

YOUR Fitness

MARCH 2017

HEALTH • WORKOUTS • WELLBEING

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ELLE MACPHERSON

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from the **EDITOR**

THIS ISSUE WE LOVED



DEPUTY EDITOR,
Jessica

After chatting with Elle (on page 12), I was in awe of her energy and determination to feel the best she can



EDITORIAL ASSISTANT,
Vicky

This month I looked into poke bowls – a new food trend for 2017. Find out what you should be including in yours on page 97!



p12



p97



HEALTH & FITNESS WRITER,
Jody-Ann

I can't commit to a workout unless I know I'm going to have fun doing it, so I can't wait to try the hybrid classes on page 112



CONTENT WRITER,
Lauren

If, like me, you're trying to cut down your calories, flick to page 90 for some simple swaps to help you ditch 600 cals



p112



p90

Welcome to YOUR FITNESS!

In the past few months, my weekends have taken on a new routine.

Until recently, my rest-day priorities revolved around doing the weekly food shop, cleaning the bathroom and piling a never-ending amount of washing into the machine (yes, I know, all those *really* fun things we can't wait to finish work to do). However, I've now made it my mission to get outside more and walk.

It's not like I didn't enjoy stretching my legs before – a lovely country stroll before a pub lunch was my idea of a heavenly Sunday – but so often other things would take priority, and I always felt like if I was going to be active it should be a 20-minute all out HIIT session or a three-mile run, not a walk in the park (so to speak). But, what I've realised is that this really is a brilliant form of exercise. Walk fast, and it gets your heart rate up, your blood pumping through your body and the wind whistling through your hair – and just 30 minutes can help you burn anything from between 90 and 200 calories. Plus, it's something you can do with your whole family.

Of course, walking doesn't just have to be reserved for the weekends and if you're looking to up your daily step count, turn to page 27 where we have detailed a few handy ways to reach your 10,000 step target, simply by making a few tweaks to your routine.

Who said exercise had to be hard?



Claire

Claire Munnings
Editor

YOUR FITNESS WHEREVER, WHENEVER



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YOUR Fitness

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MODEL: Elle Macpherson IMAGE CREDIT: Billie Scheepers NEXT ISSUE ON SALE: 3rd March 2017



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Become a subscriber this month and get a free Polk BOOM Bit Clip-on Bluetooth Speaker, worth £29.99! For details, turn to page 42.



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ELLESPORT

A woman with her hair in a high ponytail is captured in a dynamic, mid-air pose. She is wearing a pink zip-up jacket over a white sports bra with a black and blue abstract pattern, and matching leggings. She is also wearing white sneakers. Surrounding her are various fitness accessories: two black dumbbells with gold-colored ends, three orange massage balls, and an orange water bottle. The background is a soft, abstract blend of white and light orange.

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Meet the EXPERTS

Introducing **Your Fitness'** fantastic panel of experts whose knowledge and advice helped us create this issue



AMANDA BYRAM

Amanda Byram is a TV presenter, and *Your Fitness* columnist. She shares her bite-sized health tips on page 79.



FAYA NILSSON

PT and fitness influencer Faya Nilsson (fitnessontoast.com) reveals her workout for perfect pins on page 12.



HELEN SKELTON

TV presenter Helen Skelton takes on the latest fitness challenge on page 115.



JENNI FALCONER

Jenni Falconer is a TV presenter, radio host and *Your Fitness'* woman pounding the pavements. Read her latest instalment on page 51.



JULIE MONTAGU

Yogi and nutritionist Julie Montagu (juliemontagu.com) explains what we should be eating for optimal heart health on page 80.



KIMBERLY WYATT

The singer, dancer and ex-Pussycat Doll Kimberly Wyatt reveals her healthy tips on page 122.



LISA SNOWDON

Radio and TV presenter Lisa Snowdon is our beauty columnist. She shares her advice to help us clean up our act this season on page 73.



PIPPA MIDDLETON

The author, columnist and younger sister of the Duchess of Cambridge gives us her tips for a healthy heart on page 80.



ZOE HARDMAN

Zoe Hardman is a TV presenter and *Your Fitness'* fashionista. She tries the latest gym kit on page 63.

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The views expressed in this magazine are not those of the publisher. If in doubt, always consult a GP or fitness professional before beginning a new exercise regime or trying any of the products or advice mentioned in *Your Fitness*, particularly if you have a medical condition for which it may not be advisable.

We hope you enjoyed *Your Fitness*. We know lots of readers will want to hang onto this magazine for future reference, but if not, why not give it to a friend, or donate it to your local doctors' surgery? Or, remember that magazines can be put out with your weekly recycling for collection!



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MAILBOX

Tell us your thoughts at facebook.com/yourfitnessmag, by tweeting us @yourfitnessmag, or by writing to *Your Fitness*, 21-23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

Star letter...

Work it out

Thank you for your article *Drop a Dress Size in a Month* (Jan 17). It's the clearest and easiest to follow guide that I've ever read in a fitness magazine. And I buy a lot! I'm looking forward to starting the plan now that Christmas is over and trying the tasty recipes and simple workouts – as well as being able to fit into some great clothes!

Natalie Thomas, via email



Star letter prize

Get in touch with us at *Your Fitness* and you could win some great sporting goodies. The writer of the star letter in next month's mag will win a bundle of Heath & Heather's Organic Super Teas, worth over £50! Created by expert herbalists, each product serves a unique purpose, specially blended with the finest botanicals, plants and herbs. For a natural boost, there is Energising Morning Time and for a peaceful slumber there is Relaxing Night Time, while the Supportive Root Remedy keeps colds and flus at bay. The Digestive Super Seeds is the perfect after-dinner tonic and you could even shift some post-Christmas pounds with the Detoxing Slim Tea! Find out more about the range at heathandheather.co.uk



Home sweet home

As an enthusiastic runner, I try to keep my cardio up and incorporate strength training to keep myself injury-free, but getting to the gym can be time consuming – we all know that work and life can get in the way! Your article *Lounge Around* (Jan 17) came at just the right time – it gave me some new ideas for exercises at home and really highlights the fact that you don't need expensive equipment, just some motivation. I am also training part-time for a fitness course and these tips will come in handy to inspire my clients. Thank you!

Whitney, Reading



Moves like McCall

I loved your interview with the fabulous Davina McCall (Feb 17)! Finding out the secrets behind her amazing abs was great – all of her tips and wisdom that she's picked up and the lessons she's learned have motivated me to keep to my new year's resolutions this year. I've booked a last minute holiday and was worried about not having the time to lose a bit of weight and look my best before heading away, but I've started doing Davina's eight-minute workout regularly and have noticed a difference already! Thanks, *Your Fitness*!

Ilana Aitch, Wirral



Question of the month...

We asked: What's your greatest fitness achievement?

I swapped running for weight lifting and gained lean muscle and shape. **Colette, via email**

Last year, I ran the London Marathon for the first time – what an amazing experience! **Louise, via Facebook**

I climbed the highest mountain in the UK, which I never thought I'd be able to do. **Yasmin, via email**

Have your say...

Next month's question is:

What's your favourite workout move?

To take part in the Q&A, send your answers to *Your Fitness*, 21-23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY, email us at letters@yourfittestoday.com or contact us via facebook.com/yourfitnessmag, or tweet @yourfitnessmag

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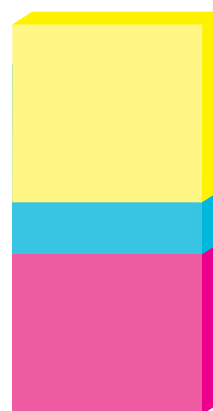
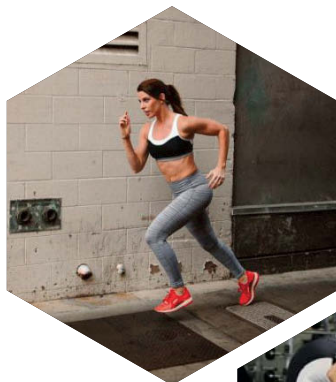
TAKE A TRIP DOWN
MEMORY LANE

If you're struggling to remember what you ate for breakfast, it turns out that exercise is an easy way to improve your short-term memory – without any strange techniques or Derren Brown tricks involved. A study by the British Psychological Society found that a 30-minute intense workout bene its immediate recall – so if you have something to memorise, head to the gym for a HIIT session!



#FITSPIRATION

Struggling to juggle fitness with work and family life? Get a daily dose of motivation with easy-to-follow workouts and inspirational posts straight to your phone from PT and fitness star Carly Rowena @carlyrowena.



In the
morning:
48%

During lunch:
13%

In the
evening:
39%

WE ASKED YOU:

When do you work out?

Here are the times when you exercise! Why not switch it up this month?

Q&A



**HELEN
GLOVER**

We spoke to British Olympic rower Helen Glover about motivation and music

PRACTICE MAKES PERFECT

Rowing is a whole body, non-impact exercise, so it's great for building strength. While using a machine, think about technique. When you return to the slide to take your next stroke, let your hands pass your knees early on in the movement.

FOOD FOR THOUGHT

Rowing requires lots of energy so on training days I consume up to 6,000 calories, whereas 4,500 is normal when I'm working out at home (a female non-athlete should consume around 2,000 calories a day!). Breakfast is light with a bigger protein-filled meal after the morning session. I supplement with snacks and protein shakes. Try not to rely on supplements and get the majority of your intake through good food.

GET TO THE BEAT

I love training to music and keep my playlist fresh. Music motivates me when I'm training but when in the boat, I prefer silence so I can focus.

Helen Glover is supporting Cancer Research UK's The Great Row to help beat cancer sooner. Visit cancerresearchuk.org/TheGreatRow or search #PullTogether to take on the challenge yourself.

STEP UP

If you want legs like Jennifer Aniston, it's time to start lunging. Achieve perfect pins with this do-anywhere move – simply follow the steps below to make sure that you perform them correctly without straining your joints.

- 1** Keep your upper body straight, with your shoulders back, your core engaged and your chin up.
- 2** Step forward with one leg and lower your hips until both of your knees are bent at a 90-degree angle. Make sure that your front knee is directly above your ankle and that your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position, then switch to the other leg.
- 3** Add a bicep curl with a dumbbell to work your upper body as well.



78%

of people think that a woodland is the best place to work out, according to cyclinguk.org. Did you know that a 1.5 mile leisurely stroll burns up to 270 calories? Head to forestry.gov.uk to find your nearest location.

AGAINST THE CURRENT

We love looking good for a worthy cause. And, thanks to the new Adidas UltraBOOST Uncaged Parley trainer, you can now help end pollution in the seas. Created from plastic waste retrieved by coastal interception and clean-up operations in the Maldives and recycled polyester, each pair reuses 11 plastic bottles. The specially-developed, unisex trainer combines all of the elements of Adidas' UltraBOOST to make a running shoe that doesn't compromise on performance. Inspired by the ocean waves to reflect the design's unique and fascinating story, there's nothing better than a guilt-free buy. £139.95, available from Adidas stores and online at adidas.com



elle

MACPHERSON

Jessica Harris sits down with the model-turned-wellness guru to find out what makes the former super tick

Being known for your face rather than your personality isn't something that's unusual being a model. Whether it's plastered on a magazine cover or a billboard, their money-maker is what pays the bills after all. But, being known for your physique is a little different and having your name replaced with The Body is something that only one woman in the world can relate to. But then, Elle Macpherson isn't just a model, or a body for that matter. She's an entrepreneur, a

businesswoman and, thanks to the launch of her supplement company, Welleco, a health guru. Yep, you could say she's more of a superwoman than a supermodel. It's true, from talking to the Australian native, you quickly realise that she's got it together, but there's no *Dragon Den*-esque air about her. She's also a wife and mother and possesses a warming disposition that's honest and real. So, with this in mind we quizzed her on how she juggles it all and has defied time by maintaining her monniker.



Photography: Billie Scheepers



Starting the morning right



Elle boxing with her trainer



Topping up her tan and Super Elixir

YOUR BIKINI PICS ON INSTAGRAM LAST YEAR WERE INCREDIBLE – THEY CAUSED QUITE A STIR IN THE MEDIA...

Thank you! I don't think there's one great secret to it all – it's important that I look after myself. To keep my energy levels up I try to eat alkaline and that means eating more plant protein, less meat, drinking three litres of water and taking my supergreens (Elle's own brand of alkalising greens titled The Super Elixir) and Nourishing Protein supplements every day.

EVERY DAY? THAT'S PRETTY DEDICATED.

It is but I find my body craves them now. The supplements help to keep me strong and well nourished with all of the vitamins, minerals, pro and prebiotics that my body needs – it's simple and effective. I know if I nourish my cells from the inside it will show on the outside.

IT CERTAINLY SHOWS. YOU ALWAYS LOOK LIKE YOU'RE GLOWING WITH HEALTH! ALTHOUGH YOUR APPEARANCE HASN'T AGED A DAY, HAVE YOU NOTICED ANY CHANGES IN YOUR BODY OVER THE YEARS?

I mean, sure, of course. But at 52, I now know that a healthy mind and body is a balance of nutrition, exercise, intuition, experience and love, I really believe that. I'm less concerned about the number on the scales or what dress size I wear now compared to when I was younger. Today I believe beauty comes from the inside and I've definitely become more mindful in that sense – meditation has become a huge part of my day-to-day life. When I wake up in the morning, I dedicate 30 minutes to meditation. This is my time, before the house wakes and the emails and calls start – it helps keep me focused and balanced.

BUT YOU'RE SO BUSY! HOW DO YOU MANAGE TO FIT IT ALL IN?

When I was younger, I wasn't good at juggling! My schedule was so busy with work, travel,

children – I didn't get enough sleep let alone eat well and I found myself run down and tired. Luckily I've since learnt that looking after myself is key to feeling my best, both mentally and physically for my family, my business and my all round wellbeing.

SPEAKING OF TIRED, YOU RECENTLY LAUNCHED YOUR NEW WELLECO SLEEP WELLE TEA – WAS THE DECISION TO LAUNCH A SLEEP RANGE INSPIRED BY A PERSONAL VULNERABILITY, LIKE THE SUPER ELIXIR?

It was, yes – I used to find it difficult to unwind at the end of the day, to stop my mind racing and get a good night's sleep. So, we did a lot of research and included ingredients such as valerian root (nature's valium!), hops and skullcap. It's ideal at bedtime or during the day if you're feeling anxious or stressed – I like to sip mine in warm water with a good book. Because I travel so much, we also created The Sleep Welle Calming Mist which I spray to relax or encourage a good night's sleep when I'm in a hotel or away from my own bed.

DOES THIS MEAN YOU HAVE A METICULOUS BEDTIME RITUAL NOW?

I must admit, I am pretty organised with my bedtime routine these days – make-up off, lots of water by the bed, my Sleep Welle Tea and a good book. But, most importantly, no screens! I put my phone away for at least 30 minutes before I go to bed. I make sure, or try while travelling, to get at least seven hours of sleep a night.

THAT MUST ALSO HELP WHEN IT COMES TO YOUR WORKOUT ROUTINE. WITH SUCH A HECTIC LIFESTYLE, DO YOU STRUGGLE TO FIND THE TIME OR ENERGY TO EXERCISE?

Not really because I have a much gentler routine now. I prefer not to go to the gym – instead I try and get active outdoors for about an hour everyday which is ideal if I'm in a different country as I can explore the area while

being active. If I'm at home I love to walk the dog, run on the beach, go swimming, hike with the kids or cycle around the neighbourhood. It has to be something fun, something that I love – I don't believe in pushing myself to excess but I do want to keep my body strong and mixing my workouts up keeps it guessing. I have started adding some core body work which I can do in 15 minutes on the floor and I will take a yoga class whenever possible – this keeps my body flexible and it's great for detoxing the organs.

WHEN IT COMES TO KEEPING YOUR BODY STRONG AND HEALTHY, YOUR DIET MUST PLAY A HUGE ROLE IN THAT GOAL...

Definitely. It's really important for me to not be super strict, it is about balance. I eat organic food where possible and eat a mostly plant-based diet – which means lots of leafy greens, salad, fruit and vegetables and clean hormone-free protein. I think it's important to have something warm in the body as the first meal so for breakfast I'll have some oatmeal or muesli with an apple compote or some berries warmed through. Then I have a vegetarian lunch made of quinoa, barley or lentils, with spinach, kale, avocado and either toasted pumpkin seeds, pine nuts or sunflower seeds teamed with some goats cheese and beetroot. Dinner will be grilled or steamed fish and vegetables. I can't live a perfect alkaline diet and I don't want to; it's too difficult in today's age which is why the Super Elixir really helps me balance everything out. I love my cup of espresso in the morning and my chocolate after lunch, I don't want to give that up.

COULDN'T AGREE MORE! CHOCOLATE INDULGENCES ASIDE, WHAT'S 2017 LOOKING LIKE FOR YOU?

2017 is going to be a very busy time at WelleCo and for Elle Macpherson Body! We are launching our gluten-free quick meals on the go, which include a yummy risotto and chia pudding, alongside a variety of healthy everyday essentials.

YOUR SUPER LEG WORKOUT

We may not all be blessed with legs that go on forever, but personal trainer and influencer Faya Nilsson ([fitnessontoast.com](#)) shows us how we can get the best out of what we have

LUNGE

HOW TO?

- 1 Stand tall, with your shoulders back and down
- 2 Step forward with your right leg and lower your upper body down, while keeping your core tight. Keep your knee in line with your ankle
- 3 Using the heel of your front foot, push up and return to the starting position. Repeat and swap legs

REPS:

15 on each side x 3

WHY NOT TRY?...

Walking lunges to encourage exercise throughout the day.

SQUATS

HOW TO?

- 1 Stand with your feet hip-width apart
- 2 Transfer your weight back towards the heels of your feet
- 3 Maintain an engaged core, while keeping your shoulders back, and lower yourself down. Try not to extend your knees beyond your toes
- 4 Slowly sit back until you're parallel to the floor. Return to standing position

REPS

15 reps x 3

WHY NOT TRY?...

The plié squat (placing your feet wider with your toes facing outwards) will target the inner thighs.

CALF RAISES

HOW TO

- 1 Start by standing at the very edge of a step, with your toes facing forward, letting your heels hang over the drop
- 2 Push up through the balls of your feet, extending both the knees and hips, until your upper body is standing tall
- 3 As you exhale, raise your ankles up and you'll feel the calf exertion
- 4 After a pause at the top of the motion, return to the initial position and repeat

REPS

15 reps x 3

WHY NOT TRY?...

Holding dumbbells in each hand for more resistance.

BEDTIME WITH THE BODY

1 I always make sure I turn off my phone and laptop.

2 I often do a five-minute yoga pose – placing my legs up the wall, to increase circulation.

3 The act of making tea helps me wind down before bed – plus the powerful blend of medicinal herbs in the Sleep Welle Tea (from £24, [welleco.com](#)) helps me drift off into a deep restorative sleep.

4 I wash my face with NeoStrata Foaming Glycolic Wash, then moisturise with one of Dr Sebagh's products. Right before

I hop into bed I use Arianna Skin Care Collagen Boost Eye Serum and Lucas' Paw Paw ointment on my lips.

5 I spray our Calming Mist (£24, [welleco.com](#)) onto my pillows; it's a fresh scent with organic essential oils like lavender to help me relax my mind.

6 I also compose a gratitude list of what inspired me that day. It's a good reminder to appreciate the more subtle aspects of the day.



SOMETHING FOR THE WEEKEND

Struggling to fit exercise into your mid-week schedule? Don't bother!

Take a look at your diary for next week. How's it looking? Jam-packed? If it's a 'yes' you'll be part of the 48 percent of women who admit to being too busy to exercise during the week according to a recent study. It may seem like a fob-off and as you're saying it you feel a pang of guilt while you convince yourself it's just not possible this week. The kids, the significant other, drinks with friends, dinner with family and let's not even get started on work – it's all very justifiable. You're probably expecting a 'but' here but (there we go) there isn't one when it comes to your workout schedule as a study led by

the University of Loughborough has revealed that it's OK to put your workout on the backburner... a little.

We know, it seems too good to be true, but the study of 63,591 adults revealed that those who only worked out once or twice a week enjoyed a 30 percent reduction in their all-cause mortality risk – only slightly less than the 35 percent enjoyed by those who sweat it out three times a week or more. Hailed as the 'weekend warriors', this new generation of part-time gym-goers may not seem as dedicated at first, but they are, in fact, more clued up when it comes to their personal fitness

needs. Professor Mark Hamer, the senior author of the research paper at Loughborough explained that those who completed at least 150 minutes of moderate activity or 75 minutes of vigorous activity still got the benefits of those who completed more. How? Because most of us have a threshold of around 150 minutes to reap the rewards of exercise, but any more than that doesn't give us much back. With lay-ins and hearty breakfasts featuring heavily in weekend plans, we're more likely to exert ourselves on Saturdays and Sundays as we're rested and fuelled more efficiently than during the week. We can't argue with that!

HOW TO BE A WEEKEND WARRIOR

Give yourself something to look forward to this weekend with a workout that gives you everything you need. Here are our top no-excuses routines

For bored boardroomers

If your working hours (along with your stress levels) are off the scale, counteract a busy week with a high intensity training session to release tension. This is a great way to relieve stress from the week but be mindful not to go over 30 minutes so you don't overload your adrenal glands which can lead to illness. Follow this up with a relaxing bike ride or yoga class to steady cortisol levels and relax your mind.



TRY: The Grid at Virgin Active followed by Body Balance (virginactive.co.uk)

For the Netflix addict

We know, Game of Thrones is nearly here and leaving the house just doesn't sound like an appealing prospect, but that doesn't mean you can't do both. Investing in a few key pieces of gym equipment means you can get fitter than The Unsullied from your living room.



TRY: Ballet Beautiful on YouTube or leg raises, bicep curls and donkey kicks with a resistance band

For the frazzled mum

You've negotiated an epic tantrum, a toilet mishap and quite literally cried over spilt milk in a day's work – fancy a workout? Not likely. Wait until the weekend to offload the little darlings and head to the pool for a 45 minute to an hour session of front crawl and torch up to 600 calories.



TRY: Nuffield Health clubs offer swimming lessons for children so you can sneak in some laps at the same time (nuffieldhealth.com)

For those who have FOMO (fear of missing out)

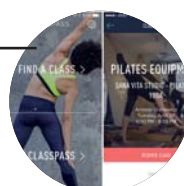
Let's face it, if you get an invite for drinks at the hottest new bar in town with friends, your gym plans are but a distant memory. But a study conducted by Virgin Active showed that 31 percent of women considered their friends to be the main motivation they need to stay in good shape. There's no reason why your social life should suffer in your quest to get fit – combine the two and make a night of it.



TRY: 1 Rebel gym (1rebel.co.uk) offers a nightclub atmosphere at its fitness classes, including a live DJ, dark studios and shots (of juice, but humour us!).

For the commitment-phobe

You had the best intentions. You were going to go. You signed up, paid the joining fee but it just didn't work out. Sound familiar? Enrolling to a gym is the first hurdle on the fitness journey but research has shown that Brits spend £37 million a year on unused memberships. Whether it's the shame of cancelling or the denial of defeat, it's time to opt for a fitness regime that works for you. Class passes are the pay-as-you-go equivalent of fitness that lets you pick and choose a class to visit wherever you are up to three, five or 10 times a month and use their gym facilities without a contract in site.



TRY: Class Pass, from £35 a month classpass.com

“Hailed as the ‘weekend warriors’, this new generation of part-time gym-goers may not seem as dedicated at first, but they are, in fact, more clued up when it comes to their personal fitness needs”

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bio-synergy.uk #MAKEITHAPPEN

The Healthy HOTLIST

A bitesize look at what's trending in the world of wellness

1 Milano Coat, £36
fabletics.co.uk



2 Bell Bottom Pants, £47.95
adidas.co.uk



3 Women's UA Crew Jumper, £80
underarmour.co.uk



House of Fraser

WORKING WARDROBE

Life has become a lot more comfortable thanks to athleisurewear. Our restrictive everyday uniform has given way to materials such as jersey, lycra and brushed cotton in looser cuts and muted colour palettes that are too good for sweaty workouts. Although usually restricted to weekend wear,

brands are creating streamlined silhouettes that are now acceptable for the office. Hurrah! They may not be suitable to run a marathon in, but they incorporate the technical specs of your favourite gymwear in a boardroom-appropriate package. As sportswear brands jump on the satorial bandwagon, we can now create one gym and office capsule wardrobe making more room for additional purchases!

SUPERFOOD SKINCARE

ALIGN YOUR BATHROOM CABINETS WITH THOSE IN YOUR KITCHEN WITH ANTIOXIDANT FACE OILS



CACAY OIL

Derived from a nut found in Africa, this contains more retinol (wrinkle-busting vitamin A) than rosehip oil and more vitamin E than argan oil. Ollixia Amazonian Cacay Oil, £48 feelgoodmatters.com



SEED OIL

This natural oil is a bespoke blend of 21 super seed oils for dry, sensitive skin showing signs of ageing. Massage in every evening for glowing skin. Votary Super Seed Facial Oil, £70 votary.co.uk



BROCCOLI

With omega-rich broccoli, flax seed and daikon radish, this natural blend of highly concentrated plant-based superfoods deeply nourishes and hydrates skin. Superfood Oil, £45 elemis.com

WELLNESS BOXES

Your postbox has never looked so healthy with these subscription packages



AEVI BOX, £120
AEVIWELLNESS.COM

Curated by friends Natalie Viklund and Marie Hansen, these boxes are based on three foundations: love yourself, love your body and love others. Four times a year, Aevi boxes include all natural, organic products, based on the season.



