all these intentions of eating lots of healthy foods, but when it came to it, it was a job to hold anything down for the first four months, so I ate whatever I fancied just to keep eating. But, lately, I've been having lots of sugar cravings, and can't get enough of bananas and oranges, which is better than Nutella!'

HOW HAS BEING PREGNANT CHANGED YOU?

'Being a freelancer and pregnant is stressful whatever industry you work in but, luckily, I've been able to explore avenues other than acting, writing articles for *Baby* magazine and babycentre.co.uk. It's been wonderful sharing my experiences and feeling connected to a new community. After shooting a film at 10-weeks pregnant, I realised I didn't want to be in anyone else's skin right now, so being able to inhabit my own body, enjoy my own experiences and do things in my own voice has been a lovely change.'

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