FITTY LONDON, £29
FITYLDN.COM

Packed with everything you need for your health and fitness (think resistance bands, protein and healthy snacks), you'll struggle to find a cooler box.



SOURCEDBOX, £18.95
SOURCEDBOX.COM

Created by YouTube sensations Marcus Butler and Niomi Smart, Sourced-Box offers a variety of hand-picked snacks made from natural ingredients. You'll never be stuck for healthy grazing options again.

7 ways to SURVIVE an urban run

The beauty of running is that it can be performed any time anywhere. But while we would love to take to the asphalt or park on a regular basis, pressing schedules often leave us heading to the streets. Convenient, yes, but bustling pavements and busy roads can also be daunting. That's why we've enlisted the advice of top personal trainer Chris Lyons (personaltrainermarylebone.com) to help you conquer your city runs!



1 PLAN YOUR ROUTE

Before you take to the streets, pre-plan your route so that you can map out a run that will include the appropriate distance and time. Apps like Strava and Map My Run make this easy and help to track your progress, too! You can always add a bit at the end if you feel like you can go a little further, but at least you'll have a clear set of directions for your initial journey.



2 BE VISIBLE

Wear bright or reflective clothing, especially when running in dark or foggy conditions, to avoid collisions with cars, bikes and other pedestrians. You can now buy non-permanent reflective spray (£10, albedo100.co.uk) that can be used on all textiles and is only visible at night so there's literally no excuse for failing to get your glow on.





TAKE MONEY AND YOUR PHONE **5**

No matter how determined you are to smash your fitness goals, it's imperative that you stay safe. Hopefully you'll never need to use them, but take either a bank note (easier to carry than coins) or credit card in case of a sprain or strain that results in you needing to get a taxi or public transport home. A smartphone is also useful just in case something a little more serious arises or you get lost and need a map!



CHECK YOUR MUSIC LEVELS **4**

Listening to music while you're running can be a great motivator and even help you mentally escape. You should always be able to hear your surroundings, however, especially when you're near busy roads. You can do this by simply keeping your volume down or running with just one ear bud in.



3 AVOID POLLUTED AREAS

Studies show that running in a polluted environment can decrease oxygen intake by up to 11 percent, thereby reducing athletic performance levels. Wherever possible avoid busy congested roads or junctions where cars are likely to be running idle. Instead, get as much fresh air as possible by running routes that include pedestrian-friendly parks, canal paths and back streets when safe.



WATCH OUT FOR OBSTACLES **6**

When you're running in a city or built-up area there a number of things going on around you at any one time. Always keep an eye out for potholes, loose footings, slippery drain covers and even low-level bollards. Falls and sprained ankles are never fun.



BE PREPARED TO STOP **7**

Most routes will include crossing a few roads or junctions with traffic lights, so it's quite likely that you'll have to stop and start every now and then. This can be frustrating, especially if you are trying to beat a previous time, but it's just part of urban running and something you'll have to accept. Keep the pace up by jogging on the spot until it's safe to continue.

WRAP IT UP

Wow DNA Tights, £50 adidas.co.uk

Studio Cardigan, £29.99

superdry.com



WEAR WITH...

Pointe Studio Nina
Grip Strap Sock, £10

thesportsedit.com

Bellabeat Leaf Activity
Tracker Rose Gold,
£120 bellabeat.com



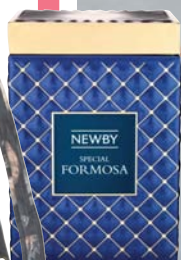
FLOWER POWER

Manuka Awakening Cuff Yoga

Pants, £48 johnlewis.com

Tychie Zip Up Top, £99

tedbaker.com



TEAM WITH...

The Urban Nomad Yoga

Bag, £85 anaheart.co.uk

Special Formosa Tea, £37

newbyteas.co.uk

FLEX IT

Stretch out the last
of winter's aches and
pains with a kit worthy
of a stylish flexinista





COOL CORAL

Ivy Park Camouflage-Print Stretch Leggings, £50 topshop.com
Lorna Jane Cover Double Strap Sports Bra, £39 activeinstyle.com



TEAM WITH...

Wide Yoga Belt, £7.20 yogamatters.com
Water Bottle, £6.99 hm.com



IN PRINT

Strappy Bra Training Tank Top, £24.95 adidas.co.uk
Performance Graphite Print Leggings, £25 marksandspencer.com



IN THE PINK

Yoga Tights, £19.99 hm.com
Fly By Tank Brill, £25 underarmour.co.uk



WEAR WITH...

Slim Logo Metallic Flip Flops, £14 havaianas-store.com
Dogeared Make A Wish Bracelet, £8 asos.com



STAR GAZING

Thermodynamic Run Leggings, £90 sweatybetty.com
Ivy Park Stretch-jersey Sports Bra, £20 topshop.com



WEAR WITH...

Constellations Mat, £87 blisscloud.org
De-Stress Himalayan Bath Salts, £42 aromatherapyassociates.com



TEAM WITH...

Clean And Lean Serenity Shake, £50 bodyism.com
Manduka Recycled Foam Block, £15 yogamatters.com



Full of calming herbs, Serenity is rich in antioxidants to control blood sugar levels

AND

Un Encens Etoile Scented Candle, £48 diptyqueparis.co.uk



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TOP FORM

Stay strong with the latest news, reviews and workouts

Ramp it up

If your workouts are lacking spark, try out HIIT (high intensity interval training), as new research by McMaster University in Canada has found that this type of exercise is more enjoyable than other forms! Try this simple, full-body routine from Michael Weston, fitness manager at Everyone Active (everyoneactive.com):

- 1 Skaters (start in a small squat, then jump sideways to the left, landing on your left leg. Bring your right leg behind to your left ankle and don't let it touch the floor, return to the beginning position and then repeat on your right leg)
- 2 Squat thrusts (similar to a burpee, minus the final jump)
- 3 Bunny hops (stand with your feet shoulder-width apart, bend your knees and bring your arms behind you, then jump up and forwards, raising your hands into the air and land back in the start position)
- 4 Plyometric lunges (rapidly changing from one leg to the other)
- 5 Side shuttle floor touches (start standing with your feet shoulder-width apart, then take two steps to your left and reach down to touch your outside foot with your right hand, then repeat the entire movement on the other side)
- 6 V sit-ups (begin seated with your knees bent and your feet off the floor, then slowly lower your legs down, stopping before you reach the ground. Use your abs to return to the starting position and repeat)



Your Fitness Says...

EACH MOVE SHOULD BE DONE FOR 30 SECONDS WITH A 10-SECOND REST IN BETWEEN EXERCISES. TRY TO COMPLETE THE ROUTINE TWICE



NO EXCUSES

LOSE THE WEIGHT



MAKE IT #YOURYEAR

START NOW AT **Argos**

W A L K YOUR WAY *Slim*

If we told you that we'd discovered a no-sweat workout that can amp up fat loss, enhance your current fitness regime and boost wellbeing all while being seamlessly integrated into your daily routine, you'd be interested, right? Well keep reading because we have it on good authority that getting your 10,000 a day steps can do just that! True, the average person only manages around 4,000, but we've developed the ultimate plan to help you get there with minimal effort involved!



Get up and go

500 STEPS

POTENTIAL KCAL BURN: 25

You'd be surprised at how many steps you can get in before you even leave the house. Walking to the bathroom to shower, back to the bedroom to get dressed and down to the kitchen for breakfast – it all adds up. Just ensure that you're making every second count – there's a lot to be said for pacing while you brush your teeth or while the kettle is boiling.

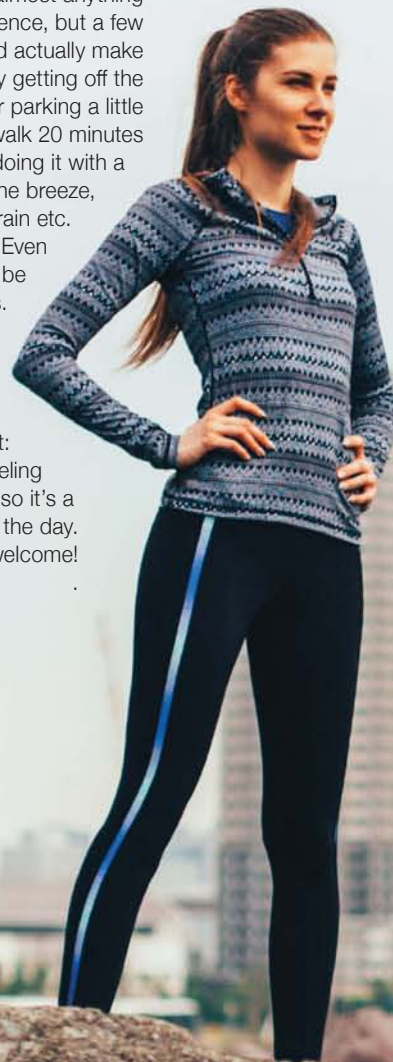
On-the-go

2,000 STEPS

POTENTIAL KCAL BURN: 100

We get that the commute is quite possibly one of the dullest drudgeries of modern-day life and that you'd do almost anything to eradicate its existence, but a few interjected steps could actually make it bearable, trust us! Try getting off the tube a few stops earlier or parking a little further afield so that you can walk 20 minutes every morning. Brownie points for doing it with a mindful outlook: noticing the sound of the breeze, the colour of the leaves and smell of the rain etc. Got a school run to fit into your morning? Even better! Apply the same tactic and you'll be improving your health and your child's.

Offer to carry their school bags and you've even got yourself a weighted workout! Still having doubts? Just know that there's no better form of exercise than that with a purpose. Think about it: even if you're tired, bored or simply not feeling it, you can't stop till you get there, so it's a fail-proof method of getting active during the day. You're welcome!



Break time

4,000 STEPS

POTENTIAL KCAL BURN: 200

Be honest, how do you tend to spend your lunch breaks? If you're anything like us, you're probably used to devouring a salad at your desk with one hand on the keyboard. It's one of the worst things you can do for your health, wellbeing and even your productivity. Yes, you read that correctly! Working through may seem like a good way to tackle your to-do list, but studies show that it can actually reduce productivity by up to 20 percent. Nevertheless, 70 percent of British workers admit to skipping their lunch hour on a daily basis.

Break the routine and get outside for those 60 minutes instead. A brisk walk can do wonders for your mindset as well as your waistline, just be sure to keep up the pace. We like to use a playlist to keep our steps in time.

70% of British workers admit to skipping their lunch hour on a daily basis.



Home sweet home

2,000 STEPS

POTENTIAL KCAL BURN: 100

Another great thing about ditching transport 20 minutes from work?

You also have to walk 20 minutes to get back. It's a great time to reflect on what you've done that day and make goals (personal and career-based) for the upcoming week.

Social climbing

2,000 STEPS

POTENTIAL KCAL BURN: 100

When 5pm hits, it's all too easy to grab your work pals and head down to nearest local, but why not walk a little further and try somewhere new? Better yet, try a few. Stick to one drink per location with a 10 minute walk in between and happy hour can easily turn into your new favourite fitness session!

We recommend fruit juice or sparkling water for ultimate slimming benefits, but if you can't resist having just one, opt for a clear spirit with a low sugar mixer such as a vodka, soda and fresh lime (just a single mind!).

After eight

1,000 STEPS

POTENTIAL KCAL BURN: 50

Even when the day is over you can still keep burning calories. It's all about your approach. Instead of performing a circus-worthy balancing act trying to carry your dinner, salad bowl and drink to the dining area, make multiple trips; when you need to use the bathroom, take the stairs rather than using the cloakroom; and if you need to talk to your significant other, go to them instead of hollering at the top of your lungs.

TOTAL STEPS: 11,500

POTENTIAL CALORIE BURN: 575

4 OF THE BEST STEP TRACKERS



MISFIT RAY

£79.99,
MISFIT.COM



SONY SMARTBAND TALK SWR30

£79.99,
TOBYDEALS.COM



FITBIT CHARGE 2

£134.99,
SELFRIDGES



JAWBONE UP3

£64.95,
AMAZON.CO.UK



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5 MOVES TO

TONE YOUR BUM

Personal trainer
Kristoph Thompson
reveals his top moves
to help lift your bum

These exercises all target the butt and thighs, perfect for giving your bum a lift. Perform each of the exercises one after the other in a circuit for 30 seconds each, and repeat the circuit three times in total. To increase the challenge throw in 30 seconds of skipping or jumping jacks between each exercise.



1/ SQUAT AND PULSE
Begin standing with your arms by your sides, feet slightly wider than hip-width apart. Bend your hips and knees to come into a squat with your hips just higher than your knees, keeping your back straight and without lifting your chin. Straighten your legs to come halfway back up and pause before lowering back down again, then return to standing. To make it harder, use weights.



2/ LUNGE WITH KNEE UP

Begin standing, with your feet hip-width apart and arms by your sides. Take a large step forwards with one foot then bend your hips and knees to come into a lunge position with your back knee just above the floor and your upper body upright. Press through your front foot, straightening your back leg. Then lift your front foot off the floor, distributing your weight to the back foot, and return to a normal standing position with your front foot still in the air and hip bent to 90 degrees. Balance there for a count of one then put your foot back on the ground and repeat with the other leg. To make this move harder, hold weights in your hands.



3/ GLUTE BRIDGE WITH MARCH

Lie on your back with your hips and knees bent and your feet flat on the floor, arms straight out to the sides for support. Contract your glutes to lift your hips off the floor, forming a straight line from your shoulders to your knees. Keep the back of your neck long, without dropping your chin towards your chest. Lift your right foot off the floor and bring your knee in towards your chest so your right thigh points straight upwards. Keep your core and glutes engaged and your hips level. Hold for a count of one. Lower your right foot and then repeat with the left leg.



4/ SINGLE LEG HIP HINGE

Begin standing with your right foot slightly further forward than your left. Lean forward, hinging from the hips, lifting your left leg back to form a straight line from left heel all the way to your head.

Allow your arms to hang straight down towards the floor or lift them up by your ears. Slowly reverse the movement to return to the starting position then repeat on the other leg. Use weights to make it harder.



5/ HIP BRIDGE WITH HAMSTRING CURL

Begin lying on your back with your legs straight and the backs of your calves resting on top of a stability ball. Take your arms straight out to the sides for support. Lift your hips to form a straight line from your head to your feet – this is your starting position. Keeping the hips lifted, bend your knees to draw the ball in towards your body. Hold this position then straighten your right leg so it points straight up towards the ceiling. Bend the leg and return it onto the ball. Slowly straighten your legs then repeat, lifting your left leg.



Show off your shoulders with this

FOUR-WEEK PLAN

So, you want toned triceps like Jessica Biel.

Who doesn't? The good news is that all it takes is a little focus on the right muscle groups – your biceps, triceps, front and rear shoulder muscles. And that's what you'll find right here – a mix of eight exercises that work you from every angle. Aim to perform the routine at least twice a week on non-consecutive days and don't forget to work the rest of your physique by teaming this workout with another full-body routine. Ready to go?

GUIDELINES

- You will need a light pair of dumbbells (try 4kg), a light resistance band, a weight plate and a moderate weight set of dumbbells (try 6kg).
- Warm up by doing five minutes of cardiovascular exercise such as a gentle row on the rowing machine.
- Add this workout to your training regime. Aim for two sessions a week, doing a full body workout on another two days. Rest for two minutes between each move.
- Follow this routine for a month to see a change in your arm muscle definition. Make sure you increase the weights when they stop challenging you.

THE PLAN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Arm Workout	Rest	Full Body Workout	Rest	Arm Workout	Active Day – walk, run, swim	Full Body Workout
WEEK 2	Arm Workout	Rest	Full Body Workout	Rest	Arm Workout	Active Day – walk, run, swim	Full Body Workout
WEEK 3	Arm Workout	Rest	Full Body Workout	Rest	Arm Workout	Active Day – walk, run, swim	Full Body Workout
WEEK 4	Arm Workout	Rest	Full Body Workout	Rest	Arm Workout	Active Day – walk, run, swim	Full Body Workout





THE WORKOUT

1 **LAT RAISE** 2-3 SETS OF 15-20 REPS

- 1 Stand with your feet hip-width apart and your knees slightly bent. Hold a dumbbell in each hand with your arms down by your sides
- 2 Raise both of your arms straight out to the sides until they reach shoulder level
- 3 Lower both of your arms together, then pause and repeat



2 **FRONT RAISE** 2-3 SETS OF 15-20 REPS

- 1 Stand with your feet hip-width apart and your knees slightly bent. Hold a weight plate (or two

dumbbells) in both of your hands in front of your body at hip level

- 2 Engage your abs and raise the plate up to shoulder level

- 3 Lower the plate back to the starting position, pause and repeat



3 **REAR BAND FLYE**

2-3 SETS OF 15-20 REPS

- 1 Begin by standing tall with a straight back and raising both of your arms out in front of you at shoulder level. Hold a resistance band in each of your hands, shoulder-width apart

- 2 Keeping your arms straight, pull the band out and back until you feel a squeeze between your shoulder blades
- 3 Slowly return to the start and repeat

DID YOU KNOW? Resistance bands allow you to perform strength training without weights, meaning that they're great for exercising when travelling



4 SHOULDER PRESS

2-3 SETS OF 15-20 REPS

- 1 Stand tall with dumbbells to each side of your shoulders and your elbows under your wrists
- 2 Press the dumbbells from your shoulders until your

arms are straight and squeeze your thighs and glutes to keep the rest of your body stable

- 3 Lower back to the starting position and then press the dumbbells overhead again

PT TIP Hold the dumbbells in the middle of the handle with a firm grip. Ensure you keep them level throughout the move



5 STANDING BICEP CURL

2-3 SETS OF 15-20 REPS

- 1 Stand up straight with your core engaged and your knees slightly bent
- 2 With your arms straight by your sides, hold a dumbbell in each of your hands with an

underhand grip (palms facing away from you)

- 3 Squeeze your elbows close to your body as you curl the dumbbells up towards your chest
- 4 Slowly lower the dumbbells until your arms are straight again. Repeat

PT TIP Focus on using your biceps to curl the dumbbells



6 SEATED HAMMER CURL

2-3 SETS OF 15-20 REPS (per arm)

- 1 Sit on an exercise ball, bench or chair (any platform will do) with a dumbbell in each of your hands

- 2 Hold the weights with a neutral grip (your palms should be facing each other)
- 3 Curl the right dumbbell upwards by bending your elbow
- 4 Pause for a second and lower the right dumbbell. Repeat on the left side. Continue alternating



7 TRICEP EXTENSION

1-2 SETS OF 15-20 REPS

- 1 Stand up straight with your core engaged and your knees slightly bent
- 2 Hold a dumbbell in both hands and raise it above your head

- 3 Keep your elbows close to your ears and bend them to lower the weight behind your head
- 4 Pause, before raising it back up again

DID YOU KNOW? Your triceps help to stabilise your shoulder joint, so by strengthening these muscles, you increase your flexibility and range of motion

8 TRICEP DIP

2-3 SETS OF 15-20 REPS

- 1 Sit on the front edge of a sturdy surface, such as a workout bench or couch, with your palms either side of your hips
- 2 Straighten your arms and shift your hips forward

to just in front of the bench. Extend your legs or keep your feet flat on the floor

- 3 Bend your elbows to a 90-degree angle to lower your hips towards the floor. Straighten your arms and repeat



SHOP THE LOOK

UPDATE YOUR WORKOUT WARDROBE AND SHAPE UP IN STYLE WITH THIS MONTH'S TOP PICKS



River Island Active Burgundy Layered Sports Bra Top, £22 riverisland.com



Sweaty Betty Contour Workout Leggings, £55 sweatybetty.com



Nike Air Max Thea Flyknit, £110 nike.com

Personal trainer: Sarah Ivory (sarah-ivory.com), **Photography:** Cliqq (cliqq.co.uk), **Hair and make-up:** Jo Adams (hairandmakeupatelier.com), **Model:** Emma Atkins, W Model Management, **Clothing:** Top: Bjorn Borg (bjornborg.com), Leggings: Sweaty Betty (sweatybetty.com), **Trainers:** Adidas by Stella McCartney (adidas.co.uk), with thanks to Stoke By Nayland Hotel, Golf and Spa (stokebynayland.com)

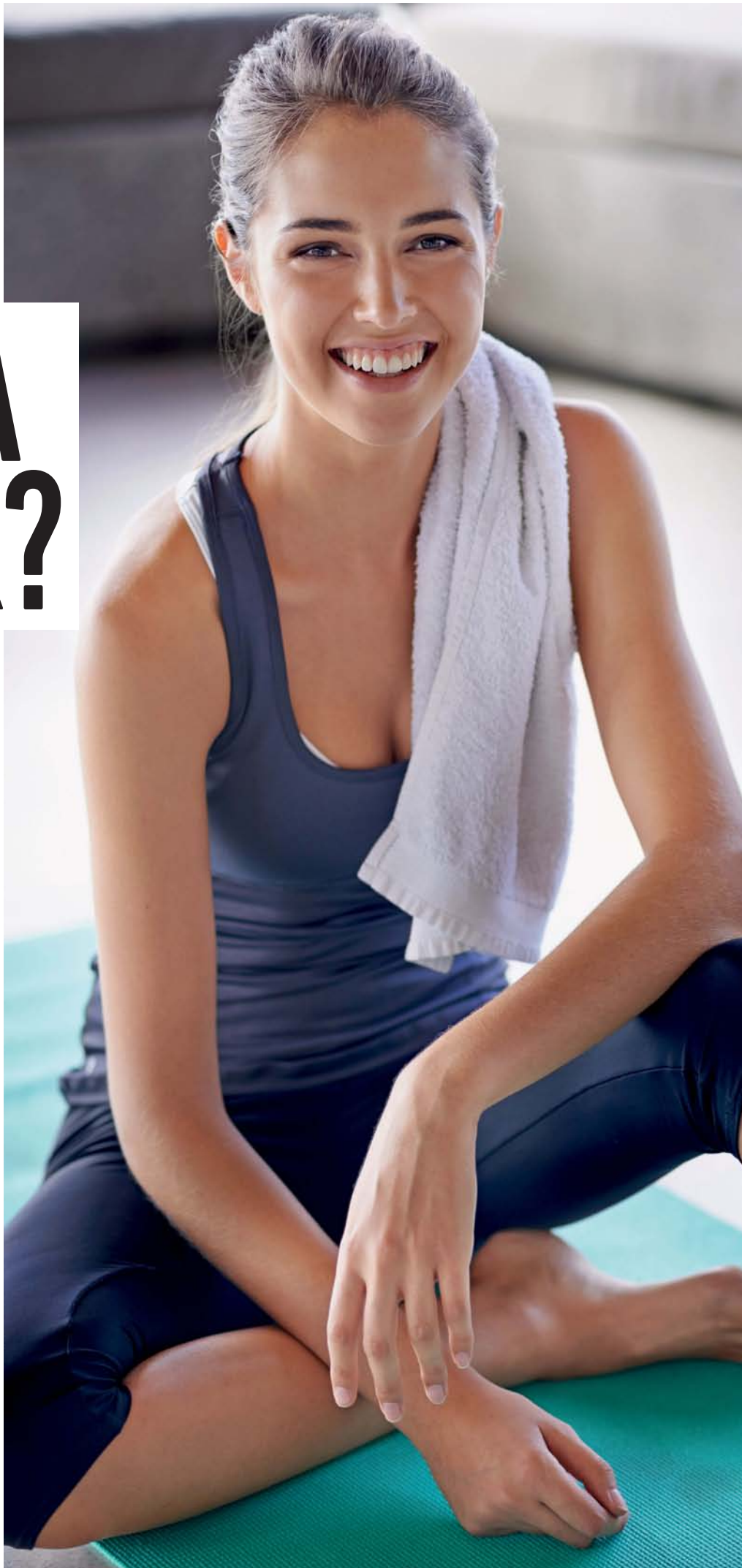
Time to **TAKE A BREAK?**

The jury is always out on when it's OK to take a breather from your workouts, but don't you worry, *YF* is on the case

Any expert will agree that periodic breaks are an integral part of a healthy fitness routine; burnout and injury are never fun. Of course, the general consensus is that your exercise regime should be peppered with rest days not weeks (or months!), which can often leave us confused when it comes working out in times of fatigue, illness and injury, not to mention guilt-ridden should we decide to rest and recover for too long. At *YF* HQ we're always quizzing each other on whether it's ok to go for a run with the sniffles or carry on with yoga while sporting an injured ankle. So we sought out the expert advice of Andy Bowness, CEO of online fitness website bodireel.com, to set the record straight once and for all.

MIND OVER MATTER

We've all been there: you've just come home from a long day at work and the prospect of going back out the door to hit the gym feels nigh on impossible. As if on cue, your throat starts to feel a bit tight (must be a cold!), your tiredness increases so rapidly that you can barely keep your eyes open and you suddenly realise that your evening to-do list is a mile long, which of course sends your stress levels soaring. In this



moment it can feel all too easy to justify not exercising, so it's worth being brutally honest with yourself about why you don't want to go.

"Getting results from your training requires you to train well, consistently," says Andy. The more high quality workouts you do, the more you'll see the effects. The key to knowing when you should skip a workout is learning to identify when you're looking for an excuse, or when your mind and/or body genuinely needs a rest. If you're actually overtired – physically or mentally – you won't be able to train properly anyway, so in this instance it's OK to take a day (no more than two) for recovery. If you're just not feeling it, and it happens to the best of us, it's imperative that you push through. Nobody would get into good shape if they skipped out every time they didn't feel like it."

If you're consistently unmotivated to do your workouts, however, it might be time to reassess your approach. Perhaps you don't set aside enough time for your workouts, which leaves you feeling like it's always a struggle to fit it in. Or maybe you need to plan what you're doing at the gym in advance – that way all you need to focus on is getting there. Failing this, it could simply be that it's time to try something new. Maybe you don't want to go to the gym, but that doesn't mean you won't want to go rock climbing, ballroom dancing or boxing instead.

INJURED PARTY

When it comes to injury the case gets a little clearer: Medical professionals and trainers will always advise that you take a break until you're suitably healed, but this can be easier said than done when your knee is taking ages to get better and you can literally feel your hard-earned health and vitality slipping away by the minute.

"Cardiovascular fitness is lost faster than muscle tone and mass," says Andy. "But, it's highly subjective. There are several factors relating to the individual, such as genetics, how long you were in shape and what you do when you take time off, that will impact how quickly you lose your fitness levels. Generally speaking, however, muscle will begin to visibly decline after

10 days to two weeks and cardiovascular fitness begins to decrease after three to four days."

With time scales like these, it can feel like torture to simply sit around and do nothing, but all is not lost, says Andy: "There's no reason to give up on fitness entirely while you heal. I actively encourage my clients to find exercises that they can do without exacerbating the injury. So, if you have a sprained ankle, for example, maintain as much muscle as possible with resistance exercises that don't involve ankle support. Swimming is perfect for injuries such as this because it has both cardio and resistance, helping you retain your upper body muscle tone."

UNDER THE WEATHER

Sickness is one of those grey areas that even pro athletes can't quite figure out. On the one hand, you want to get better and you need rest for that. On the other, you want to keep fit and a healthy body means increased immunity, right?

"Generally speaking, it's not good advice to exercise heavily when you're sick," says Andy. "But depending on the illness it can be OK to train in certain circumstances. If you have a mild cold you can exercise lightly to maintain routine and keep the body ticking over, but you shouldn't push yourself. The best advice I can give you is to listen to your body. In most instances, it will be quite obvious what you should do."

STARTING OVER

If you do end up having to take an untimely fitness reprieve, getting back into the swing of things can be extremely daunting. You left a champion athlete and have returned a complete newbie. "Just start slowly and don't put any pressure on yourself," says Andy. "Habit is the key to getting back into shape, so try really hard to establish a training routine. As you start to train frequently again, you'll naturally push yourself more and more as time goes by. Once you're in the groove you can start to concentrate on making your workouts more efficient and focused."

THE FINAL VERDICT



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Jam packed to-do list?

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Mild illness

Take it slow – try a scenic walk



Severe illness

To bed with you!



Injury

Time to try something new that doesn't require support from your hurt body part



Boredom

Mix things up with our list of new hybrid workouts on page 112

"If you're actually overtired – physically or mentally – you won't be able to train properly anyway, so in this instance it's OK to take a day (no more than two) for recovery"

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A woman with long dark hair, wearing a grey long-sleeved shirt under a black quilted vest with pink trim, and black leggings. She is smiling and has her right hand on her head. A smartphone is mounted on her left arm in a grey and orange armband. The background is a light-colored, textured wall.

Your FITNESS QUESTIONS, *answered*

Be honest – there's a workout question you've been dying to ask! Whether you're a gym newbie or a fitness fanatic, we've tapped the top trainers for their need-to-know facts

WORDS: Sarah Ivory



WHAT'S THE BEST WAY TO BURN FAT FAST?

Comfort food, chocolates, DVD marathons – there's a reason why we all feel a little wider after winter.

Festive fat gain sends hordes of us heading to the gym, but don't feel silly if you don't know how to lose weight. PTs often get asked how to shed fat fast. "It's a matter of combining strength with cardio and then keeping your nutrition on point," reveals Josiah Hunte, personal trainer at Josiah Hunte Fitness. "I tell clients to alter their diet so that it helps them gain muscle – stick with lean fish or white meat, complex carbs, good fats and plenty of veg. Drop sugar, starchy foods, milk and cheese. Try a mix of sprints and weight training three to five times a week. I recommend four rounds of 400m sprints followed by moves like the clean and press, seated pull-ups and dumbbell press-ups."



HOW CAN I SCULPT A SUPER-FLAT TUMMY?

We all want to have an uber-toned tum but exercise alone won't achieve this effect. For abs that are worth showing off, Kate Maxey, personal trainer for Adidas, has the following advice:

"Lift heavy weights in the gym – the more resistance work you do the longer your body will burn fat post-workout. It's also worth rotating the body because we spend so much time operating in the backwards and forwards plane of movement. Try rotational exercises [such as wood chops or Russian twists]. Ditch the sugar – this will reduce visceral fat around the abdominal area. And finally, de-stress. High cortisol levels can encourage the build-up of abdominal fat due to the stomach area having more cortisol receptors than anywhere else in the body. Take up yoga or meditation to lower levels of the fat-storing hormone."



CAN I LOSE WEIGHT DOING YOGA?

Take note – stress isn't good for your waistline. Yoga is the perfect way to de-stress and get strong, but can you really whittle your waistline doing the ancient poses? Yes, you can. "Yoga has been criticised for not being an efficient weight loss technique but that's because people are measuring calories burned and not considering the overall health benefits," says Michele Panetta, owner of Fierce Grace. "It calms the mind, reduces stress and therefore reduces appetite. Plus, a typically strenuous yoga class could see someone burning anywhere between 400-600 calories per hour." Time to hit the studio?



WILL LIFTING WEIGHTS MAKE ME LOOK BIG AND BULKY?

Conundrum – you want arms like Cameron Diaz but fear that lifting weights will make you look as muscular as Arnie. A fear of bulking up steers many women away from the

weights room, which is a mistake. "Women have a different hormone profile to men and, generally, cannot gain enough lean mass to look what many consider to be 'too big'," explains Bio-Synergy fitness model and personal trainer Lawrie Gormley. "There are so many positives to weight training – the more muscle you have the faster your metabolism will be, and this converts to greater fat loss. Don't fear the dumbbells – they could change your whole outlook on exercise and bring a new element of variety to your training programme."





OUCH! WHY DO I FEEL SORE ALL OVER?



You've been hitting the gym hard since January 1st and now your body feels like it's gone a few rounds with Ronda Rousey. We hear you! If you're new to exercise or haven't done a particular type of activity for some time, it's likely that your muscles will feel a little (translate: very) sore. This is not necessarily a bad thing – it's due to

micro tears to the muscle fibres, which lead to muscle repair and growth. Fortunately, experts know how to minimise the pain. "Start each session with a slow build-up," says Toby Garbett, Olympian and double-world champion. "Evidence shows that a dynamic warm-up is better than static stretching for preventing injuries and soreness. For immediate management of sore muscles, I also apply a cooling spray like Deep Freeze Pain Relief Cold Spray to the area after exercise. This will help reduce inflammation and therefore decrease the chance of muscle injury, not to mention speed up the recovery process. Heat will also increase blood flow to the area, providing oxygen and nutrients to the muscle, which will aid the healing process."

HOW MANY TIMES A WEEK SHOULD I WORK OUT?



One of the most common excuses personal trainers get for people skipping the gym is a 'lack of time'. But here's the thing – you don't need oodles of hours to reap great workout results. So how many times a week should you be exercising? "As a beginner, you should be looking to exercise around three times a week," says Carly

Siaperas, owner of FlexPT studio (flexpt.co.uk). "To make the most of your time, ensure that each workout hits all areas of the body." A good way to do this is with compound exercises that work multiple muscles at once, such as squats, deadlifts and presses. "As you become more advanced, you might want to split up your routine so that you're working different muscle groups on each day," adds Carly. "A basic routine might include working the chest and tricep muscles on Monday, back and bicep muscles on Wednesday, and legs and shoulders on Friday. If you're even more advanced, you may repeat this routine twice a week with one day off." Simple.

WHAT ARE THE BEST EXERCISES FOR SCULPTING AND TONING MY ARMS?



Svelte arms that look great in tank tops are one of the most coveted body parts for women today, but just how do you eliminate arm flab? One word: boxing. "Boxing is growing in popularity and for good reason – it's the perfect

combination of cardiovascular and strength training," says Tameka Small, fitness expert for the Balance Festival. "Any form of interval training will get your heart rate up, which will send your body into that fat-burning zone. And, although you can't spot train to shed fat from a particular area, you can support weight loss by building arm and shoulder muscle definition. Some of my favourite exercises for toning the arms are plank walk-outs, press-ups and kettlebell moves, such as kettlebell rows and military presses."

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Perfect your stride with these training plans, kit buys and elite tips



No pain, all gain

Avoiding heading out for a jog round the block because you're worried about sore knees? Listen up. It's long been thought that running, especially over long distances, causes inflammation, but new research by Brigham Young University in the US suggests that pounding the pavements actually has the opposite effect and can lower pain. If you're a beginner, remember to ease into a training regime slowly to stabilise your joints.

Your Fitness *Says...*

TRAINING WEBSITE THE RUNNING BUG ([THERUNNINGBUG.COM](http://therunningbug.com)) RECOMMENDS A SLOW, THREE TO FIVE MINUTE WALK BEFORE YOU BEGIN TO HELP CIRCULATE THE BLOOD THROUGH ALL OF YOUR MUSCLES

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GUIDE TO SMASHING 5K

Along with completing your first push-up (and we don't mean the girly ones), getting into your old jeans and collecting your first weight loss compliment, running 5k is up there with fitness milestones. Whether it's setting your sights on the marathon or your local park run, the most daunting part isn't the goal, it's starting. But, we've got you covered because Dan Roberts is the founder of The Dan Roberts Group (danrobertsgroup.com) and all-round man in the know when it comes to running and he's put together your ultimate 5k training and diet plan. So, lace up and let's go!

Running, when done correctly, is one of the most fun, versatile and mindful activities you will ever do. It's possibly the most functional exercise there is and now's the perfect time to start as we head out of winter. I've trained lots of runners over the years – from Team GB 100m sprinters to ultra-marathon adventurers running across the Sahara desert. I also use it as part of my tool kit to help those who are new to exercise and want to lose weight, tone up and increase general fitness. The best thing about running is that it's suitable for everyone – in fact, the harder you find it, the more beneficial it probably is.

The best way to start running is to simply, well, start! Test out how you feel to begin with by walking and then pick up the pace and jog a little bit. After you have done this first run, do it again, four more times over the next couple of weeks. Initially, just put it in the diary and force yourself to do it – it doesn't matter how far, or how fast at this stage. The point is we need to create a little habit. Now, once you've been running several times the question changes from how do I start, to how do I get better? This is a far more powerful question and searching for the answers will keep you motivated.

“When you are racing or doing long distance then you should be more precise about sugars and controlling insulin for example, but for most of us optimising sports nutrition isn't necessary”

THE WARM UP

Before a run, it's always been drummed into us to stretch – from PE teachers at school to personal trainers in adulthood. There is an ever-increasing quantity of good science on how best to warm up and there are lots of theories floating around. It can be confusing to know who to listen to, but I believe that traditional static stretches are definitely a bad idea before a run – a warm up should take into consideration not just what you're doing but your unique physiology.

So what are you to do? Well, as most of us sit down all day I would recommend walking briefly for five minutes before jogging to wake your body up and get your mind into training mode. You also can't go wrong with a set of deep squats, a set of simply swinging your arms whilst standing and a handful of spinal rotations. If you feel particularly tight in a certain area, then do some mobility work to loosen them up.

EATING FOR RUNNERS

In my 20 years of coaching I would say that nearly all people I know over-eat when starting a new exercise regime. Fuelling up is more relevant to athletes who hold little reserves and unfortunately that just isn't the case for most of us! If you are a bit softer than you used to be and assuming you're running less than 90 minutes at a time and have eaten a proper meal within the last five hours, you have enough fuel to run. When you are racing or doing long distance then you should be more precise about sugars and controlling insulin for example, but for most of us optimising sports nutrition isn't necessary. As long as your diet is varied, full of nutrient-dense foods and appropriate for your size, then burning an extra thousand or so calories a week while getting into running or utilising my programme, is no big deal and not worth stressing over.

In today's society metrics are the rage and as a result, we sometimes miss the point of exercise. Running is fun! When you start you don't need the perfect gear, optimal heart rate, that timed-released organic protein, special technique and ice baths after every long run. I think it's best just to be playful and enjoy moving. With this in mind I think a 5k challenge a fantastic first event to train for – anyone can do a 5k with a little bit of conditioning and a progressive exercise plan.



Pro
RUNNING



Images: Penneys

DAN'S BEGINNERS' 5K PLAN

5k **GUIDE**

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	7-min walk + 3-min jog	Rest	5-min walk + 3-min jog + 2-min walk	Rest	Rest	Strength workout	Rest
WEEK 2	7-min walk + 6-min jog	Rest	4-min walk 6-min jog + 5-min walk	Rest	Strength workout	Rest	Rest
WEEK 3	7-min walk + 8-min jog	Rest	1-min walk + 9-min jog	Rest	5-min walk + 5-min jog	Strength workout	Rest
WEEK 4	7-min walk + 15-min jog	Rest	10-min walk + 11-min run	Rest	Strength workout	Strength workout	Rest
WEEK 5	7-min walk + 18-min jog	Rest	12-min walk + 13-min run	Rest	Strength workout	Rest	Rest
WEEK 6	7-min walk + 21-min jog	Rest	2-min walk + 10-min jog	30-min walk	Rest	Strength workout	Rest
WEEK 7	7-min walk + 24-min jog	Rest	10-min walk + 20-min jog	Rest	Strength workout	Rest	Rest
WEEK 8	7-min walk + 27-min jog	Rest	15-min walk + 20-min jog	Rest	15-min walk	Rest	5k



RECOVERY

When we sit down all day our muscles and tendons tighten up. Although running is great, the limited and repeated movement doesn't loosen up and mobilise your entire body – in fact, some things get even tighter. My advice is pay attention to your hip flexors, glutes and calves as these three areas are often weak, tight and lead to issues that will effect running your 5k pain-free. Doing my home strength workout once a week as scheduled will resolve this. In addition to this, roll out (on a foam roller), do yoga or stretch for five minutes after every run or before going to bed.

STRENGTH WORKOUT

BODY WEIGHT DEEP SQUATS

> 4 sets of 12

PRESS UPS

> 5 sets of as many as you can do with a 30 second break in between

ALTERNATE WALKING LUNGES

> 60 reps

SIDE PLANK

> 2 sets of 45 seconds each side

ONE-LEGGED ROMANIAN DEADLIFTS

Stand on one leg, and keep that knee slightly bent throughout. Bend at the hip, extending your free leg behind

you for balance. Continue lowering your body until you are parallel to the ground, then return to the upright position.

> 2 sets of 10 each side.

TRIANGLE POSE

From a standing position turn your right toes to the right and the left toes slightly inwards. Inhale and press the left hips out to the left as you slide both arms to the right parallel to the floor. Exhale and raise your left arm up and rest the right hand against the right leg, with the palms facing forward. Breathe and hold for three to six breaths.

> Hold for 30 seconds each side

KEEP ROLLIN'

Foam rollers have become really popular in recent years. If you have one to hand (or in your local gym), then I would recommend five minutes of calves, glute and lower back work. There's no complicated technique, just roll around on it and when you find a tight bit hold still for a minute or two to loosen up your fascia (the connective tissue below the skin).

Work on your ITB (the outer side of legs) is often over-prescribed by coaches or magazines, but the tightness in that area isn't usually caused by tight ITBs but is a symptom of weak glute medius. It won't harm you to do a few minutes of ITB release (by rolling over your IT band with a roller), but it is worth noting that it may not be the wonder solution you expect!

MY TOP 3 RUNNING HACKS

1 Running should feel like floating. You should caress the floor and throw the road behind you with soft efficiency. Every so often, take your headphones out and listen to your feet – the more efficient your steps the quieter you will be. By trying to land quieter you will also improve your running efficiency.

2 Listen to your body more than other people's programmes. My 5k plan will help beginners, but what you have to remember is that I don't know you, your schedule, your lifestyle, your personality or fitness. So please take all generic advice with a pinch of salt and listen to what your body needs.

3 Enjoy a state of moving meditation. One of the fun things about running is that you can get into a meditative state quickly. It's quite easy to lose yourself in the steps, particularly with music in your ears – so my last hack is to make sure you're safe, run in well-lit areas and wear something reflective.

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Jenni Falconer

RUNNING *like a girl*

Each month the TV presenter, radio host and our woman pounding the pavements fills us in on her fitness diary

As we move into spring, you may have noticed that the amount of runners taking to the streets has definitely increased. It might be partly due to the remarkably decent weather, the fact it's the start of marathon training season or it may be that some enthusiasts are still committed to those (long forgotten by most of us) New Year resolutions.

Well, I'm one of those pavement pounders and I fall into the second category – running in preparation for a 26.2-miler. Yes, April will see me take on the London marathon once again and I can't wait! Because I've been on this journey a few times before, I do get asked a lot about the training regime and one of the most common queries is: 'How do you run continuously for such a long time?' So this week, I'm going to share my advice.

When I first started running longer distances in my early twenties, I could barely go for 10 minutes without having to catch my breath. However now, thanks to practice and time, I can run a full marathon without stopping once. So, how can you do it? Bear in mind that it really does take time for your body to adapt to running such a long distance, which is exactly why a decent marathon training plan is usually about four or five months. Whether you're gearing up for a big race, or embarking on your very first year of pavement-pounding and focusing just on making it round a 5k course without stopping, these tips should help.

1 First things first, the correct footwear is key to avoid injury and to ensure as comfortable a run as possible.

2 Next up, try running with a friend. This is a great way to take your mind off the fact that you are actually running. Stay at the pace of the slowest person and have a good catch up! I used to do long runs with my friend and TV presenter Ben Shephard and chat the entire way. In fact, there were a couple of times we got so side-tracked that we ran a lot further

"Make plans for after your run. It's hugely motivational having a deadline"

than planned. One day we went for 22 miles instead of 15!

3 This brings me to my next tip – plan your route. That way you know how far you've run and how long you have to go. Persuading yourself that you're nearly there can keep you going!

4 A great playlist does wonders and there are some tunes which I love to listen to when running. Mr Brightside by The Killers is one of my favourites – it has a great uptempo beat. Of course there are also brilliant playlists on Apple Music or Spotify.

5 Before heading out make sure you've fuelled your body – whether that's with a slice of toast, a banana or a dry bagel (what I opt for).

6 When you really are desperate to stop you need something to take your mind off jogging and this is when I count. I know it sounds daft but it really helps. One of my running buddies, Sophie Raworth, always laughs at me because she knows I'm counting. She'll run alongside me and ask what number I'm up to. I count every right step and when I get to 500, I start

again. It sounds absolutely ridiculous but don't mock it till you've tried it! I ran the entire London Marathon counting every right pace the year I crossed the finish line in three and a half hours so it works for me!

7 Make plans for after your run. It's hugely motivational having a deadline. After one marathon I had to go to the Baftas, so completing it in more than four hours wasn't even an option. Thankfully I finished and still had time for a massage before the red carpet.

8 Finally, you need to realise how amazing you will feel afterwards. Once you're home, you will feel so incredibly proud that it will make all the pain totally worthwhile. Good luck and remember, there is no rule saying you can't take a break from time to time. You'll get there in the end!



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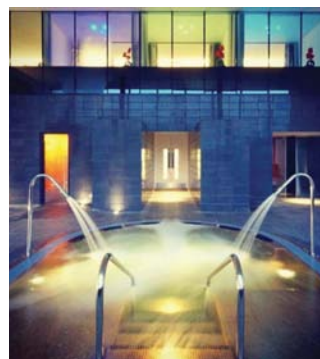
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wraps to soothe aching muscles after a session in the gym. The restaurant is open all day, offering a variety of freshly prepared healthy cuisine using local produce.

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A scenic photograph of a pond with lily pads and a forest background. The pond is filled with green lily pads and some white flowers. The water is calm, reflecting the sky and the surrounding trees. The sky is blue with white clouds. The trees are lush green, and there are some rocks in the foreground.

PRIZE
WORTH
£1,500!

HOW TO ENTER:

Log on to our website, yourfitnesstoday.com, and answer the question below correctly to be in with a chance of winning this amazing prize!

Q) [Where is Lifehouse Spa located?](#)

- A) Cambridgeshire
- B) Essex
- C) Kent

THE GRASS IS GREENER

Amazing Grass Alkalise & Detox Green Superfood Blend includes a combination of organic, non-GMO wheat grass, barley grass, alfalfa, spirulina, spinach, and broccoli and herbs, spices, fruit and vegetables to help restore your pH balance and rid your body of harmful toxins. Every serving is full of all the necessary vitamins and minerals you and your loved ones need to start and finish the day feeling healthy. Plus it's raw, vegan and gluten-free. To use, simply mix one serving with 8 or more fluid ounces of water, juice, or mixed into your favourite smoothie. £29.99 amazinggrassuk.com



TEA TIME

Make time for tea with matcha – it's 100 percent natural, organic green tea leaves which have been carefully ground down to a powder. It's super concentrated and packed full of the goodness we need to help keep us looking and feeling happy and healthy. Prices start at £1.89 and you can discover more at teapigs.co.uk



QI TEAS

An ideal choice following the indulgences of the festive season is Qi's Organic Detox Tea. A light and refreshing green tea with a unique blend of natural, medicinal-grade ingredients renowned for purifying the body and regulating the digestion. This delicious blend has a fresh citrus taste and is an ideal addition to a healthy, active lifestyle. qi-teas.com from £1.59.



PUT THE KETTLE ON

If you thought shifting the lbs was going to take months of strict diets and gruelling workouts, you can take the pressure off with Heath & Heather's Organic Detoxing Slim



Tea. Combining nature's finest organic herbs and botanicals, each brew detoxifies your body and assists with healthy, natural weight loss. How? Its inclusion of green yerba mate, guarana seeds and psyllium boost metabolism, support natural bowel movements, cleanse the gut and

curb food cravings. £2.99 heathandheather.co.uk

FACE VALUE

Whipping winds, indulgent food and central heating – yep, winter is not kind to our skin. With so much focus on detoxing the inside, it's easy to forget about the outside. Give your complexion a detoxing boost with this DIY face mask, made from 100 percent organic vegan and cruelty-free ingredients. The clay and rose water blend pulls toxins and impurities from the skin leaving a radiant complexion. With its devoted fan base and celebrity following, the results speak for themselves. £24.99 for seven masks Available From Holland And Barrett Stores or online Facetox.com



Clean BREAK

Give your body a spring clean with these top wellness picks



PRESSED FOR TIME

Struggling to fit in your five-a-day? Dietox's organic, cold-pressed juice cleanses are the perfect way to purify your body, while kick starting a healthy lifestyle. The selection of fresh, juice-based therapies range from one to five days making it manageable to fit into your everyday routine. If you need to see bigger results, Dietox also offer exercise and diet plan programmes from their in-house nutritionist. Each pack contains six cold-pressed juices, created from seasonal fruit, vegetables, super-foods and seaweeds. One day plan £50 dietox.uk.

FIT KIT

Upgrade your fitness wardrobe with the latest workout styles



Eco-friendly fashion

These days we're all trying to be more environmentally friendly – recycling paper, buying more local produce and taking public transport rather than driving. So it's not surprising that fashion brands are taking note. Enter PAMA London, a brand new activewear range made from natural resources, including charcoal bamboo. All of the high-quality pieces feature water resist, anti-odour and breathable fabric, while being ethically produced. With the belief that exercise begins with the mind, PAMA London adopts the key principles of yoga, focusing not only on what you put inside your body, but also the things you put onto it.

Your Fitness *Says...*

**WE LOVE THE BLACK VENICE TOP (£110) AND THE BEVERLY HILLS LEGGINGS (£130) (PICTURED).
HEAD TO [PAMALONDON.COM](https://pamalondon.com) TO SEE THE FULL RANGE**

Treat mum to younger-looking skin

Looking for the ideal gift for Mother's Day? A course of natural collagen supplement **Skinade** could be just the thing

Flowers and bath salts are always a winner on Mother's Day, but if you're searching for something a little bit different for your mum this year, perhaps Skinade could be the answer.

Designed to help revitalise tired skin, this natural collagen supplement has been used by A-list celebrities, beauty journalists and skin health experts, and great results have been reported. And, whether your mum has been noticing wrinkles around her eyes, dry patches on her skin or a dull and lacklustre complexion, Skinade is well worth a closer look!

Collagen is key to youthful skin. It is a naturally occurring protein that keeps our skin looking good and supple. When we are young, it makes up around 75 percent of our skin but as we get older we start to produce less of it. This results in a loss of elasticity, sagging skin and fine lines and wrinkles – something all mums often complain about!

"Skinade is a drink that contains peptides which have been shown to stimulate the cells in our skin, the fibroblasts, that generate collagen," explains Dr Benji Dhillon, a leading

aesthetic surgeon at PHI Clinic, London.

"It's this kickstarter that increases the amount of collagen in our body and helps improve our skin's appearance. An increase in the thickness of the skin has been demonstrated after taking a course of Skinade. Interestingly Skinade has also been proven to stimulate the cells that produce hyaluronic acid which provide hydration to our skin."

That covers the science, but when it comes to real women, the results speak for themselves. *Your Fitness* magazine recently gave three readers a chance to put Skinade on trial and they had plenty of good words to say. Ilenia Barausse said: "My face looks much more radiant and youthful and I have seen improvements in the fine lines and wrinkles around my eyes. Even my friends have been commenting on how refreshed I looked," while Caroline Asquith added: "It has made a bigger difference than any face cream".

GREAT FOR ALL AGES

Of course, it's not just your mum that could benefit from Skinade. A loss of collagen starts as early as your twenties, meaning that every one of us could benefit from taking this supplement. So what's not to love?

WHAT YOU NEED TO KNOW

Skinade is a daily supplement and comes in a ready-to-drink 150ml bottle or a handy 15ml travel sachet (to be diluted in water). As well as collagen, it also contains vitamins b and c, l-lysine, msm and organic flax seed oil. Skin experts recommend that you drink one bottle each morning before or with breakfast. Everybody's skin is different so depending on your skin needs, Skinade comes in 30, 60 or 90-day courses. For more information, visit skinade.com.



THE TOP-TO-TOE OUTFIT

Printed racer back support bra, £32

Fashion performance track jacket, £66

Fashion performance track short with pant, £39

A woman with her hair in a high ponytail is captured mid-jump. She is wearing a white and black patterned racer back support bra, a white track jacket with black and blue patterns, and matching white track shorts with black and blue patterns. She is also wearing black and white sneakers. The background is a light pink color with a repeating geometric pattern of triangles.

YOU SAY JUMP...

Score some major style points this season
with **Elle Sport's** latest collection



*THE
STATEMENT
TROUSER*

Semi sheer layering tank, £34
Printed fashion track capri, £44

THE GO-TO CROP

Ushaiya reflectology hi light tight, £46
Ushaiya marl racer back support bra, £30





All available from ellesport.co.uk



THE SPRING JACKET

Printed fashion track capri, £44

Printed racer back support bra, £32

Lightweight running jacket with slim collar, £62

actionforcharity



women **V** cancer

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20-23 SEPTEMBER 2018



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www.actionforcharity.co.uk

Tel: 01590 677854 email: info@actionforcharity.co.uk

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care**

Jo's cervical
cancer **trust**



ovarian
cancer **action**

TO TAKE PART YOU ARE REQUIRED TO PAY A REGISTRATION
FEE OF £149 AND RAISE MINIMUM SPONSORSHIP OF £1,600

dreamchallenges



Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478, Women V Cancer is established under the Charities Aid Foundation Charity No. 268369

Zoe Hardman

sporting style

Each issue our celebrity stylist puts the latest fit kit to the test

Since I've had a baby, I didn't realise how much I took going to the gym for granted. Now I'm a mum it's become so much harder to just jump in the car and do a session. That's why I've become a 'home gym' lover over the last few months. Don't get me wrong, I haven't dedicated a whole room to free weights, a treadmill and a bench press – my flat is definitely not big enough. I am, however, talking about the TRX Home Suspension Kit (£149 trxtraining.co.uk). It's the perfect at-home workout solution because it pretty much works every part of my body. It tones, sculpts and gets my heart pumping, all while watching Peppa Pig!

The best thing about this piece of kit is how easy it is to use. You can hang its straps anywhere – from your bedroom door to a tree in the park. In 60 seconds you've got every bit of equipment you need to do a full body workout while you keep an eye on the little one. I loved its soft foam handles and super comfy padded foot cradles that let me do squats, lunges, chest pulls, tricep dips, the plank, you name it! And the best part is that you work your core without realising because of the way it's designed – something that needs a little bit of extra care after having a baby.

Another fantastic feature is the free TRX app that I've downloaded on my phone, so if you get the box



On Test



home and think "now what?", it'll give you targeted workouts to build muscle and strip fat. No good having all the gear and er, no idea.

For £149 I've solved my 'I can't get to the gym' problems and have noticed a big difference in my body since using it after just a few weeks. For any new mummies out there or anyone who's just too busy, it's time to turn your living room into your own version of Barry's Bootcamp. Now, let's just hope one of the trainers pops round for a cup of tea too!

Move to the beat

Nvoy – Make you mine

This month it's all about Nvoy's track 'Make You Mine'. Soulful, uplifting and perfect to get us ready for summer. I challenge you to listen to it and not smile.

Pure perfection!

3 of the best... strengthening essentials



1 Technogym Wellness Weights, £123 (technogym.com)

Well hello sexy! No not you, my new gorgeous, super sleek wellness weights. These are perfect to use when I struggle to leave the house. Not only do I love the way they look, they are functional, compact and great to tone those bits that need some TLC. Oh and they come in a cute bag.

2 Exercise Ball 65cm, £9.59 amazon.co.uk

I'm just putting it out there, but you need one of these in your life. Especially if you're pregnant or have just had a baby. I used mine to do all my pelvic floor exercises on. It's also great for getting the baby in the right position. My favourite exercise to do on it is the plank. Put your feet on the coffee table and elbows on the ball and hold.

3 Medium Resistance Band, £9 lesmills.com

I'm in two minds about this. The positives are it only costs £9 and you can do the most unbelievable bicep workout using this band – just stand on it with both feet, hold the handles and then curl up. The burn is deep and it's great for toning. But to be honest, are you ever going to use it? I'll let you answer that.



TWEET ZOE @Zoehardman

Australia's No.1 Teeth Whitening Brand

White Glo[®]

SMILE POWERED BY WHITE GLO



Achieve that glowing Aussie beach smile. White Glo's Extra Strength Whitening Toothpastes will help lift stains and yellowing from teeth enamel safely and effectively. See amazing results within 7 days! A brighter smile, powered by White Glo.



See the demonstration video

AUSTRALIA'S LEADING TEETH WHITENING RANGE

whiteglo.com

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DIAMOND SERIES
WHITENING SYSTEM
RRP £14.99

PROFESSIONAL
CHOICE TOOTHPASTE
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SHAPE **UP**

We all have our tricky areas to work on – whether it's a bootalicious behind or a stubborn stomach roll. But, we've got the skinny on how to hide any flaws with these sneaky sartorial tricks

TROUBLE ZONE: MUFFIN TOP

With so much lycra on offer in sportswear, hiding your midsection is no mean feat. Choosing the right material can make all the difference – lycra is indeed the enemy for larger middles whereas light cotton or chiffon can skim over tummies. A higher neckline and longer styles that finish below the hips can lengthen your torso and make you appear leaner. Details such as ruching, ties or cinched-in seams can disguise a less-than-flat-stomach and high-waisted trousers are your new best friend. The long waistband will hold in the lower stomach and let your top skim over the top comfortably. "Dark colours are also excellent to hide a tummy and create a leaner look," says fashion expert and manager of Salt Resort Wear Elie Antonberg (saltresortwear.com).



Karlee Active Run Tank,
£40 activeinstyle.com

**Nike Power Legend Geo
Print Capri Tights,** £45
nike.com



44%

*of Brits spent
more on their
sportswear
in 2016
than the
previous year*

TROUBLE ZONE: JIGGLY ARMS



Go Grrl Tee, £21.95, adidas.co.uk

There are two ways to hide your arms and they completely contradict each other. The first is to opt for a top with a cotton and lycra blend – this is a thicker, more flexible material to streamline the arms without clinging to any bumps – whereas the second is to choose a loose sleeve style. Elie suggests doubling a tighter fitting sports top with a lighter long sleeve top layer to allow you to work out comfortably.

TROUBLE ZONE: BUM



Gone are the days of dieting to slim your tush – we are now in the Kardashian era and anything goes. Embrace your curves and celebrate your peachy cheeks, but make sure you make the most of what you've got with the right trousers. "Styles are very much down to your confidence levels and how much you want to show off your bottom," Elie tells us. Opt for a thicker fabric for support and a high waist to elongate the leg while highlighting the waist and a busy print to hide any lumps and bumps.

Combat Legging, £39.95 reebok.co.uk

TROUBLE ZONE: THIGHS

To give the upper thighs a leaner look, it all comes down to the optical illusion. If you prefer leggings to looser styles, opt for a style that has strategically-placed panels at the side of the hips which make the thighs look slimmer. This also goes for side seams which automatically bring the eye inwards. Capri styles that finish below the knee cut your leg length making you appear larger than you are. Go for full length designs instead which will elongate the legs, making them look longer and more streamlined. Replace shiny or bright fabrics that draw attention with on-trend burgundys, navys and blacks in plain colours.

Active Panel Legging, £27 riverisland.com



TROUBLE ZONE: BIGGER BUSTS

We love that they give us an hourglass figure but when it comes to working out, boobs can be the biggest pain in the arse. Minimise back pain and excess jiggle by investing in an effective sports bra which can stand the test of time. Not only will it give you support, it will also make your clothes sit better. Thick straps, long in fit and high under the arm are key aspects to look for to keep everything in place.

Breathable High Impact Underwired Padded Sports Bra,
£25 marksandspencer.com





Gap Fit

BRUSH UP ON THE BASICS



*So, you're all ready to hit the shops and find your ideal gym kit. But before you step foot in the changing rooms, fashion experts Caroline Jones and Fiona Wright outline their style commandments from their book *Fashion Hacks* (£7.99 amazon.co.uk)*

THE RIGHT SIZE

There's no point getting a size smaller simply because you hate having to buy the size you really are. A smaller size will be tighter and make you look bigger – buy clothes that fit and flatter no matter the number on them.

IT ONLY TAKES TWO

Have at least two great-looking gym outfits that flatter your figure and give you extra incentive to workout.

DON'T GO BUST

The right bra is essential, especially if your breasts are big. Find a well-designed bra that will lift, hold and above all, separate – opt for feel over look.

A GOOD FIT

A big mistake many women make in the gym is to wear overly baggy clothes. The most flattering sportswear follows the shape of your body and gives you a waist.

smart **SHAPEWEAR**

THE PERFECT ALL-ROUNDER

IF YOU NEED A QUICK FIX, THIS OUTFIT COVERS IT ALL... LITERALLY!



Varley Florentine Tee, £50
fashercise.com

SLEEVES

Long, loose sleeves hide any arm flaws while giving you room to move comfortably

MESH

Not only a stylish design detail, mesh keeps you cool and reveals the right areas of skin – the collarbone and the top of the torso which tends to be slimmer than the lower abs

CUT

The longer cut streamlines the body, making you look taller while hiding any lumps and bumps with a fit and flare bottom



Sports Tights, £17.99
hm.com

HIGH WAISTBAND

A thick, high waistband makes the legs look longer and leaner

CLEVER PANNELLING

The grey panels give the illusion of narrower hips while the colour blocking lengthens the legs and distracts the eye

COLOUR

Dark colours are known to be slimming and hide a multitude of sins



WHAT'S THE DAMAGE?

Sachajuan Overnight Hair Repair, £35 cultbeauty.co.uk

Scandi style doesn't get much chicer than Sachajuan sitting on your bathroom shelf. With sea algae to strengthen it from inside and mineral extracts to add moisture and shine from the outside, your hair will be like spun gold come morning.



HAIR HEROES

Say hello to this year's game-changers, time-savers and all-round hair saviours

USE YOUR HEAD

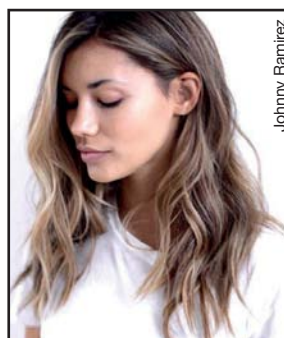
Smart Hairbrush, price to be confirmed kerastase.co.uk. Get ready, our beauty regime is turning sci-fi as Kerastase and Withing have launched the first smart hairbrush. With advanced sensors and signal analysis it has been proven to lessen damage thanks to its built-in microphone which identifies your hair's condition and 3-axis load cells to measure force to the scalp. Available mid-2017.



House of Fraser



Jack Howard



Johnny Ramirez

BACK TO BAYALAGE

The hottest trend of 2016 isn't going anywhere this year with new techniques such as zig-zag, strobing, denim and tiger eye (don't ask!) coming to the forefront. Get your aftercare up to scratch with Kerastase's Réflexion range (kerastase.co.uk).

THROW IN THE TOWEL

Lisse Luxe Long Hair Towel, £35 aquishair.co.uk

If you've grown up with the hair turban, it could be the culprit for damaged lengths. "Hair is vulnerable when wet as it soaks up water and becomes mushy inside," says Aquis Founder, Britta Cox. "The faster you remove water, the less your endo-cuticle (innermost layer of hair) will swell and the less damage you'll do over time."



FEEL THE HEAT

Intense Self Heating Treatment, £20 redken.com

Need a quick fix for your do? Redken's little sachets deliver deep conditioning to restore hair's healthy look and feel. After just one application, the intense at-home, self-heating mask restores the appearance of shine, conditioning and softness.

FLYING HIGH

Jet Set Hair Heroes, £180 ghdhair.com

Relying on hotel hairdryers is always a risk. Safeguard your style without the excess baggage by picking up GHD's new travel size platinum styler and travel hairdryer throughout February and March. They even include universal voltage to make sure your hair behaves wherever you are.



Three of the best... SPRING BUYS



1

DRY TEXTURE SPRAY, £16.85
MOROCCANOIL.COM

Create effortless, Insta-worthy styles with long-lasting hold and argan oil love with this new texturising spray.



2

LUXURIOUS VOLUME PROTEIN VOLUMISER, £9.99
JOHNFRIEDA.CO.UK

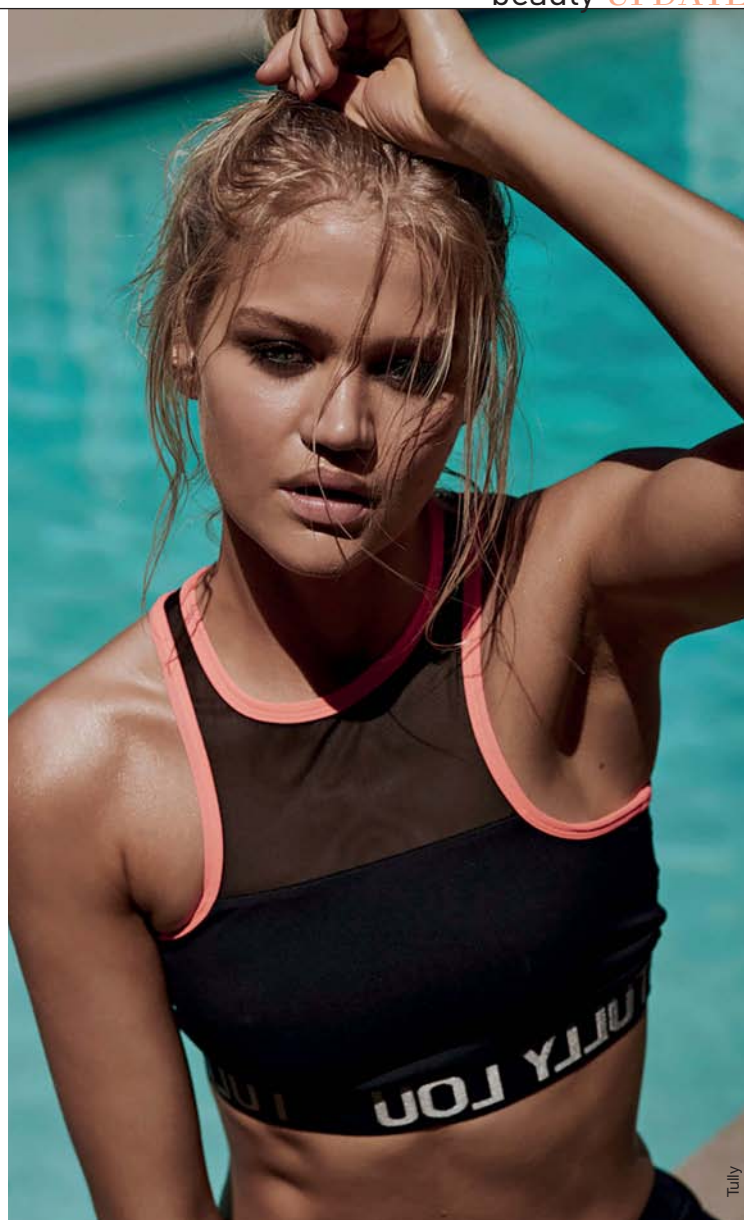
This heat-activated treatment builds natural volume with each use thanks to its protein strength complex.



3

THIS WORKS STRESS CHECK HAIR ELIXIR, £25
SPACENK.COM

Calming and de-stressing, this leave-in mist can be used at any time of the day to boost hair shine.



Tully



GOOD HAIR DAY

If you're like us, the quest for Rapunzel-esque tresses is always top of our beauty wishlist. So, when we heard there was a pill to solve the problem, we were skeptical but hopeful. The average head of hair grows an inch every month but if your tresses are damaged it will block your natural growth cycle. But all is not lost, research has shown that biotin, vitamin B, omega and iron can activate the metabolism of proteins in hair.

PHYTO PHYTOPHANÈRE, £35 SPACENK.COM

ULTIMATE BEAUTY COMPLEX, FROM £9.85
VIRIDIAN-NUTRITION.COM

PK4 HAIR DIETARY SUPPLEMENTS, £26
PHILPKINGSLEY.CO.UK



Beauty INSIDER

How can I prevent my hair colour from fading?

Samantha Sergent (benaturallyyou.com) says: "The chemicals in hair dyes have a drying effect and can leave hair porous so try to choose sulphate-free shampoos and alcohol-free styling products. Once a week give your hair a nourishing treatment with natural oils such as argan and camellia, that nourish dry, brittle hair. It has also been noted that argan oil appears to help colour-treated hair, as the essential fatty acids smooth and coat the follicle."



All Soft Argan Oil, £19.50
feelunique.com

Vitabiotics **wellwoman**

"I feel fantastic"

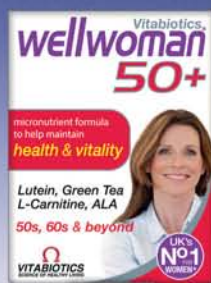
*"As a working mum, juggling a hectic lifestyle, I rely on **Wellwoman** to provide me with the nutritional support I need, helping my health and vitality shine through."*

Kirsty x

Kirsty Gallacher
Television Presenter



Original



50+



Max



Drink

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*UK's No1 women's supplement brand. Nielsen GB ScanTrack Total Coverage Value Sales 52 w/e 18 June 2016.



Wellwoman supports




VITABIOTICS
SCIENCE OF HEALTHY LIVING

Claudia's Essentials

1. 3Action Formula Smooth & Silky Shampoo (£4.99 headandshoulders.co.uk)

"I am in love with this. It's genuinely made my hair shinier and softer than ever before. I can't quite believe it."

2. Wonder Glow Beauty Flash Primer (£38.50 charlottetilbury.com)

"I think Charlotte Tilbury's make-up is quite extraordinary and this primer is astounding."

3. YSL Opium (from £49.50 johnlewis.com)

"I spray this everywhere – it can be alarming."

4. Crème de la Mer moisturiser (£110 cremedelamer.co.uk)

"My mum once gave me this for my birthday and I do think it was made of something actually magical. Maybe it's made by real unicorns and mermaids? It's just an idea."

5. Eyeliner in Feline (£14 maccosmetics.co.uk)

"My favourite eyeliners are by MAC. Feline is strong and slick and lasts for days. I just basically put more and more on. Am not sure I've ever actually taken it off."

6. Oral B toothpaste (£3.50 boots.com)

"I get over excited about a new Blistez tube and this toothpaste. Might sound odd but totally true."

7. Lipstick in Fleshpot (£15.50 maccosmetics.co.uk)

"This is my essential."



Claudia Winkleman

STRICTLY SPEAKING

The ballroom may be closed for another year but Claudia Winkleman is feeling better than ever

If you're expecting a PR-honed answer to an interview question then you're in for a refreshing surprise from Claudia Winkleman. Unashamedly honest and hilariously funny, the nation has embraced the presenter of *Strictly Come Dancing* since she teamed up with Tess Daly to front Saturday night's most popular entertainment show. But it's not her quick wit and tongue-in-cheek comments that have made her a household name as much as her infamous fringe and long-standing beauty habits (namely fake tan and heavy eyeliner). We grab five minutes with the pint-sized presenter to find out what beauty products grace her bathroom shelf.

I don't have a huge connection to beauty but there are certain products I'm loyal to. I'm obsessed by Oral B toothpaste and I get pretty overexcited about shower washes but that's about it. When I was younger, 400 years ago, I once brought a clay mask. I don't think I ever applied it but I felt quite grown up just having it in the bathroom. My

main beauty thing is my hair and I spent most of my salary on eyeliner. And now, as Head & Shoulders' ambassador, I'll obviously use those products for life. I might just carry round bottles, handing them out willy nilly.

I like swimming but generally, I don't go to the gym and I never really move around. That's why everything wobbles. I have recently given up sugar and am unfathomably boring about it. It has honestly been amazing for me, I eat everything apart from refined sugar and feel better than ever. I haven't fully immersed myself in chia seed world but I sense it's round the corner.

I was slightly freaked out changing my hair for this photoshoot as somebody mentioned taking the fringe away.

"What?" I said. I mean, I am part human but mainly fringe. Then a nice man called Ben did it and I felt quite jaunty. It was lovely to see my forehead after all these years but it's certainly more wrinkly than I remember. Do you know the dog breed Shar-Pei? Yup. That.



LOOK FABULOUS! FEEL GREAT!

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NEW YOU
NEW GOALS

Photography by
Toby Harrison //

Emma Blocksage
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Lisa Snowden

SPRING CLEAN your make-up bag

Our beauty columnist reveals why you shouldn't still be using your three-year-old mascara

March is the month when spring finally reappears. The temperatures become milder and finally the central heating can be switched off, giving our skin a much-needed break from the aggressive harsh elements of winter. This time of year always inspires us to have a good clear out of our homes, wardrobes and lives in general, and we shouldn't forget about our make-up bag and its sometimes (or in my case, usually) messy contents. Your old, half used and out of date make-up and creams need to go. Beauty products don't last forever and it's not good to keep old stuff as bacteria can build up and lead to skin irritations, breakouts or eye infections. Now it's time to get brutal...

1 Throw out your old mascara. I know it's annoying, especially if you have only used half of the tube, but mascaras should be changed ideally every three to four months. This is because bacteria will breed in the dark and the damp of the tube (totally disgusting but true!) and as our eyes are very sensitive and vulnerable.

2 Invest in a good pencil sharpener and sharpen all the lip and eye pencils that you love and still use. If you have ones that are ready for the bin, throw them out! Be ruthless and don't hang on to the stubby old worn down ends.

3 Check how long you've had beauty products such as eye creams, moisturisers and foundation. Make-up does expire and you can usually tell by the smell, texture or consistency if your items are past their best. Get rid of any that you're not sure about as it's not good to be putting out of date make-up on your skin or close to your eyes. If in doubt just throw it out!

4 With a tissue and a cotton tip carefully clean around your eye shadows and concealer palettes.
5 Using a brush shampoo, gently wash your make-up brushes in lukewarm water. Make sure you

rinse them properly and leave to dry naturally on a clean, dry towel.

6 Finally, don't forget your make-up bag itself! Some bags you can chuck in the washing machine, but if that's not suggested give it a hand wash. Or treat yourself to a brand new bag which will inspire you to keep it clean!

As well as clearing out your make-up bag, spring is also the time to look at what you're putting on your skin. It's really important to make sure you are using a good everyday SPF, because even though the sun doesn't feel very strong the UV rays are still there and can cause ageing and damage.

The changing of the weather also means there is no need for the heavy rich creams that we chose for the winter. I like hydrating serums and Dermaquest and SkinCeuticals both have amazing B5 gels, which are light and can be used morning and night to boost moisture levels without being too heavy. Also invest in a tinted moisturiser with an SPF to cover any imperfections and to add a golden sunkissed glow.

Lisa's spring treats

Vegan Brush Soap, £14.99, spectrumcollections.com

This product makes cleaning and conditioning your brushes effortless! Plus it's made with coconut milk and has a luscious scent.

Palm Leaf Print Wash Bag, £48, houseofhackney.com

I love the gorgeous print on this bag, and it's also waterproof so easy to keep clean!

Nars Pure Radiant Tinted Moisturiser, £29, narscosmetics.co.uk

This oil-free SPF30 formula offers advanced sun protection, leaves a wonderful glow and also helps to reduce the appearance of hyperpigmentation and dark spots over time, bonus!





Mix and MATCHA

Get your caffeine hit, boost your metabolism and aid your weight loss journey with a cup of PureChimp Matcha Green Tea. Available in three flavours – regular, lemon and mint – this blend is grown under cover for the last two weeks before picking, filling it with extra goodness. The specially grown green tea leaves are then carefully ground to form a fine powder to provide optimal benefits. Rich in antioxidants and a great way to improve focus as well as providing steady energy levels for up to six hours – simply pop the kettle on and enjoy! From £4.95, purechimp.com

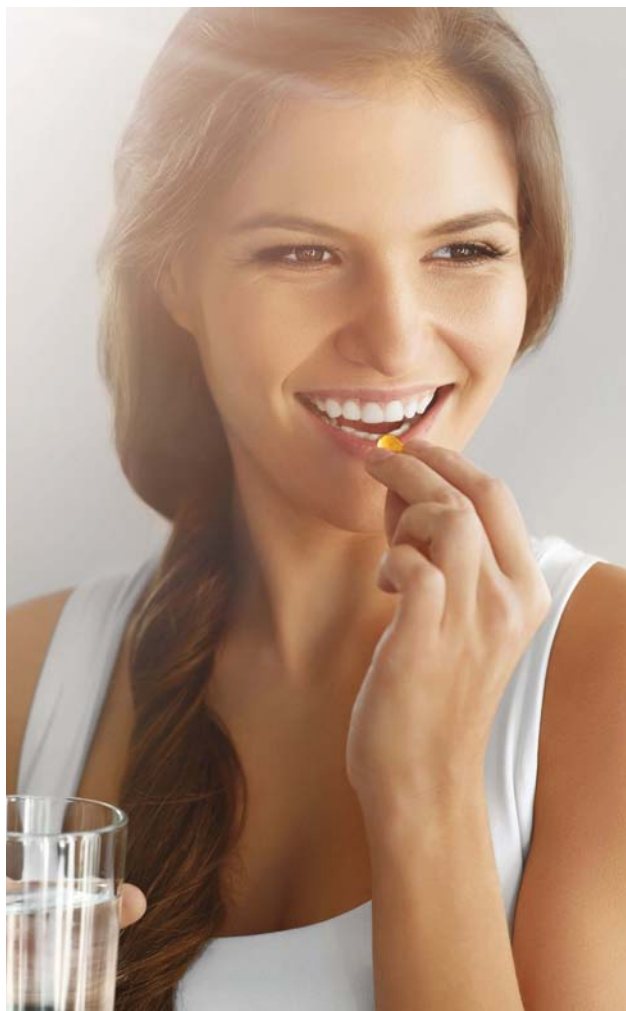
BEAUTY shot

Perfectil Platinum Collagen Hair drink, from Vitabiotics provides high quality readily absorbed hydrolysed marine collagen teamed with blackcurrant seed oil and amino acids to boost luscious locks. The formula also includes selenium and zinc which contributes to the maintenance of normal nails while biotin helps boost hair health. Gluten-free with no added salt, sugar or yeast, take one drink after your main meal everyday and watch your hair glow. £39.85 for 10 drinks, available from Boots and online at perfectil.com



WHAT'S SUPP?

Don't let your wellbeing fall by the wayside with these health-boosting supplements



Energy BOOST

Fatigue won't know what's hit it after a dose of Bee Energised Energy and Focus capsules. Combining organic bee pollen, matcha, spirulina, ginseng and more, the specially designed formula is created by nutritionists and has numerous five star reviews under its belt. So what are you waiting for? Boost your health and fitness regime today. £11.99 available in health stores & online via hollandandbarrett.com

SUNSHINE in my POCKET

Vital for maintaining a functioning immune system, vitamin D3 also helps to build strong muscles and Flex-D3 will provide you with the amount you need. When you buy the 360 pack of Flex-D3, you'll receive a free pack of Flex-C. £12.99, flexiblehealth.com



SPORT saviour

The right supplement can improve your optimum fitness performance and aid recovery, and the omegas and powerful polyphenol antioxidants within Paradox Omega Sport helps to prevent inflammation, benefits the cardiovascular system and aids concentration during regular exercise. £7.99, paradoxoil.com



FUEL your fitness

Enhance your fitness journey with a little help from NRG Fuel. If you're in need of a supplement that supports muscle growth and repair, look no further than its Protein 5D-E powder available in four delicious flavours. Or if you want to boost your morning workout, why not give O.M.G Breakfast a whirl? It contains just under 26g of protein per serving and offers an excellent source

of low GI carbohydrates. And what about if you want to lose a few pounds? Try the great tasting Diet Powder to speed up your metabolism and reduce excess body fat. The company has covered almost every health and fitness dilemma making it your one-stop-shop for supplements and meal replacements. nrgfuel.com



HEALTH FILES

Expert advice to maximise your health and wellbeing

On the pulse

If you want a dinner that'll keep you feeling full for hours, it's got to include some meat – right? Well, no. It turns out that meals based on legumes such as beans and peas are actually more satiating than pork and veal, according to a recent study by the University of Copenhagen's Department of Nutrition, Exercise and Sports. This is because the plant-based option contains a lot more fibre than the protein-rich meat. Want another reason to make the switch to veggies? Not only is it better for the environment, it could help you lose weight as well – so grab a plate!



Your Fitness Says...

BEANS AND PEAS CAN ALSO LOWER CHOLESTEROL AND REDUCE YOUR RISK OF HEART DISEASE, AS WELL AS BEING GOOD SOURCES OF NUTRIENTS SUCH AS ZINC, MANGANESE, POTASSIUM, MAGNESIUM AND PHOSPHORUS

Health ESSENTIALS

GET THE INSIDE SCOOP TO STAY IN PEAK CONDITION

GO NUTS

It feels like a new superfood crops (excuse the pun) up everyday, but here at YF HQ we especially like this one as it totally justifies our nut butter addiction! Yep, it turns out that a handful of nuts (that's around 20g) every day will cut your risk of coronary heart disease by almost a third and your cancer risk by 15 percent. Pecans, walnuts and sunflower seeds in particular will serve you big brownie points as they are high in antioxidants, which protect your body against cell damage. As if we needed an excuse to keep on eating peanut butter out of the jar!



SUNNY SIDE UP

During the grey winter days it can be hard to get enough vitamin D in your diet. Also known as the sunshine vitamin, this nutrient is important for the regulation of calcium absorption and the maintenance of healthy bones and teeth, as well as supporting the immune system and lungs. Public Health England recently advised people to up their levels to an average daily intake of 10 micrograms to stay healthy. Want an easy way to increase the amount you consume? Make the switch to free-range eggs as scientists at Reading University found that yolks from hens that are allowed to wander contain 30 percent more vitamin D.



Sweet potato water

You read that right – turns out that the starchy water left over from boiling sweet taters contains proteins that could have a slimming effect, as well as lowering your cholesterol levels, according to the journal *Heliyon*. Waste not, want not!



THE BAROMETER

Mature plants

This month, swap your usual salad leaves for microgreens. These tender, immature plants and herbs take only a week or two to grow and are packed with nutrients, have an intense flavour and could help lower bad cholesterol levels. Sounds good to us.

Q&A



ASK THE EXPERT

"Is it true that if you don't get enough sleep, you can eat more than 300 extra calories the next day? I often have restless nights, so how can I avoid raiding the fridge the next day?"

Karl Bickley, malnutrition consultant at USN (usn-sport.com) says: "This all depends on your metabolism, general fatigue levels, the demands you place on your body and the food you eat in the morning. Increased hunger is not just caused by a lack of sleep, but it may lead to you eating extra snacks the next day. This does depend on external factors and personal choices, however. For example, what you ate the night before (which may also be the reason why you lost sleep), what foods you consumed in the morning and what stimulants (e.g. coffee or green tea) you may have taken as a morning pick-me-up. "If you choose slow release food that doesn't give you an energy boost, such as nuts or sweet potatoes, you may then crave high calorie foods and if you steered clear of food and just sipped coffee instead, you'll soon be craving a quick sugar fix. This can lead to dips in energy levels during the day, meaning that you'll make poor choices. Try eating a balanced meal that will offer continued release (such as oats with berries made with almond milk or topped with almonds) or something high in good fats combined with protein (for example eggs and avocado) and make sure you drink enough water. Alternatively, grab yourself a greens and berry smoothie with some added oats or yoghurt."



GONE TO SEED

Pumpkins aren't just for Halloween, their seeds are brimming with huge amounts of nutrients, including heart-healthy magnesium, immune-supporting zinc, plant-based omega 3 fats and tryptophan, which promotes restful sleep. Get more in your diet with this two boiled eggs with avocado smash recipe from The Detox Kitchen (detoxkitchen.co.uk).

Ingredients

2 eggs
½ avocado
1tbsp pumpkin seeds
Pinch salt
Pinch pepper

Method

Place a pan of water on a high heat to boil. Gently place the eggs in the water and boil for six minutes for a soft boiled egg. Boil for up to 10 minutes if you prefer hard boiled. Peel the eggs and slice in half. Place the avocado in a bowl and mash it together with the pumpkin seeds, salt and pepper. Serve with the eggs. For variation, this dish can also be made with poached eggs.

Take away the stress of cooking healthy meals with The Detox Kitchen. Simply select a package, choose your start date and duration, and look forward to your first delivery of wholesome food. Deliveries available at detoxkitchen.co.uk

63%

of the employed admit they rely on a well-stocked snack drawer to get them through the day. What's in yours? Try preparing raw veggies or pots of nuts beforehand to avoid the temptation of a chocolate bar.

almonds.co.uk



RECIPE FOR CHANGE

If you're gluten free, want to eat less carbs, or just looking for a way to get more veggies on your plate, these easy swaps will do the trick – you'll barely notice the difference, we promise.

INSTEAD OF...

TRY THIS...

Pancakes

Banana pancakes. Whisk together two mashed bananas with four eggs, cook as usual and top with fruit. You'll skip the sugar while gaining nutrients and stay satisfied till lunch.



Toast

Sweet potato toast. Bear with us – yes, you can put slices of this veg into your toaster. Spread over your choice of topping – we love almond butter – and you'll have a tasty snack, sans gluten.



White rice

Cauliflower rice. Ditch the stodgy stuff for this grated vegetable – it takes on a similar texture, minus the calories. It's also packed with vitamins C and K, as well as protein and folate.



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Amanda Byram

BODY *beautiful*

Every month our healthy living guru brings us her bite-sized tips

I love this season and always think of it as the month that we 'spring' into the rest of the year. Breaking routines and habits are especially helpful at this time – walking a new way to work, cycling instead of hopping on the tube, changing your nail polish, or running around the park in the opposite direction. Making your mind think differently is, as they say, as good as a rest. Here are some top tips to put a spring back in your step and give yourself a mini overhaul.

Alkalise

Research has shown that the more alkaline your body is, the better your health, as acid allows disease to thrive. Stress and sugar are the main culprits, so drinking lemon juice is an amazing way to banish acid and detoxify. Although we think lemons are acidic, it's very alkaline once it's in your system. Start your day with hot water and lemon, squeeze it into your sparkling water or mix the juice with olive oil and pour over your salads. Easy peasy, lemon squeezey!

Be patient

This is the key to success with your weight loss goals and can help you to achieve a lot. What you eat right now won't show up on your hips today, but in a week or so's time, beware! In just the same way, the training you do today won't appear on your body immediately. The biggest reason why women give up on the fitness routines and diets is that they are impatient. Remember that it takes six weeks to start seeing results!

Ditch the aluminium

A lot of reports recently have warned against the use of aluminium-based antiperspirants because the salts block and alter sweat ducts, which interferes with our body's natural response. It's been proven that skin can absorb this metal, but not enough research has been done to establish a definite link between exposure and the risk of developing breast cancer. For me, the very fact that there

are questions surrounding its safety means that I'm now looking for alternatives. Aurelia Probiotic Skincare's BioOrganic Botanical Cream Deodorant (£18, aureliaskincare.com) is a natural cream that sits invisibly on your skin, ready to absorb your perspiration throughout the day. It's also distilled with lavender and bergamot, so you'll smell delicious!

Use a face mask

QMS has created a genius little travel companion for when your complexion needs a pick-me-up! The Activator Mask (£66, qmscosmetics.com) improves the appearance of stressed out and tired skin after only 10 minutes. The secret to its immediate effect lies in its application – pour the activator liquid into the mask provided and watch it swell in seconds to create a sheet mask with a high

concentration of hyaluronic acid and marine collagen. This makes it perfect for tired skin in need of a moisture hit.

Spring clean your home

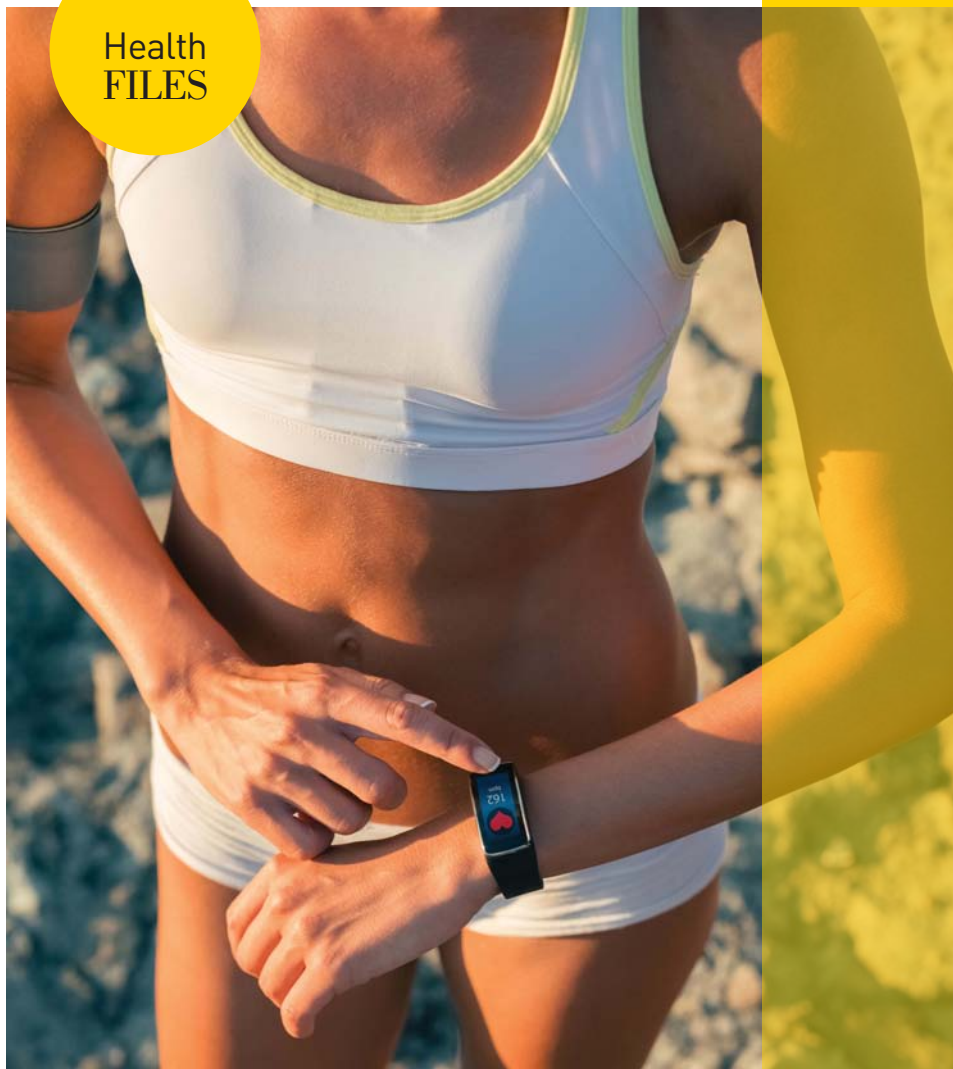
While you're overhauling your body, don't forget your home too. 30 years ago, wellness brand NIKKEN pioneered a range of wellbeing products based on the natural world. My favourite is the piMag filter (£225), which refines water by passing it through activated carbon, then a bed of mineral stones and finally a magnetic field which mineralises and alkalises the liquid before it touches your lips. I also love the KenkoLight (£130), as it stimulates the light spectrum of the sun without harmful UV rays and the KenkoAir purifier (£350), which has 'clean ion' technology to reduce triggers for asthma and allergies. nikkenwellbeing.co.uk



"Making your mind think differently is as good as a rest"



TWEET AMANDA @amandabyram and @byrambod or VISIT HER WEBSITE amandabyram.com



Young at HEART

Looking after your ticker is more important than you may think...

Said to be the hardest working muscle in the body, the heart is essentially our engine, pumping blood and oxygen around the body at an approximate rate of 70 beats per minute. But ensuring that we run like a well oiled machine takes a little more than a yearly MOT. Do yourself a daily service by eating well, moving more and practising a healthy lifestyle. From lowering your intake of salt and saturated fat to quitting smoking, there are many simple life hacks we can all undertake to prolong the health of our inner clock. But why?

More than two million people in the UK are living with heart problems and the NHS reports that it's responsible for 73,000 deaths in the UK each year. It is estimated that coronary heart disease affects one in six men and one in 10 women in the UK alone. "Coronary heart disease is Britain's biggest single cause of death with more than twice as many women dying from this condition than from breast cancer," explains Pippa Middleton, British Heart Foundation ambassador and author of *Heartfelt* (£19.99) – a collection of more than 100 heart-healthy recipes.

"Cooking from scratch is a good habit. It can take a little longer but it's the best way to know what's in the meal that you and your family are eating. My mother always says preparing a healthy and tasty meal for the family is one of life's greatest pleasures – and pressures. With the many demands of family life, even the most enthusiastic cook can struggle to come up with new ideas every week."

Looking after your heart doesn't have to be complicated, as Pippa has proven with her quick and easy recipe (right). We've also enlisted the help of a nutritionist and fitness adviser to share their top 10 hearty foods and a simple four-minute morning workout. So what are you waiting for? Let's skip to a good beat!

Easy 4-MINUTE WORKOUT

We caught up with Tom Holland, Bowflex fitness advisor, to share a quick, high intensity cardio workout to help improve the health and efficiency of our most important organ. No equipment necessary, all you need is four minutes and a load of energy. What better way to start your day?

Move 1: 'FAKE' JUMP ROPE

Start by rotating your arms, as if you have a rope in your hands, and start skipping with each revolution. Repeat for 20 seconds then jog on the spot for 10 seconds

Move 2: CROSSJACKS

Similar to jumping jacks but instead of raising your hands above your head, move them from side to side across the body. This creates good lateral motion. Repeat for 20 seconds then jog on the spot for 10 seconds

Move 3: SKATERS

Slightly bend the knees then jump to the left and bring your right foot behind so all your weight is on the left foot. Swing your arms at the same time so they are across the body pointing to the left. Hop onto your right foot, bringing the left foot behind and your arms across the body pointing to the right. Repeat for 20 seconds then jog on the spot for 10 seconds.

Move 4: BURPEES

Drop to a squat position. Extend your legs behind you and jump into a plank, resting your weight on your hands. Pull the legs back in then jump straight back to standing, raising your arms above your head as you jump. Repeat for 20 seconds then jog on the spot for 10 seconds.

Repeat the whole circuit again.

10 HEART HEALTHY foods

The Flexi Foodie Julie Montagu (juliemontagu.com) explains what we should be eating for optimal heart health

OATS

Studies have shown that oats are great for lowering your LDL cholesterol levels. Oats also contain a particular type of soluble fibre that regulates blood sugar, which is connected to your cardiovascular health. Start each day with a bowl of oats to reap maximum benefits.

BLUEBERRIES

Blueberries are bursting with antioxidants that are known to combat the damage caused by free radicals in the body - leading to improved heart health. Three servings a week is an adequate amount to enjoy the benefits of this fruit!

ORANGES

Most commonly known for their high vitamin C count, oranges also contain ample amounts of fibre, potassium and choline, which all promote heart health. One orange a day is ideal but just a few each week provides enough goodness.

WALNUTS

Walnuts are the best choice of nut when it comes to the health of your heart. They have the highest amount of quality antioxidants than any other nut! A handful of walnuts each day as a snack will be great for your cardiovascular health.

CHICKPEAS

The abundance of fibre, potassium, vitamin C and vitamin B6 in chickpeas all support the optimum function of the heart. Just one cup of chickpeas every day is enough to keep your ticker healthy.

OLIVE OIL

Olive oil is rich in monounsaturated fatty acids which is beneficial to the health of your heart. Including a drizzle of olive oil in your diet each day will help you to enjoy the benefits.

TOFU

Tofu is rich in isoflavones, which are compounds known to lower the incidence of cardiovascular disease. Try eating tofu once or twice a week.

SPINACH

One serving of spinach contains approximately 20 percent of your RDA of magnesium, which is great for keeping your blood pressure at an optimum level. Just one serving each day could go a long way to keeping your heart healthy.

BROCCOLI

Broccoli contains beneficial amounts of a compound known as sulforaphane, which is known to help protect the arteries against plaque build-up. Eating a serving of broccoli every day is a great way to boost the health of your cardiovascular system - simple!

TOMATOES

Tomatoes are rich in lycopene, a carotenoid with strong free-radical fighting capabilities. A high presence of lycopene is also linked to a lower risk of cardiovascular disease. Tomatoes are easy to add to breakfasts, lunches and dinners, so try to include them at least once a day!

TRY THESE...



A diet rich in omega 3 fatty acids has been shown to decrease the risk of abnormal heartbeats. Try Alaska Seafood, alaskaforeverwild.com



Wake up healthy with a bowl of porridge. We love these Gluten Free Porridge Oats, £2.99, chilternnaturalfoods.com - your heart will thank you for it!



PRAWNS WITH THAI-SPICED BROAD BEANS AND WILD RICE

Have we inspired you to take better care of your ticker? Give Pippa Middleton's heart-healthy dinner a try tonight

"Easy to prepare and full of flavour, this Thai-spiced wild rice is a wonderful accompaniment to tiger prawns," Pippa says. "Broad beans are a good source of protein, carbohydrates, vitamins and minerals, and brown rice adds fibre."

"For extra flavour, why not try adding some kaffir lime leaf or a lemongrass stick (bruised) to the rice mixture during cooking? Just remember to remove before serving."

SERVES 2

You'll need:

125g brown basmati and wild rice	2-3 cm of fresh root ginger, peeled
25g Thai green curry paste	100g trimmed fine green beans, cut into 2cm lengths
400ml homemade chicken stock or ready-made, low-salt alternative	30g frozen broad beans, thawed, and (optional) skins removed
Olive oil spray	A handful of coriander leaves, chopped (10g)
1 small onion, finely chopped	12 raw tiger prawns, peeled
1 garlic clove, chopped	
1 small red chilli, thinly sliced	

- 1 Put the rice, curry paste and stock in a pan and bring to the boil. Cover and simmer for 20 to 25 minutes.
- 2 Meanwhile, spray a frying pan with the oil and cook the onion, garlic, chilli and ginger for about five minutes, or until softened. Then stir into the rice mixture and continue cooking until the rice is almost cooked.
- 3 Add the green beans and broad beans to the pan, cover and cook for a further three to four minutes until the vegetables and rice are tender and all the liquid absorbed. Stir in the coriander.
- 4 Meanwhile, return the frying pan to the heat, add the prawns and cook for three to four minutes, turning occasionally, until they are opaque and pink all over. Serve immediately.

Want more recipes which are fuelled with hearty goodness? Head to yourfittestoday.com for a selection of meals Pippa swears by.



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Ask the EXPERTS

We put your fitness, health and nutrition questions to our panel of experts...

Q “Why are athletes said to be prone to gut problems and how can I avoid it?” **Kady Heather, Dublin**

A **Gemma Hurditch, naturopath for College of Naturopathic Medicine (naturopathy-uk.com), says:**

“Competition and training creates physical, mental and emotional stress which releases digestion-disrupting hormones such as adrenaline and cortisol. This can lead to a compromised gut lining and poor digestive health. Increases in body temperature through heavy training might also contribute.

“Look after your gut by limiting caffeine and alcohol consumption and try supplements which contain the amino acid glutamine. Drinking cabbage juice is a good alternative, too. Make sure you allow time for relaxation, and don't overdo the training. Eat in a calm environment and include fermented foods such as sauerkraut as well as more omega 3 in your diet for tissue repair and to help reduce inflammation. Unsurprisingly, athletes have increased needs for nutrients so consume lots of whole foods, and avoid processed low fibre foods which are calorie-rich but nutrient-poor. It's also worth noting that eating organically can help protect the gut by reducing toxic irritants. If you suffer from a food intolerance this can worsen problems such as leaky gut. Speak to a nutritional therapist to help you identify the culprits.”

Q “What are the benefits of a group exercise class and how do I find the right one for me?”

Jenna Weir, North Yorkshire

A **Elaine Denton, personal trainer at health club chain David Lloyd (davidlloyd.co.uk), says:**

“Any type of group exercise is proven to improve long term adherence to activity. It's scheduled exercise complete with guidance and motivation the whole way through. Plus, you can go with a friend or make new ones there.

“To find a class that's right for you there are a few things you'll need to consider: What do you want to achieve? What type of class do you want? How long can you work out for? Before you book, read the description of the class to see if it meets your needs. Most health clubs offer 30, 45 and 55 minute options at lots of different times during the day so you should be able to find one which slots into even the busiest of schedules.

“Finding the right instructor is key to your motivation. For example, in a group cycling class, it could be the difference between peddling aimlessly, to pushing yourself and literally going the extra mile! Try a few different classes before you decide it's not for you and make sure you book so it becomes a priority – most health clubs have booking apps that give you a reminder so you don't miss a session.”

Got a question you'd like to put to our experts? Drop us a line at letters@yourfitness today.com

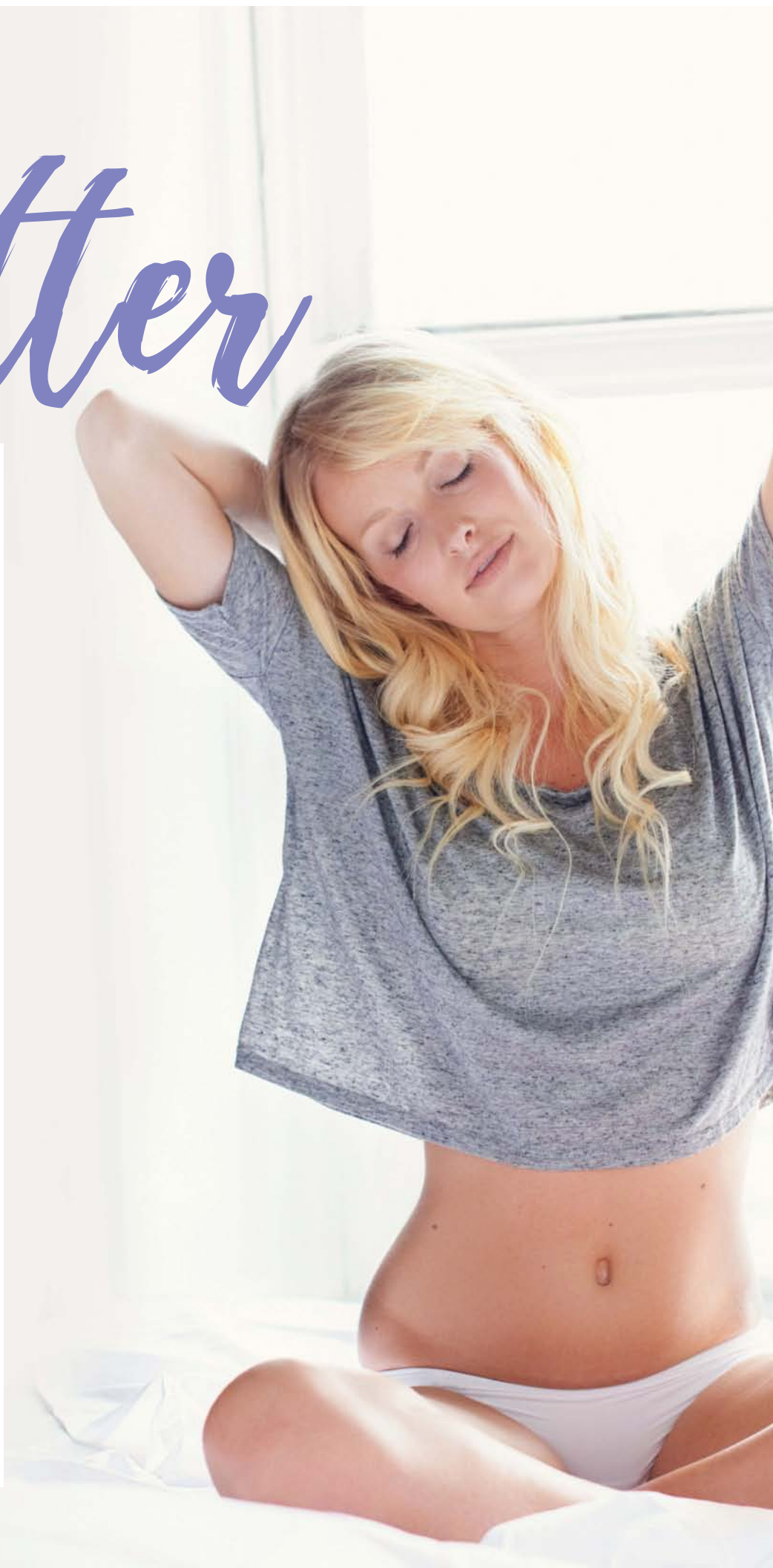
SLEEP *better*

Say goodbye to restful nights and tired mornings with our ultimate guide to getting more Zzzs...

Move over clean eating – there's a new trend in town, and this is one that's guaranteed to make you sit up and pay attention. Or, actually, lay down and rest. Yes, that's right ladies, 2017 is the year of clean sleeping. Gone are the days when it was trendy to survive on as little down time as possible, or when we'd look to successful figures such as Margaret Thatcher who famously survived on just four hours a night as a beacon of inspiration. Now it's all about catching as many Zzzs as possible.

Made famous by wellbeing guru Gwyneth Paltrow, the term clean sleeping basically refers to getting enough good quality sleep at night – for her that's at least seven or eight, or ideally even 10 hours. In her new book, *Clean Beauty*, she claims that a good night's rest is her first priority (even above a clean diet) and talks about how it can help keep our waistlines trim, stave off wrinkles and maintain healthy glossy hair.

But we don't just have to take Gwyneth's word for it – the importance of getting enough shut eye is something researchers have been talking about for decades. As expert Dr Neil Stanley (thesleepconsultancy.com) explains: "Good sleep is vital for good physical, mental and emotional health. The short term consequences of poor sleep are mainly related to reduced immune system function, so you are more likely to pick up any bugs going around and take longer to recover from them. Long-term poor slumber is more serious and has been associated with increased risk of heart disease, stroke, depression, diabetes, obesity and some cancers." Yikes!



There's also the fact that not getting enough has been scientifically shown to lead to increased weight gain. Yes, really! "Poor sleep can have an effect on some of the hormones that are responsible for appetite which means that when you are sleep deprived you feel more hungry and particularly crave high sugar, high fat foods," Dr Stanley explains. "You also actually eat more before the body tells you that you are full."

So how can you ensure you rest better? We've enlisted the experts to help...

KNOW THE BASICS

First things first, let's get the main points straight.

- **Generally adults need between seven and eight hours sleep**, although there are some occasions when we need more or less. It's not ideal to build up a sleep debt which you hope to 'repay' at the weekend – it's far better to try to consistently reach your target.

- **Try to ensure your bedroom is as quiet and dark as possible.** Blackout blinds can help keep light out and ear plugs may be useful if you live in a busy area.

- **The temperature in your room should be 'thermally neutral'** – around 18.5°C.

This means that your body shouldn't have to expel energy to reach your ideal temperature by shivering or sweating.

- **Try to go to sleep and wake up at the same time everyday**, even at the weekend. Getting into a routine like this will help your body's natural rhythm.

- **Turn your phone and laptop off.** Yes, we know it's hard not to have that last scroll through Instagram before you close your eyes, but the blue light from electronics affects our body's levels of the sleep-inducing hormone melatonin. If you really can't be without your mobile, turn it onto night mode or download an app that lowers blue light emission.

LEARN HOW TO SWITCH OFF

So, your room is dark, your body is a perfect temperature, you haven't checked your phone for at least half an hour and everything is quiet, but you still can't quite fall into the land of nod. What's the problem?

It's probably your overactive mind, says Professor Gringras, scientific sleep adviser for Leesa (leesa.co.uk), who adds that making sure we take the time to unwind and process our thoughts before hitting the sack is key. "Bedtime is often when worries and work concerns come flooding in," he explains. "Telling yourself to stop thinking about them is not going to work, but there are a few proven methods that are effective. Use relaxation techniques, such as progressive muscle relaxation to calm your body and mind. Start with your toes and tense all the muscles as tightly as you can, then completely

5 SLEEP HACKS

1 DRINK CHERRY JUICE. It may not be your tippie of choice, but tart cherries can help boost the production of melatonin.

2 WEAR SOCKS IN BED. Keeping your extremities at a good temperature is key to falling asleep quickly – socks may help on those really chilly nights!

3 EAT A KIWI EVERY DAY. This fruit is rich in serotonin, which helps regulate our sleep cycles, and one study found that eating a kiwi an hour before bed every day could improve sleep.

4 DRINK BANANA TEA. No, we've not gone mad – bananas are rich in magnesium (a natural relaxant) and can help you snooze. Simply cut the ends off a washed banana and boil in hot water for three minutes. Add some honey and cinnamon to the water if desired and enjoy!

5 USE ESSENTIAL OILS. Scents like lavender and bergamot can encourage good quality sleep so put a few drops of oil in a warm bath before bed or on your pillow.

relax. Work your way up from your feet to the top of your head.

"You can also practice mindfulness, which focuses on the 'here and now' (often the 'in' and 'out' of your breathing). Notice, but do not worry about, the intrusive thoughts that pop in to your mind and draw your attention back to the current moment."

DON'T LET WAKE-UPS DISTURB YOUR SLEEP

There's nothing worse than waking up in the middle of the night for what feels like no reason (especially if it's taken you an age to drift off), but the truth is there probably is a cause behind your midnight stirring. This could be anything from anxieties creeping in to a drop in blood sugar levels or a need to go to the loo.

Dr Mark Winwood, director of Psychological Services for AXA PPP healthcare, says that recording your sleeping patterns can help if you're a frequent waker. "Keeping a sleep diary allows you to monitor when you fall asleep and wake up, how many times you wake up during the night and how rested you feel in the morning," he says. "After a week, reflecting on your notes can help you pinpoint the cause of your sleep problems, identify what helps and what makes the situation worse."

If you think it may be something to do with hunger levels, nutritionist Cassandra Barns suggests having a snack containing complex carbs and protein before bed. "If

your blood sugar falls too low in the early hours of the morning, this can trigger adrenaline to be released," she explains. "The result is that you'll wake up, often with a racing heart and a racing mind. So as well as balancing your blood sugar by eating whole foods and including protein with every meal, try having a snack containing complex carbohydrates in the late evening, to help stop your blood sugar dropping in the night. A good example is a couple of oatcakes with a teaspoon of nut butter."

If you're likely to wake up thinking about work worries, make sure you take proper time to unwind before you put your head on the pillow. Take a bath, do some breathing exercises or read a book to quieten your mind and relax your body. You may even find writing a list of your anxieties helps you to unload before bedtime.

And whatever the reason for your untimely wake-up, Cassandra says you shouldn't give up on sleep. "Most importantly, don't reach for your phone and start checking emails or social media," she adds. "When you wake up in the night, give yourself half an hour – or even an hour – to lie quietly in the dark, just appreciating the rest. You might find that you fall asleep again, even if you weren't expecting to."

EAT THE RIGHT FOODS

As well as helping to stave off hunger pains in the middle of the night, the right sort of food can help you doze off too.

Nutritionist Victoria Robertson, head of Culinary at Hello Fresh (hellofresh.co.uk), says: "You should aim to eat lots of tryptophan-rich foods to aid a better night's sleep. Tryptophan is used by the body to make serotonin (the happy hormone), which in turn is used to make melatonin. Examples of tryptophan-rich foods include turkey, milk, chia seeds, sesame seeds, tahini, watermelon seeds, cashew nuts, almonds, pistachios and flaxseeds. It is best to eat these alongside carbs to help your body transport the tryptophan to your brain."

Tropical fruits such as pineapples, bananas and oranges are also good at helping increase melatonin production.



"Poor sleep can have an effect on some of the hormones that are involved in appetite which means that when you are sleep deprived you feel more hungry and particularly crave high sugar, high fat foods"

USE EXERCISE TO YOUR ADVANTAGE

Are you a keen gym bunny? Make sure your love of fitness is helping, not hindering your slumber. "Exercise can improve sleep quantity, quality, mood, and general daytime wellness, and is one of the best 'sleep-medicines' around," Professor Gringras explains. "But like all medicines, there is a right and wrong way to use it."

As he says, the timing of the exercise can make a big difference – working out in the morning is unlikely to make a big difference to how you feel at night, and doing

it too close to bedtime is likely to cause problems in falling asleep.

"Also consider the intensity of the exercise you do," he adds. "In one study, sleep was enhanced only after 30 minutes of slightly more vigorous exercise. As a rough guide, try taking 20-30 minutes of exercise that is moderate for you, between 4pm and 7pm."

So there you have it, everything you need for a better night's sleep. Now all that's left to do is to tuck yourself in and switch off your lamp. Sweet dreams!

Sleep boosters

Westlab
Magnesium
flakes,
lookfantastic.com
and ocado.com, 1kg £8.99



Heath &
Heather Organic
Relaxing Night
Time Tea,
Holland &
Barrett, £2.99



This Works
Deep Sleep
Pillow
Spray, £16,
thisworks.com



Pukka Night
Time Capsules,
30 for £7.45,
pukkaherbs.com



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Make 2017 your healthiest year yet!

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food & health advice you can trust*

BerryWorld Overnight Oats with Raspberry Chia Jam

SERVES 1

FOR THE JAM

500g raspberries
4-5 tbsp agave or maple syrup, to taste
3 tbsp chia seeds
1 tsp lemon juice

FOR THE OATS

2tsp agave or maple syrup
120ml almond milk
½ vanilla pod, scraped
1 tbsp almond butter
a small handful of raspberries plus extra

TO SERVE

6 tbsp rolled oats

1 To make Chia jam, combine the fruit with maple syrup, to taste, and gently simmer for 10 minutes. Add a pinch of salt and the chia seeds and lemon juice, stir well and continue to cook for 10 minutes until thickened. Chill in the fridge for at least 2 hours.

2 To make the overnight oats, mix together the syrup and almond milk then combine the vanilla seeds and almond butter. Roughly mash in the raspberries and tip over the oats, stir well, cover and leave to soak overnight (or at least for 2 hrs).

3 In the morning, layer the oats and some of the jam into a jar or swirl in a bowl and top with extra raspberries.

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6 SUPERFOOD SAVIOURS

Going NUTTY

If there was ever a food from heaven, this is it! Nutiva Coconut Manna is a delicious puréed coconut butter that's so creamy and tasty, you could literally eat it from the tub! An ideal "everything" spread, that can replace cream, cream cheese and butter in baking, it can be used 1:1 in all your favourite recipes. It's made from pure, dried coconut flesh that brings a naturally sweet nutty flavour to baked goods and a deliciously buttery texture to cookies and biscuits. Indulge safe in the knowledge that you're doing your body some good: Coconut Manna is naturally high in omega fatty acids and medium-chain triglycerides (that's rapid fat burners to you and me!). Nutiva Coconut Manna, £10.99, nutivauk.com



VERY berry

Blackcurrants are tipped to be one of the biggest superfood trends of 2017! Receive their benefits with blackcurrant extract CurraNZ. Just one bottle (30 capsules) contains around 2,500 berries, so you can be sure that you're getting the most out of this health-boosting fruit. Research shows that these nutritious berries boost performance and muscle recovery, increasing fat burning by up to 27 percent while also aiding immunity and brain function. CurraNZ, available at the reduced rate of £21.75, healthcurrency.co.uk



Raising the BAR

Get Fruity is a range of delicious fruit and oat bars that come in six scrumptious flavours. Made from a delicious blend of natural ingredients, including fruit, fruit juice, oats and virgin coconut oil, it's perfect for healthy snacking while you're on the go. Oh and did we mention they're gluten-free, dairy-free and suitable for vegans? Get Fruity Bars, from £2.25 for a pack of four, getfruitybar.co.uk



BERRY good

Look after your body while you're working out by upping your intake of antioxidants with Finnberry's 100 percent pure lingonberry powder – just one teaspoon is the equivalent of a handful of fresh berries. Not only is this fruit a powerful antioxidant, but it also contains heart-healthy resveratrol, which has been recommended for centuries in Nordic countries as an anti-inflammatory. Finnberry Lingonberry Powder, £13.99, [Planet Organic](http://PlanetOrganic)



Hemp HERO

This cold-pressed super oil is bursting with omega 3 to help support a healthy heart, brain and circulation. In fact, this little bottle of goodness delivers 25 times more omega 3 than olive oil and has 40 percent less saturated fat (not bad eh?). Use it as you would any other oil. It's perfect for salad dressings, sauces, stir fries and cooking. You'll love the light nutty taste! GOOD HEMP Oil, £5.99, Tesco, Sainsbury's and Waitrose



Very PERKY

Packed with the very best superfood ingredients, these gluten, dairy and wheat free quinoa snacks provide nutritious energy, plenty of fibre and 5g of protein per bar. Plus, they're rich in omega 3s and antioxidants, too! Choose from four delicious flavours: Coconut & Chia, Goji & Cranberry, Cacao & Cashew, Cashew, Chia & Pumpkin Seed. PERKIER Quinoa Bars, 75p, Asda



FOOD FIT

Fuel your workouts and stay on track with your weight loss goals with this month's recipes

Salad days

If you're lacking lunch inspiration, try this simple, vegan spinach salad with berries, feta and avocado, free from both gluten and refined sugar, from Nadia Damaso's *Eat Better Not Less* (£15, hardiegrant.com).

SERVES 2 **INGREDIENTS:**

SALAD	
500g fresh spinach	1-2 tsp maple syrup or sweetener
1 ripe avocado	Salt and freshly ground black pepper
200g fresh or frozen and thawed blackberries	Dash of almond or soy milk
100g feta	
DRESSING	TO SERVE
40-60g hazelnuts	Large handful of fresh strawberries
1 tbsp olive oil	Balsamic glaze
2 tbsp balsamic vinegar	

METHOD:

- 1 Roast all the hazelnuts in the oven at 160°C for about 15 minutes, take out of the oven and let it cool.
- 2 Wash the spinach and dry off with a kitchen towel or salad spinner. Add into a large bowl. Cut the avocado in half, remove the stone, peel, cut into dices and add to the spinach. Crumble feta with your hands, add to the spinach together with the blackberries.
- 3 For the dressing, add all the ingredients to a blender and blend until smooth and creamy. This might take a few minutes. If the mixture is too thick, simply add a dash of milk and blend again.
- 4 Pour the dressing over of the salad, stir until well combined so that every salad leaf is shiny, then add into plates.
- 5 Garnish with the strawberries and finish off with a drizzle of balsamic glaze.



Your Fitness Says...

SPINACH IS PACKED WITH A HUGE AMOUNT OF NUTRIENTS, INCLUDING ZINC, PROTEIN, CALCIUM, IRON AND MAGNESIUM, AS WELL AS VITAMINS A, C, E AND K – NO WONDER POPEYE IS A FAN!

Ditch 600 Calories

without even trying!

Want to lighten the calorie load? Try these simple swaps from nutritionist Shona Wilkinson (superfoodUK.com) for an instant reduction

What good is following a strict gym routine if you're fuelling your body with unnecessary calories? But instead of denying yourself snacks and slashing portion sizes to cut down your daily intake, simply adapt your menu to more nutritious meals and watch the calories dwindle. Try this daily plan and drop 620 calories in an instant... plus you get to indulge in a cheeky dessert. #winning



BREAKFAST: Swap your cereal for scrambled egg and grilled tomato on toast

+105 cal

This breakfast option will actually increase your calorie intake but stick with us, as this influx will work out more beneficial as the day goes on. Most cereals contain approximately 125 calories per bowl, however this tasty alternative clocks in at an average of 230 calories, so why should you make the switch? The difference is that although cereals contain less calories, they are often filled with sugar which will undoubtedly result in an energy slump about an hour later. You will then crave more sugar and the unhealthy cycle begins. Scrambled eggs, on the other hand, are a great source of protein which will help keep you fuller for longer. Plus, they will aid your quest in dodging those pesky mid-morning cravings, too.



SNACK: Swap your biscuits for an oatcake and nut butter

-70 cal

This food swap doesn't create a huge dent in your daily calorie intake, but it will fuel you until lunch and keep you away from other tasty treats. The reason to make the switch is simple – skip the sugar. A couple of biscuits clock in at approximately 180 calories, whereas an oatcake with nut butter is around 110. This alternative will provide a steady release of energy to keep you on track until lunch. By including protein with every meal, you'll avoid poor blood sugar balance which in turn promotes steady hormone levels. This includes the female hormones oestrogen and progesterone which help keep your menstrual cycle on an even keel, and ward off symptoms of PMS and the menopause. You're less likely to become irritable or down in the dumps too, and your body and brain will find it easier to deal with stress. Bonus!



AFTERNOON SNACK: Swap a muffin for half an avocado on two oatcakes

-190 cal

An afternoon cuppa with a tasty muffin sounds like heaven, but when it adds 350 calories to your daily tally you may want to rethink your tea break treat. Instead try two oatcakes or crispbread loaded with creamy avocado, a drizzle of lemon juice and sprinkle of black pepper. Trust us, your health will thank you for it! Avocados provide a great source of mono unsaturated oleic acid and research has shown that this type of fat is beneficial for cardiovascular health. They are also a good source of antioxidants which protect your body's cells against free radical damage and can benefit your eye health.

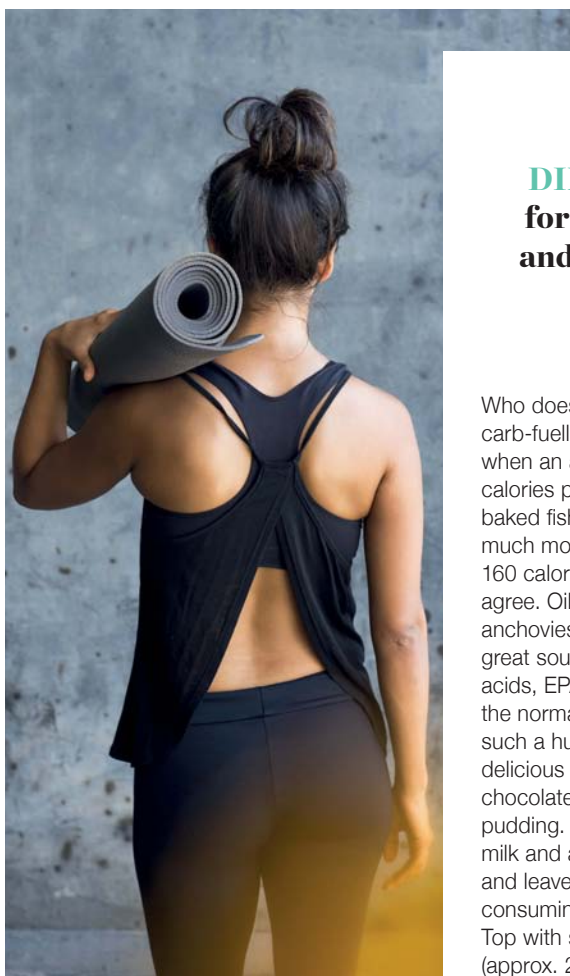


LUNCH: Swap your supermarket meal deal for a baked sweet potato with a nutritious and delicious filling followed by fruit

-245 cal

A classic jacket potato (including the skin) is rich in vitamin C, B6, potassium, manganese and dietary fibre. Alternatively, you could have a sweet potato jacket which contains all of the above but has a lower carbohydrate content and is higher in the vitamin A precursor – beta-carotene. Good filling options are cottage cheese, chickpeas, a bean chilli or grilled vegetables and tuna. Complete your meal with a side salad or a mix of dark leafy greens. This will tantalise your taste-buds as well as pack a nutritious punch. Opt for a coconut water, approximately 20 calories, to help boost energy levels and finish with a small punnet of blueberries (approx. 90 calories). In total, this fulfilling lunch racks up around 360 calories which is almost half of a supermarket meal deal which, on average, contains a staggering 605 – 365 calories for a sandwich, 100 calories in a bag of crisps and 140 calories in a coke.

*all calories are calculated approximately



DINNER: Swap pasta for fish and vegetables and even treat yourself to a dessert

-220 cal

Who doesn't love ending the day with a carb-fuelled portion of creamy pasta? But when an average pasta dish contains 580 calories per portion, a simple switch to baked fish and a pile of vegetables is a much more appealing option. And at only 160 calories, your waistline will definitely agree. Oily fish, such as salmon, herring, anchovies, mackerel and sardines, are a great source of protein and omega 3 fatty acids, EPA and DHA, which contribute to the normal function of the heart. And with such a huge calorie saving, why not add a delicious dessert? Try making a delicious chocolate, chia seed and coconut pudding. Simply mix chia seeds, coconut milk and a bit of cocoa powder in a jar and leave in the fridge overnight before consuming half the following evening. Top with some fresh fruit, honey and nuts (approx. 200 calories). Yum!

Auntie Flo, that time of the month, shark week... Whatever you refer to it as, it doesn't change the fact that many of us dread our periods and the lead up to them. That's why it's good to know that you can put that in the past thanks to Cleanmarine.

QUIT Ovary-acting

Stop PMS in its tracks

What is PMS?

According to the National Association for Premenstrual Syndrome (pms.org.uk), women can experience PMS during the seven days before their period and at ovulation for three to four days and it has over 150 symptoms. These include mood swings, depression, tiredness, fatigue, anxiety, aggression, sleep disorder, food cravings, bloating, clumsiness, breast tenderness and weight gain. It's estimated that women affected by PMS will suffer symptoms for 3,000 days, which is over eight years of a woman's life!

Is there anything to help alleviate my symptoms?

Sadly, there is no cure, but a new study by Cleanmarine has found that Cleanmarine for Women can improve symptoms by an average of 69 percent over a period (excuse the pun) of three months. The participants, who took two capsules of the krill oil, vitamins and isoflavones blend a day, saw the most reduction in breast tenderness (81 percent), while anxiety, headaches and bloating were also drastically lowered.

Why does it work?

The human body needs essential fats such as omega 3 and 6 to stay healthy, but we aren't able to produce them naturally. This means that it's vital that we make sure our diets contain foods rich in these good fats, or that we take supplements. In the UK, our meals are plentiful in omega 6, but getting sufficient omega 3 from food sources alone can be very difficult. This is where krill oil comes in, as it enables you to top up your levels hassle-free, as well as providing overall benefits, such as controlling cravings and improving anxiety and joint pain. Cleanmarine for Women also contains other key ingredients, including rosemary oil (which is used for its mood enhancing effects), soy isoflavones (to ease headaches, cramps and back pain), vitamin D3 (to help alleviate mood disorders associated with PMS), which are all designed to help alleviate PMS and menopause symptoms. It also uses B vitamins, which aid your body in converting food into fuel to produce energy, as well as vitamin B1 (thiamine), which contributes to a healthy heart and vitamins B2 and B6, which maintains healthy skin, energy levels and normal vision.

Cleanmarine for Women, £23.99, available at cleanmarinekrill.co.uk



Let's do lunch



Who says you have to choose between your taste buds and your waistline? Australian supermodel, masterchef contestant and author of *The Healthy Model Cookbook* Sarah Todd shows us how to cater to both with three delicious, not to mention nutritious, lunchtime recipes!

Prawn & soba noodle salad

WITH SESAME-GINGER DRESSING

(Featured on previous page)

SERVES 4

270g soba noodles
24 raw prawns, peeled and cleaned with tails intact
1 tsp garlic paste
Sea salt and freshly ground black pepper
1 tbsp olive oil
1 Lebanese (small) cucumber, diced
2 spring onions, thinly

sliced on the diagonal
1 small handful of coriander, roughly torn
Toasted sesame seeds and chilli salt

Sesame ginger dressing

50ml light soy sauce
1 tbsp extra virgin olive oil
1½ tbsp rice wine vinegar
1½ tsp tahini
½ tsp finely grated ginger

1 Cook the soba noodles in a large saucepan of boiling water for two to four minutes or until just tender. Drain and refresh under cold running water, then place in a large bowl.

2 Coat the prawns in the garlic paste and season with salt and pepper.

3 Heat the olive oil in a large frying pan over medium to high heat and sear the prawns for one to two minutes on each side or until just cooked through.

4 For the dressing, place all the ingredients in a small bowl and whisk together until smooth (or pop all the ingredients into a small jar, seal with the lid and shake). Set aside.

5 To serve, pour the dressing over the noodles and add the cucumber and spring onion, then toss to combine. Top with the prawns and scatter with the coriander, sesame seed and chilli salt.



Winter green & white bean salad

WITH MINT AND OLIVES

SERVES 4

3 large handfuls of bitter winter greens such as dandelion leaves, wild rocket or frisee, stems discarded
400g tin of cannellini beans, drained
½ small onion, finely diced
8 pitted green olives, sliced

1 small handful of mint leaves
Freshly ground black pepper
Salt

Lemon dressing

80ml extra virgin olive oil
1 tsp finely grated lemon zest
2 tbsp lemon juice

1 Cook the greens (except for rocket) in a large heavy-based saucepan of salted boiling water for four minutes or until tender.

2 Drain and leave to cool, then lightly squeeze out the excess water. Roughly chop the greens.

3 To make the dressing, place the olive oil, lemon zest and lemon juice in a small bowl and whisk to combine. Set aside.

4 Place the greens, cannellini beans, onion, olives and mint in a large shallow bowl, then stir well to combine.

5 Spoon over the dressing, season with salt and pepper, then divide among four bowls and serve.



Baked snapper

WITH CUCUMBER, RUBY GRAPEFRUIT AND MINT SALAD

SERVES 4

4 x 150g snapper fillets,
skin on, pin-boned
1 large ruby grapefruit
50ml fish sauce
50ml soy sauce
50ml honey
100ml grapeseed oil
3 spring onions, thinly sliced on the
diagonal (white and green parts set
aside separately)
10 mint leaves, roughly chopped
(Vietnamese mint if you can find it)
1 small handful of flat-leaf parsley,
roughly chopped
1 fresh red bird's eye chilli,
finely chopped
2 Lebanese cucumbers, shaved
using a mandoline
1 handful coriander leaves, chopped

- 1 Preheat the oven to 220°C, then arrange the snapper fillets in a baking dish so that none are touching.
- 2 For the salad, using a sharp knife, slice the top and bottom off the grapefruit, then slice off the skin including the white pith, starting from the top and working to the bottom.
- 3 Working over a bowl to catch the juices, cut out the segments in between the frame, then set aside.
- 4 Strain the grapefruit juice through a fine-mesh sieve into a small bowl and whisk in the fish sauce, soy sauce, honey and grapeseed oil.
- 5 Spoon half the dressing over the fish, then pop the fish into the oven and bake for 15 to 18 minutes or until just cooked through.
- 6 Meanwhile, place the green part of the spring onion in the remaining dressing, then add the mint, parsley, chilli and grapefruit segments and set aside.
- 7 Just before serving, add the cucumber, coriander and the white part of the spring onion to the bowl of salad.
- 8 To serve, arrange the salad around a large shallow serving bowl or platter. Flake or cut the snapper into bite-sized pieces. Place the snapper evenly on top, drizzle with as much dressing as you desire, then serve straight away.



Recipes extracted from *The Healthy Model Cookbook* by Sarah Todd (£16.99)

ZERO SUGAR, 100% TASTE

The original Swiss herbal sweet!
Great tasting, long lasting refreshment
Unique blend of 13 natural Swiss herbs



ricola.com

GRATED GINGER

This is a firm favourite at YF HQ thanks to its powerful health benefits. Sprinkle some spice onto your poke bowl with this root to soothe digestive problems and menstrual pain and lower both your cholesterol and blood sugar levels. If that wasn't enough, there's evidence that ginger may reduce exercise-induced soreness and its active ingredient, gingerol, can fight off infections. What's not to love?



CUBED AVOCADO

Ah, the most popular fruit of 2016, gracing the Instagram pages of many a fitness-enthusiast. The humble avo packs a nutritional punch, providing a huge amount of vitamin K and iron, as well as healthy fats and protein. It also contains more potassium than a banana, making it perfect pre or post-exercise. Add it diced to your bowl for an extra healthy hit.



Poke Bowl



MANGO PIECES

Known as the 'king of fruits' in some parts of the world, this bright bite gives you 76 percent of your RDA (recommended daily allowance) of vitamin C (which boosts your immune system), as well as 25 percent of your vitamin A (which promotes good eyesight). This fruit can clear your skin, unclog your pores and it contains enzymes which help to break down protein, improving digestion.



DRIED SEAWEED

Keep your bowl traditional with dried wakame. Low in calories but full of nutrients, this ocean-native can prevent heart disease while boosting immunity. Its high iodine content is essential for converting food into energy and it maintains the balance of the thyroid gland, which produces hormones that help your body's organs to work.



Comfort food that's also healthy? Yes please!

TOASTED CASHEW NUTS

This creamy nut doesn't just add crunch to your poke bowl – it brings a whole host of health benefits to the table. Not only does it provide 98 percent of your RDA of copper, which aids your antioxidant defences, energy production, blood vessels and bones, it also has the lowest amount of fat of any nut. Research also shows that cashews lower your risk of weight gain – sounds good to us!



It's that time of year when snuggling up with a plate of your favourite comfort food is more tempting than ever. While they may hit the spot, they tend to be high in calories and low in nutrients. Switching it up with a poke bowl means you'll get all the nutrition without losing that warm fuzzy feeling. Originating from Hawaii, this dish has a grain base (rice, quinoa, or even courgetti), with raw, sushi-grade fish (or tofu) and a mix of garnishes topped with sauce or a squeeze of lime. Here are our picks for a bowl that's guaranteed to make you feel good.

EDAMAME BEANS

A Japanese delicacy, these are simply young soybeans that are harvested before the beans have hardened. Cholesterol-free, they are an important source of protein, iron and calcium for those following a plant-based diet. These pods can combat depression thanks to their folate content and they have high levels of the vitamin choline, which aids sleep and muscle movement, as well as reducing inflammation. It's time to go green.





ACTIVE



MAXIMUM SUPPORT ULTIMATE COMFORT

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www.anita.com

MIND FIT

Wellness techniques for your mind, body and soul

Fill your lungs

When was the last time you thought about your breathing? We take it for granted, but it may be time for some fresh air. According to new research by Northwestern University in the US, one strong inhale through your nose (not your mouth, this is crucial) could strengthen your brain and make your memories sharper, as well as improving your reaction times. The scientists also found that you are more likely to remember an object if you saw it when you inhale rather than when you exhale. So the next time you have a big decision to make, breathe in deeply through your nose while you think it over.



Your Fitness *Says...*

TAKING A DEEP BREATH HAS OTHER HEALTH BENEFITS TOO – IT CAN REDUCE BLOOD PRESSURE AND STRESS, STRENGTHEN YOUR ABDOMINAL MUSCLES AND RELIEVE PAIN

HeadSPACE

THE BEST AND LATEST WAYS TO A HEALTHY, HAPPY MIND

THE BRIGHT SIDE OF LIFE

Is your glass half empty or half full? Turns out that women who have an optimistic outlook on life may live longer than those who don't. In a study of more than 700,000 females published in the *American Journal of Epidemiology*, optimists were found to have a reduced risk of five deadly diseases, including heart disease and diabetes. While it's true that there may be a link between optimism and healthy lifestyle choices, the researchers said that having a positive attitude may improve life chances in itself. More of a pessimist? Try distracting yourself from negative thoughts with activities that require your full concentration, such as a new exercise class!



RELAXING BATH SALTS

1 Ease end-of-day anxieties with **This Works Deep Sleep Bath Soak**. Made with sea salt, soothing lavender, chamomile and vertivert, it will leave your skin moisturised and lightly fragranced. £22, thisworks.com



2 Sprinkle the **L'Occitane Relaxing Bath Salts** into your tub for a moment of calm, thanks to the essential oils of lavender, bergamot, mandarin, sweet orange and geranium. £16, loccitane.com

3 Indulge yourself and unwind with **Aromatherapy Associates Deep Relax Himalayan Bath Salts**. Infused with an essential oil blend of vertivert, chamomile and sandalwood, these crystals will prepare you for a good night's rest. £42, aromatherapyassociates.com



Q&A



ASK THE EXPERT

"I'm a very anxious person and I feel like it's taking over my life. How can I ease my anxiety naturally?"

Shona Wilkinson, nutritionist at superfooduk.com, says:

"'You are what you eat' is very relevant when it comes to anxiety and your food choices can make a massive difference to how you feel and function. Food is not just about calories – the more fresh it is and the less adulterated it is, the better it is for you all round. This means avoiding processed foods, additives, artificial sweeteners, sugars, white flours and refined carbohydrates and eliminating or at least reducing alcohol and caffeine intake.

Instead, nourish yourself with fresh, wholesome, ideally home-made food, ensuring you have a good balance of protein, good quality carbohydrates, beneficial fats and oils.

"We often can't prevent the stresses of life, but we can influence our reaction to it. Try taking a B vitamin complex daily, as they are water-soluble and if you're not consuming them every day, either through your diet or by supplementation, you will just miss out on them.

The B vitamins folate (B9), niacin (B3), thiamine (B1) and vitamin B6 (and also vitamin C) all contribute to normal psychological function, having an impact on how we feel.

"Meditation is now gaining mainstream recognition through scientific research for its ability to reduce stress. Those in stressful jobs or situations can benefit enormously from meditative practice. It can be done anywhere, such as on the bus or train into work and even five minutes can be helpful to clear your mind."

PRESS PAUSE

If you're in need of stress relief (and let's face it, who isn't?), book yourself in for a Balinese massage. This full-body, holistic treatment uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood and oxygen around your body. The therapist will use deep pressure during the therapy to work on muscle knots, as well as long, gentle strokes to release tension. Not only will you feel relaxed and refreshed afterwards, you'll also have your mood boosted thanks to the use of essential oils – sounds heavenly! For more information, visit goodspaguide.co.uk



[MANTRA]

*"FAILURE IS NOT FALLING DOWN
BUT REFUSING TO GET UP "*

- Chinese proverb

BRAIN FOOD

It's widely been reported that the Mediterranean diet – which is rich in fresh fruit, vegetables, beans, cereal grains and olive oil – is good for your body, but it seems that it's also good for your mind as well. New research by the University of Edinburgh has revealed that this type of diet protects the brain from the effects of ageing, such as memory loss. It's also an effective way to lose weight as it delivers high amounts of good fats while being relatively low in sugar and harmful trans-fats. Why not give it a go?



ARE YOU LISTENING?

What you think you want isn't always what you need. Learn to de-code your body's messages to find out what's really going on and you will look and feel your best

WORDS: Laura Coppock

You're feeling... DOWN

When life is getting on top of you, willpower is at an all time low so it's that bit harder to refuse foodie treats and booze, let alone get to the gym. But we all know that comfort food is not the answer – instead you've got to get out of the rut.

What you really need...

Break the cycle and start with small changes to your diet. The right choices can lift your mood and get you on the right track. "Serotonin is a feel-good hormone, so when you eat foods that boost this your mood can improve dramatically," says top hypnotherapist, psychologist and author Marisa Peer (marisapeer.com) whose client list includes celebrities, royalty and

Olympic athletes. "Many anti-depressants do the same thing: they try to get your body to hold on to serotonin. But instead of doing it artificially with drugs, it's completely safe – and far nicer – to replenish it in your body through food. Top sources include eggs, avocados, bananas, dates, dark chocolate, poultry, celery, pears and coriander – enjoy these in your diet regularly for a steady supply of serotonin."

Don't forget that exercise triggers the release of endorphins in your body, making you feel great, so it's even more important to make the effort to get active when you're feeling low. Do whatever workout you most enjoy. Master trainer at 1Rebel and spokesperson for pinkparcel.co.uk Esmee Gummer suggests getting tough: "For an extra release, try boxing – there's nothing better than beating a bag down and feeling all your troubles melt away."

You're feeling... NEGATIVE

If your weight loss and fitness has hit a plateau it can feel as if you're never going to have a body you can be proud of. You want to wallow in self-pity.

What you really need...

...is a plan! Superdrug's nutritionist Charlotte Stirling-Reed (superdrug.com) has the following advice for firing up your diet motivation and making your glass half full again: "This is about you and your goals, so don't compare yourself

to anyone else. Reflect on what's working for you and what isn't. Write down your new plans and targets so you can refer back to them. Remember that small steps towards big changes are often the most successful. Try enlisting the support of a friend to increase your motivation and staying power. It's also a good idea to plan your meals ahead of time to help you stay in control. A food diary is a great way to keep on track, but don't guilt trip yourself if you slip up and remember that everyone makes mistakes. Think about the 80:20 rule and aim to eat well most of the time."

"Researchers at Glasgow University found that exercising outside among trees and grass lowered anxiety levels by as much as 50 percent"

You're feeling... STRESSED

Work is getting on top of you, and the only option is to work through lunch and skip your evening fitness class because you're so time-strapped.

What you really need...

Working out is a brilliant way to kick stress, particularly if you go alfresco. Just a 10-minute stroll through the park can be enough to beat tension and recharge your batteries. Researchers at Glasgow University found that exercising outside among trees and grass lowered anxiety levels by as much as 50 percent.

Stressful times can lead us to either over- or under-eat. But eating well will actually help you chill out, and it doesn't have to be time-consuming. "Protein is vital for every cell to perform inside our body, to function, concentrate, combat stress, recover and replenish," says Rhiannon Lambert, MissFits nutrition ambassador (missfitsnutrition.com). "We require 0.8-1g of protein per kg of body weight, so think eggs, fish, chicken, nuts, beans and pulses. Protein powders are also useful when you're on-the-go. Other essential nutrients to beat stress include: omega 3 fatty acids, which salmon is a good source of; zinc, found in nuts, spinach and lamb; and magnesium, in dark leafy greens."



You're feeling... HUNGRY

It might only be 11am, and even though you had a big bowl of porridge for breakfast, your midday meal can't come soon enough. Hmm, cake now, then cheese baguette or burger and chips for lunch?

What you really need...

Even when you're on a diet, it can pay to listen to your body. "Sometimes, our cravings are our body's way of telling us that we are missing key nutrients," says Frida Harju, nutritionist at the health app Lifesum (lifesum.com). "For instance, if you find yourself hankering for cheese, your body might need calcium." So it's true that a little of what you fancy does you good! Sadly, that doesn't give you free-reign to binge in the food court. "Most of the time when you crave fat and refined carbs it's because your energy levels are low and your body knows that foods with a high-GI will give you energy quickly. Your brain associates fatty foods with quick energy bursts, which can activate its reward centre," Frida warns. So, avoid the blood sugar rollercoaster by opting for low-GI carbs from wholegrains and include lean protein in your meals to help you feel fuller for longer.

And it's not only about what you eat, but how you eat it, according to research from the University of California, which revealed that mindful munching can boost weight loss for dieters. It makes sense really, if you enjoy your food away from distractions like TVs, computers, phones and slow down to savour every bite, you're more likely to chew properly – which aids digestion – and stop eating when you're full.

You're feeling... TIRED

Need coffee now, even though you're getting decent kip most nights?

What you really need...

Well, it's not another coffee! Even though it supplies a short term fix, you'll soon come crashing down from that caffeine buzz, making you feel worse.

If you've recently upped your workouts, perhaps you're overtraining. "While the aim of

exercise is to push your body to fatigue, there's a tipping point. If you take the intensity and frequency too far and don't allow for recovery, you're putting yourself at risk," warns Steve Tansey, head of research and development and trainer at Les Mills UK (lesmills.com/uk).

So how do we avoid overdoing it? "Listen to your body, include rest days and complement your hard-core training sessions with restorative options like yoga, walking or short jogs. Make a training diary to record when you exercise and how you feel afterwards," Steve suggests.

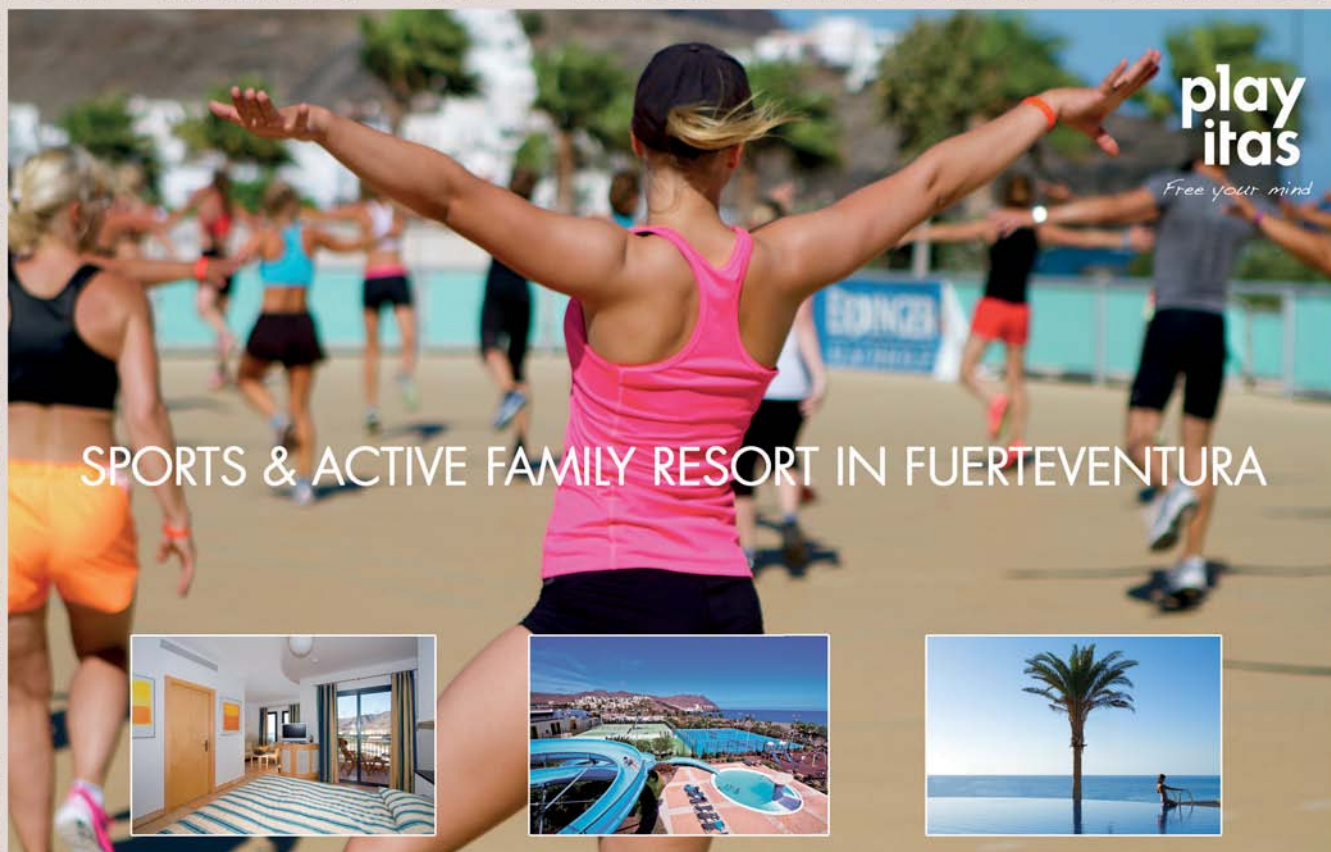
"And, high intensity interval training (HIIT) is a great way to get results quickly, but beginners should up the intensity slowly and not do more than three HIIT sessions per week."

On the flip side, if your workouts have been put on the back burner of late, picking it up again should actually give your energy levels a lift. Even though exercising tends to be the last thing you feel like doing when you're knackered, research shows it's better at boosting your vigour than a nap or stimulants. In fact, a study published in *Psychological Bulletin* analysed the results of more than 70 studies on exercise and fatigue and found that in more than 90 percent of cases working out increases energy and reduces tiredness.

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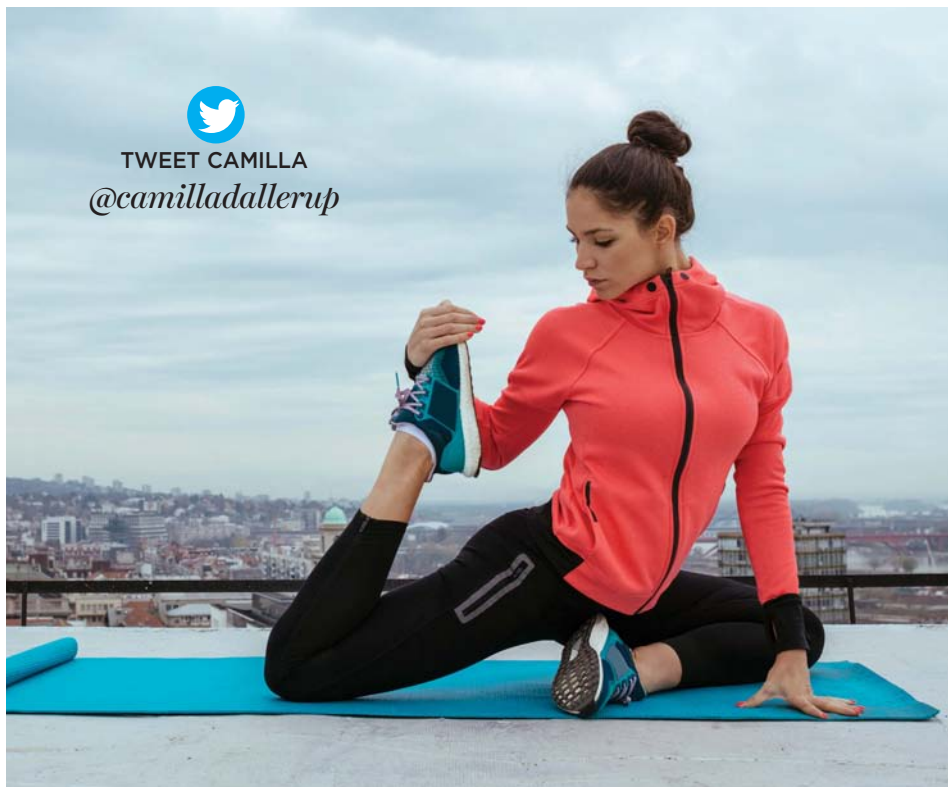
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TWEET CAMILLA
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Camilla Dallerup How positive thinking can boost your workout



Each month
our favourite
motivation guru
guides us back
to the straight
and narrow

There is a lot to be said for Henry Ford's famous quote: "Whether you think you can, or you think you can't – you're right." Even scientific research shows that being optimistic can help improve our performance.

So, let me explain how positive thinking can help and support you when you have a setback, whether in sports or life in general. First of all, in that moment something goes wrong, it's important to take some time to realise that you have a choice as to how you respond it. You can either curl up in a ball and hide from the world, focusing on why this setback happened to you, or instead, you can choose to connect to your positive and optimistic self. I understand that sometimes it doesn't feel as though this part of you is present, but when you search deep within you will find that it is. So, try to simply accept the setback and ask the questions: "What do I need to learn from this?" and "How will learning this valuable lesson support me in the future?"

You see, it's not that people with a positive mindset don't have setbacks, fall off the healthy lifestyle wagon or come last at a race they worked so hard to win. No, it's the way that they perceive these setbacks that help them achieve and improve for the next time. I remember back to my days competing and

how it felt after getting a rubbish result. I did curl up on the couch, I even cried at times but I gave myself a deadline for my self pity, and then I picked myself up, took a deep breath and asked: "How would my optimistic self deal with this?". I would make a plan and move on with a confident skip in my step. A quick way to tap into your positive thinking is to remember why you started whatever you are doing in the first place – literally feel that passion in your belly and imagine yourself having fun doing your thing.

Mindfulness

One of the most helpful things I can share about mindful meditation is the fact that thoughts, sounds and feelings will come and go throughout your practice, and that that's ok. The key to a useful session is to allow them to do so, to simply accept that we don't need to interact with every thought and know that we can instead observe our thoughts and feelings as they come and go. So, if you are having a stressful day or something is bothering you try the below exercise...

- 1 Take a moment for you and sit comfortably. Tune into your breath simply by noticing each in and out breath.
- 2 Notice how you are feeling and what thoughts are around at this point.
- 3 Allow yourself to sit with whatever feeling is present. Keep bringing your focus back to the breath each time the feelings and thoughts draw you away.
- 4 Sit for as long as you need until you feel ready to open your eyes and you'll notice that the feeling has perhaps become more neutral or the body more relaxed now.

Choose love over fear

The Universe Has Your Back
by Gabrielle Bernstein

I have read all the books written by Gabrielle and each one has been brilliant in its own way. She often uses personal experiences to get her message across, which make the lessons she teaches that much more accessible. This book is very much about how when we choose love over fear in our lives, the universe works in our favour. It also reminds us once again how we create our own reality with either our fearful thoughts or our loving thoughts. It inspires and gives advice on how you can switch your perception from a place of worry and anxiety to one of happiness, belief and abundance. It encourages you to take stock of your life, to check in with the emotions and visions you are projecting onto the world, look closely at the reality of the life you are living, and notice if any changes in your thought patterns needs to be made.

MIND OVER MATTER

PRO TIPS TO KEEP YOUR FITNESS GOALS FIRMLY ON TRACK

It may be termed the New Year's effect, but we're pretty sure it applies year round: you finally decide to get yourself to the gym on a regular basis, and for the first couple of weeks you actually make good on your promise. Then life sets in, and you skip just one workout. And then another. And before you know it your trainers become nothing more than a guilty reminder of the good intentions that once were.

We get it (and we've been there) – work gets hectic, you deem sleep more important, or you realise that you just really hate working out. Maybe it's all of the above. But even gym-phobes can become fitness junkies with a bit of brain training! With this in mind, we've asked the top fitness influencers for their number one tips on getting motivated and keeping it up.

WRITE IT DOWN

Alice Liveing, personal trainer and Instagram influencer (@clean_eating_alice), says:

To keep motivated I find having a plan in place helps the most. I like to know what I'm going to do before I go into the gym so I don't spend the first 10 minutes deciding which exercise to begin with.

Even if it's writing it down in my phone, it means I can use my time efficiently and know I can have a productive session!

KEEP TRACK

Shona Vertue, personal trainer, yoga teacher and creator of the Vertue Method (shonavertue.com), says:

There is no doubt that achieving goals is a big part of staying motivated, but we don't tend to see visual changes to our body until we've logged a few months of consistent training and balanced eating – if our health intentions are based purely on the visual, it can be demotivating when the results don't manifest immediately. Tracking things like how many squats you can do or how much weight you can lift will keep you on going as you'll see these increase on a weekly basis. By ticking off quick and consistent accomplishments, you will feel motivated to continue to watch those numbers improve (as well as the numbers on the scales).





LOOK WITHIN

Yoga teacher and wellbeing

blogger Annie Clarke (mindbodybowl.com) says:

I find the best way to keep your health goals on track is to remain in tune with your body – get connected to yourself and really work with that. I like to choose workouts that will suit where I am that day and also ones that keep me excited about what I'm doing. It helps me find a balance between variety and consistency, and enables me to do lots of different things that I love as and when it feels good. Oh, and letting myself rest is also really important. That's a big thing that's very easy to forget!

EASY DOES IT

Personal trainer and fitness blogger

Zanna Van Dijk (zannavandijk.co.uk) says:

We all have days when walking into the gym seems almost impossible, so my number one tip is to make things easy for yourself. Sign up for a gym that's close to your home or work, schedule in your sessions, pre-plan your workouts so that you don't feel lost and confused when you arrive, and pack your gym bag in advance so you can grab and go. This removes many common excuses to get yourself out the door!

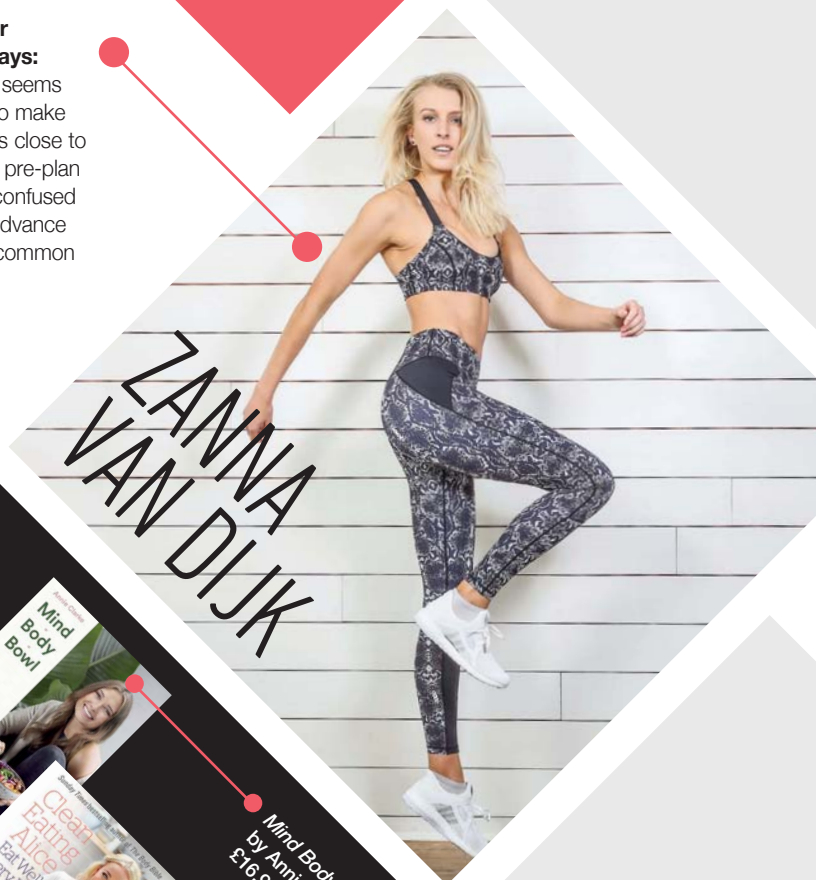
SEIZE THE MOMENT

Wellbeing blogger

Stephanie Lewis

(simplystephanie.co.uk) says:

Make plans when you're feeling motivated. I'm always filled with good intentions on a Sunday, so I'll use this opportunity to book non-refundable classes or set a gym date with friends. That way I have no choice but to show up! It also helps to mix things up because if you're bored of your routine, you'll always find an excuse to do something else – I'm a huge fan of boxing classes and body pump!



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We've teamed up with Europe's number one golf retailer American Golf to give away a Garmin X40 GPS Golf Band and a pair of Adidas Golf Adipower TR Golf Shoes, worth over £250! Recent research suggests that golfers may live five years longer than non-golfers thanks to the sport's surprising cardio benefits. A round of golf can cover up to eight miles, burn 1,200 calories and improve your cardiovascular and muscular health. Make 2017 the year you grace the fairway and experience the amazing health benefits golf offers for yourself. Find out more about the products at americangolf.co.uk



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The lovely people at Brand Attic are giving away a full new workout outfit to five lucky winners, worth over £50 each! Their new fitness range features high quality, fashionable clothing from Only Play, as well as Brand Attic's own line. If you're a winner, you'll receive a vest, sweat top and leggings of your choice from the collection. Whether you enjoy running, lifting weights or yoga, this exciting range provides essential comfort while flattering your figure and inject playfulness into your regime with the slogan vests. Head to brandattic.com to see the full collection.

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TRY IT

Fire up your fitness this month with something a little bit different



Row, row, row your boat

It may be a children's song, but switching from the elliptical to the rowing machine once in a while could be the secret to ramping up your training session. Working your shoulder, back, core and glute muscles, the rowing machine gives you all the benefits of cardio and strengthening in one. Not only is it easy on your joints, it also loosens any stiff limbs as your body is using a full range of motion. Life is but a dream!

Your Fitness Says...

ROWING FOR JUST 30 MINUTES WILL BURN UP TO 250 CALORIES – SO WHAT ARE YOU WAITING FOR?

DOUBLE TROUBLE

Can't choose between boxing and barre? Do both!

Hybrid exercise classes are fast becoming the nation's trendiest way to stay trim.

There's just something so satisfying about two seemingly incompatible fitness styles being transformed into one. Every time a new combo crops up, we half expect it not to mesh, but we're almost always pleasantly surprised and our astounded delight keeps us in regular attendance! It's not all about the fun and games, however – science is firmly on the side of fusion fitness, too! We all know that a toned silhouette is best obtained through a combination of resistance and cardio, so it makes complete sense to cater to both in a single session. Team this with the fact that most of these new wave workouts combine some sort of lengthening element and you've got yourself a comprehensive fitness programme without the need for multiple classes. Here's our pick of the best...

"Every time a new combo crops up, we half expect it not to mesh, but we're almost always pleasantly surprised and our astounded delight keeps us in regular attendance!"



Boxerina

Ready to float like a butterfly and sting like a bee? Channel your inner Ali with a fast-paced fusion of high-intensity boxing exercises and core-crippling ballet moves. Founded by Paola's BodyBarre, the brand new Boxerina class is a one-of-a-kind workout that promises to tone and lengthen while also torching fat. The result? A lean dancer's physique in virtually no time at all! No surprise then that it's become an insta-worthy favourite of supermodels and fitness bloggers alike. A typical session consists of heart-pumping boxing circuits teamed with kick-boxing and pad work as well as some killer leg and glute conditioning, while the ballet portion targets strength-building and flexibility. The two activities supplement each other to a tee explains founder Paola Di Lanzo: "Barre work improves agility, coordination, core strength, endurance and power – all of which are required in boxing." Rated intermediate-advanced, it's not one for the faint-hearted, but if you're up for a gruelling 60-minute sweat sesh with fast results, this might just be the workout for you.

£28 per class,
paolasbodybarre.com

Yogalates

If you want to amp up the intensity of your yoga routine, this is undoubtedly the way to do it. Equal parts yoga and Pilates, this unique hybrid delivers full-body toning with a dose of yogi-approved zen. Think downward dog into side-plank twists (and yes, you were right to wince as you imagined yourself performing that move!). Slow-paced, perhaps, but easy it is not. You may not be bouncing off the walls, but the sheer control needed to stabilise each move is more than enough to make up for it (read: serious muscles shakes). Expect improved posture, balance and coordination as well as a trim, supple physique. "Yogalates classes include exercises and poses to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural core muscles," says instructor Veronique Blot. "These protect the spine against injury, support the internal organs and foster pelvic and spinal awareness to promote good posture. Core strength can be hard to develop with basic weight training, but by topping up your regular routine with Yogalates, you will find yourself stronger than ever." **£20 per class or £130 for 10,**
urbankingsgym.com

Piloxing

Move over Zumba, there's a brand new dance workout in town! Piloxing is a fitness phenomenon brought to us from the shores of Sweden. It combines the body-sculpting aspects of boxing and Pilates with the upbeat fun of a high energy dance routine. Depending on which studio you visit, you might be met with neon lights and brightly coloured, disco-esque attire, but all classes feature blaring tunes and an electric energy that's bordering on contagious! Just one 50 minute session can burn up to 1,200 calories (count us 100 percent in), thanks to an award-winning formula of interval style training, weighted boxing gloves and a steady pace of 145 beats per minute (that's on par with Zumba for those who want to compare). Founder Viveca Jensen says it's the perfect combination: "Imagine the long, lean muscles of a Pilates enthusiast, the super-toned arms and core of a boxer and the athleticism of a dancer. That's what Piloxing does for the body." Tutus and trainers at the ready then! **Prices dependent on location, piloxing.com**

PHIIT

Fulham-based PHIIT is a brand new boutique studio specialising in HIIT-inspired Pilates to help you achieve a leaner, more toned frame. There are plenty of classes to choose from, but its signature 'Hybrid' workout is a constant sell-out and co-founder Lindsay Holden says it's not hard to see why! "Our signature combo class

of cardio, resistance training and Pilates is the most complete workout you can get," says Lindsay. "By attending classes at PHIIT regularly you will usually see results within two to three weeks." Don't think it's all body resistance though. The class makes use of several piece of equipment to keep things interesting.

"We like to switch it up with different combinations of MOTR reformers, TRX bands, kettle bells and medicine balls – you never know what workout awaits so it's always mentally engaging and your body can't get acclimatised to the moves." Bye bye plateaus! **£28 per session or £45 for your first three, phiit.co.uk**



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Helen Skelton

works it out

Your Fitness' intrepid columnist stakes out the newest classes and takes on the latest challenges

I'm a tad adverse to organised fun. The idea of following a guide around a course with a hen party or family of five while sporting elbow pads and a helmet doesn't really float my boat, and that's why I had never been on a segway until recently. But despite my misgivings, I have to admit, my time on two wheels was a really good laugh.

The segway tour I enjoyed took place in the shadows of the cliffs that line Dumfries and Galloway's 'secret coast' in Scotland. Once upon a time the area between Rockcliffe and Sandyhills was used by smugglers to store the liquor, tea and sugar they were illegally bringing into the country from the Isle of Man. These days, however, it is a playground for kayakers, kite surfers and, perhaps more surprisingly, segway users. I was lucky to get an individual tour taking in the cliffs of the secret coast but group bookings can be made here too.

The electric hoverboard-type contraptions with their chunky wheels and stabilising handle bars have been around for a while now and once aboard one, I quickly found out that balance is key. If you stand up straight, you stop. If you put weight onto your tip toes you go forwards and if you transfer your weight into your heels you go backwards. It's simple – if you're calm,



cool and collected, that is (which I am not). There were moments when I shot forward and then lurched backwards, and stopping is not something I was able to master, but I got the hang of the basics. In the end I travelled up and down that beach like a 21st century version of Mad Max.

To turn, you push the handle bar right or left depending on which way you want to go. Of course, a little bend in the knees and a sway of your body helps the overall appearance of your manoeuvres, but I don't think it actually affects the efficiency of the segway. Using one, I felt like I was constantly skirting the fine line between geek and cool, but with the epic back drop I am pretty sure I got close to the latter.

It's not exactly an aerobic workout but an hour on a segway spinning around in circles and making giant figures of eight in the sand certainly gets the wind whistling through your hair and the sea air circulating through your lungs. All in all, it was a good giggle, a great way to explore the outdoors and certainly worth doing. Just be wary of stopping and getting off. When I did so, I leapt backwards with vigour, but apparently there is no need for this – you can just step off calmly. And that way you probably won't land in a heap in the sand. Ahem.



TWEET HELEN
@HelenSkelton

This month Helen's been...

Visiting...

Laggan Adventure Park

The human sling shot here is as much fun as it sounds and is definitely one for adrenaline seekers. They strap you into a harness on the end of a massive piece of elastic and fire you off the side of a hill and it's brilliant. If this isn't for you there's plenty more at the adventure park in the heart of Dumfries and Galloway to get stuck into: clay pigeon shooting, grass sledging, water balling and dirt scooting, just to name a few.

Buying...

An Egg pram

Baby number two is due in April and the only thing I have ordered is my push chair. I like to get out walking and as I will soon have two children under two years old I will need a buggy suitable for the pair of them. After much research I have settled on the Egg. With this, I know I can get them out and about safely, easily (relatively speaking) and stylishly! They look fab and have rave reviews.

Eating...

Eggs

How many times can you write 'egg' in one column?! Talking about my new pram just made me realise how obsessed I am with all things egg-related at the moment – especially of the food variety! Scrambled, poached, boiled, on toast or with salmon, I love them – in fact, I even had a fried egg on my salad the other day! I am no cook and they are the one thing I can rustle up easily and quickly, and plus they're a great source of protein.

PURE LIME

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This month **WE'VE BEEN...**

Our top rated picks of all that's new
in the world of fitness and health

GETTING BACK ON TRACK

Admittedly, skipping meals isn't something that's even in our vocabulary. Having a busy workout schedule means we're pretty hungry all of the time at YF HQ. But, if we've had a busy week or something's cropped up unexpectedly, it's easy for healthy meals to be the first thing to be replaced by whatever's quick and convenient. The Detox Kitchen has been our saving grace this month as its Protein Package has meant that we've had all of the fuel we need without thinking about what to cook when we get home. With five packages available, the dishes are bursting with fresh, organic flavour in hearty portion sizes so there's no room or need to reach for a naughty dessert afterwards. From £28 a day detoxkitchen.co.uk

HITTING OUR STRIDE

At some time or another, we've all owned a pair of really comfy shoes – the kind that you just throw on and wear until they're falling apart. We can honestly say that this is exactly how we felt when we put on Asics' Gel-Cumulus 18G-TX trainers. Known for their specialist running features, Asics have created a gel cushioning in the front and back which made each step feel effortless while the precise fit hugged our feet in all the right places. Not only is the design stylish and on-trend, the all-weather proofing feature let us venture out in all conditions without worrying about getting our feet wet. In short, having worn several different brands of trainers over the years, this is one that we would recommend. £120 asics.com

“AGEING IS INEVITABLE AND THAT I'M OK WITH, BUT WHEN MY OVERALL APPEARANCE STARTS TO LOOK LACKLUSTRE AND DULL, IT'S TIME TO DO SOMETHING ABOUT IT”

Deputy Editor Jessica Harris puts red light therapy to the test

Although I stick to a strict beauty regime, I've never focused on fine lines and ageing too much. But, over the last year it has very much been at the forefront of my skincare as those pesky fine lines around my eyes and mouth start to creep in. Yes, it's endearing – a telltale sign of how much I've smiled in my life and all of the other reassuring cliches my friends tell me, but the fact is, I don't want them. Ageing is inevitable and that I'm OK with, but when my overall appearance starts to look lacklustre and dull, it's time to do something about it. So, I took

the matter into my hands, quite literally and looked into beauty fixes I could implore without anything too drastic, which is how I found Quasa red light therapy. Promising to kick start collagen and elastin production, the light-red, dark-red and amber rays combined with infrared penetrates the deepest levels of the skin where topical products could never touch. Here, it accelerates the growth of healthy skin cells by 150 to 200 percent, plumping out fine lines and leaving the skin with a youthful glow. Although the schedule is stringent (five times a week for eight weeks) to begin with, I've noticed a considerable difference to my

complexion. It looks fresh, smooth and full of life. Sadly my lines haven't completely disappeared but they have faded drastically and with three weeks left to go, I'm confident they're on their way out! Baby Quasar Plus, £310 babyquasar.co.uk



DECATHLON

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1. ENERGY LOOSE FITNESS T-SHIRT (8366434) **£8.99**
2. ENERGY XTREM FITNESS SHOES (8365850) **£25.99**
3. SAND DISC DUMB-BELL - 3KG (8359071) **£7.99**
4. ENERGY+ FITNESS LEGGINGS (8366438) **£13.99**
5. 750 ML WATER BOTTLE (8361788) **£3.99**
6. ENERGY+ FITNESS TANK TOP (8366639) **£6.99**
7. BREATHE SPORTS BRA (8365515) **£9.99**
8. GYMWEIGHT 2x1KG (8358972) **£10.99**

DISCOVER ALL OUR FITNESS RANGE AT [DECATHLON.CO.UK](https://www.decathlon.co.uk)

Fitness Focus

Ideas to support your health this month...

Shake up your mornings

Start your day right with a complete breakfast meal all in one convenient shake. Available in three great coffee flavoured variations, cappuccino, mocha choc and caramel latte, Fuel FX Breakfast Fuel is the ultimate get-up-and-go morning starter! Filled with nutrients plus a good helping of caffeine, this shake promises to make you feel full and fuelled, ready to face any challenges your day may throw at you. RRP £30, fuel-fx.co.uk



Luscious locks

Taking daily vitamins and supplements to improve our health, joints, skin and nails is an act we do without a second thought, but have you ever stopped and wondered how you can support the growth of your hair? If you want to sport a healthier mane, give Hairburst's delicious strawberry and blackcurrant chewable heart vitamin packs a go. Containing all the ingredients you need to grow longer, stronger and healthy locks which are less prone to breakage, simply take two per day and you'll start noticing results in as little as two weeks. Without the need for water, these chewable supplements are ideal for those on-the-go. Gluten-free and purse-friendly with prices starting from 70p per day. hairburst.com

Pop the kettle on

Drink your way slim with Taytox. Made from 100 percent natural ingredients to help speed up weight loss, Taytox Slim Tay will soon replace your daily Earl Grey or builders cuppa. High in antioxidants to help burn fat, the special formula also increases the metabolism to curb sugar cravings and suppress the appetite while cleansing and detoxing the body. With three herbal blends to choose from, there's a tea suitable for anytime of the day; Morning Slim Tay to energise, Anytime Slim Tay to kick the sweet stuff and Night Time Slim Tay to aid sleep. For optimal results, avoid dunking biscuits. Prices from £11.90, taytox.com



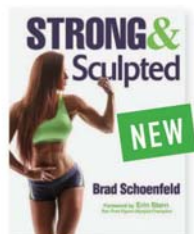
Technically speaking

If you only invest in one piece of fit kit, make sure it's the EMPpad Omnim1. Using world leading PEMF technology which targets cells within the body and helps to improve the way they function, the EMPpad Omnim1 can transform your approach to fitness, enabling you to train harder, for longer, and recover quicker. Research has demonstrated that PEMF technology can lead to widespread health benefits, including natural pain relief, reduced muscular tension and enhanced nutrient uptake. Couple this with its ability to aid tissue repair and recovery from injury and you'll soon wonder how you ever got by without it. To find out how the EMPpad Omnim1 can help you on your fitness quest visit emppad.com

BODY SCULPTING


BY THE 100,000+ SELLING AUTHOR BRAD SCHOENFELD

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No one knows more about optimising female body composition than Brad Schoenfeld. His scientifically based approach draws on years of experience working with women of all different shape, size, age and fitness levels. In his new book *Strong & Sculpted*, everything you need is laid out in an easy-to-follow format. Whether your goal is to enter physique competitions or simply to make the most of what you've got.

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Fit and Famous...

Kimberley Wyatt

The singer, dancer and ex-Pussycat Doll talks to us about muscles, music and Madeira cake.

On her daily menu

I always have a big breakfast – either porridge with banana, strawberry and agave syrup, or eggs and bacon with toast and avocado. It has to keep me energised all day. Lunch will be lots of vegetables and I always keep a GEN P bar in my bag for a mid-afternoon snack on the go. Then for dinner, it'll be plenty of veg and lean meat such as chicken or fish.

On her workout playlist

I have a mixture of songs and it depends on my workout, but it's usually a variation of Jack Garratt, Ed Sheeran and Twenty One Pilots.

On rest day treats

It has to be chocolate and baked goods. I love making chocolate chip cookies and Madeira cake! Another favourite is strawberry and rhubarb pie.

On her favourite workout move

Calisthenics and yoga. Both allow me to work through my complete movement in my body and fullest stretch while strengthening my inner muscles. They also help me with my dance and body alignment. Now that I've had a baby, my hips are quite malleable and I have to work hard to keep them strong. I've been learning about the psoas major muscle [which connects your torso and your legs] and I put a lot of attention into that area. It's a great way to relieve stress – something that my workouts are all about.

On her motivation

I want to feel good and be the best mum, teacher, dancer, sister and person that I can be. I aim to enjoy my life and have a good balance. I'm motivated by the opportunities I have to inspire the next dreamers and doers like me. I have my wellness and fitness project Well Fit, which is for primary school children and my Well Fit Dance Crew and my book WEDA. I want to be happy and the aim is to help others to want the same for themselves. It's not just about looking good but also feeling healthy and energised and the best way to do this is through exercise.

On her dream workout partner

I like working out with my husband Max and he introduced me to calisthenics. I love group exercise so my dream workout partner would be a gorgeous yoga class filled with familiar faces.

On her greatest fitness achievement

Performing on stage and TV as a judge, mentor and dancer at six months pregnant was an awesome achievement!



"I want to feel good and be the best mum, teacher, dancer, sister and person that I can be"

Brick by brick
Building a dance studio

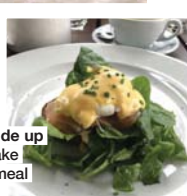


Work it out
Kimberly uses calisthenics

Follow your lead
Teaching inspires Kimberly



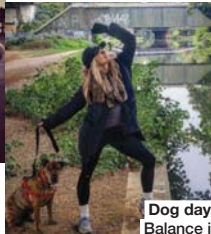
Sunny side up
Eggs make a great meal



A bit of a stretch
Practising some yoga



Dog days
Balance is important



On her favourite place to work out

I like working out at home. We've just moved house and are building our own fitness and dance space at home with a calisthenics corner! It will have a tranquil yoga space, invigorating ballet barres, pull up bars and rings, mirrors and music.

On fitting exercise into a busy life

I always manage to make time for it, but it's harder now that I'm a mum! Yoga website Gaia (gaia.com) has been an incredible discovery as it offers online classes with plenty of levels and variations – it's the perfect way to start my day. They even offer kids' yoga, so my daughter Willow has been joining in, which makes me feel like I'm winning as a parent.

Kimberley Wyatt was speaking during the launch of GEN P, a new protein range tailored to women who do HIIT training, available at gen-p.com and Boots.

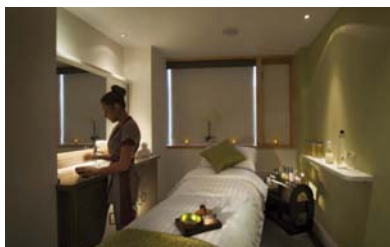
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