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Women's Fitness

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Jillian Michaels'
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**8 fitness
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**Snack your way
to a six pack!**

**Core moves
for runners**
Shave time off your PB

Incorporating
**Health
& Fitness**

**Eat
like a
yogi**

Recipes
to balance
your body

**YOUNGER
SKIN NOW!**

Face gym moves that *work*

Inside

**WORKOUT
HANDBOOK**

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Contents

ISSUE 3

FIT BODY

20 Fitness notes

Find your mojo, swimming goggles, fitness SAS-style

22 Be a gymnast

Olympian Max Whitlock explains why you need to try gymnastic-style training

24 10-minute tone-up

It's time for a fresh-air body blitz!

FUEL UP

28 Nutrition notes

Vegan omega-3 sources, 'hyperpalatable' foods, why you should limit your tea intake

30 Eat healthily on a budget

Purse-friendly ways to ensure your diet is super nutritious

33 'What I ate today'

Ultra-endurance athlete living with cystic fibrosis
Sophie Grace Holmes

FEATURES

36 'Feeling strong empowers your life'

Celeb PT Jillian Michaels' body-positive philosophy and best fitness moves

42 Influencer fitness hacks

Boost your motivation with secrets from top fitfluencers

46 Do you need a face gym?

Strengthen and tone your facial muscles with a Pilates-style workout

50 Sports bras uncovered

New technology and on-trend designs mean you needn't hide your assets



What to wear in 2020 p15

Eat like a yogi p72



ON THE COVER

We love fitness expert Jillian Michaels' new app, My Fitness. It has workouts for all levels.

Check out
Jillian's
favourite
home
exercises

p36



Fitfluencers' secrets p42



The hottest new beauty products p64

FIT SOUL

58 Wellbeing notes

Avoid early menopause, yogic breathing, probiotic deodorant

60 Be a happy worker

Say goodbye to stress at work with these mindfulness tips

62 Beauty notes

Bobbi Brown supplements, detoxing shampoo, lip balms

64 Beauty bag

The latest products to help you look and feel good

66 Life in a day

Cecilia Harris, co-founder of online platform RWL

68 Breath of fresh air

A rejuvenating wintersports trip to the French Alps

FIT FOOD

72 Eat like a yogi

Tasty vegan recipes that complement your practice

76 Snack your way

PT Scott Harrison's healthy treats for a sweet tooth

80 Five ways with bars

Energy bar recipes from a sports nutritionist

REGULARS

5 Editor's letter

6 About you

Your news and views

9 Fit buzz

Kelly Rowland's Fabletics range, try a running party, slip on some recovery shoes

15 Get the look

It's all about blue in 2020

16 How I build my body

Discover the training secrets of footballer Steph Houghton

98 We're talking to...

British para swimmer Alice Tai on her hopes for Tokyo 2020



Women's Fitness

WOMEN'S FITNESS MAGAZINE
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Women's Fitness WORKOUT HANDBOOK

84 The go-faster workout

Must-do core moves to help
boost your running speed

90 Target zone

Shake up your routine with
these upper-body exercises

92 Running clinic

Banish injuries for good

93 Success story

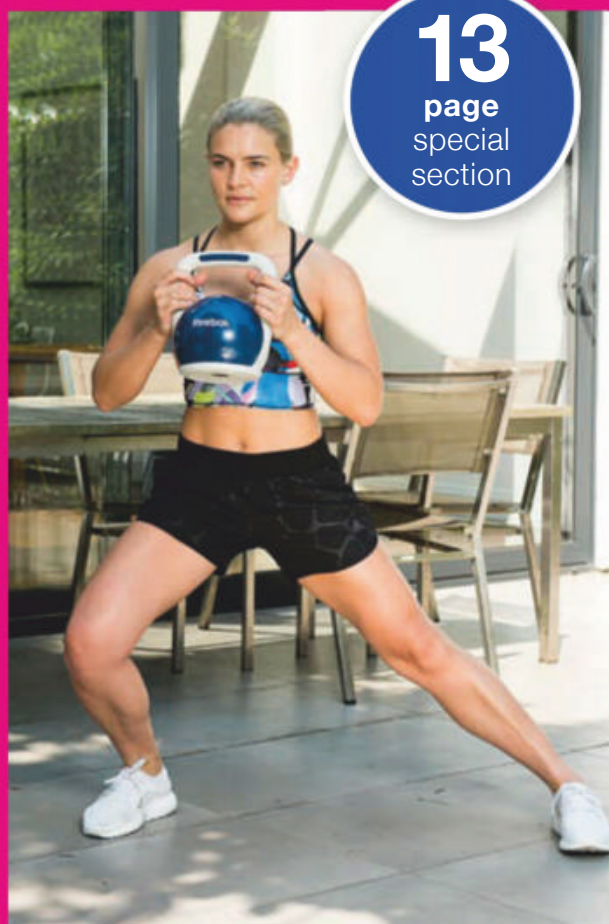
'I'm a PT, despite having
a heart condition!'

94 Be a fit mum

Keep working that core

96 Kit test

We wrap up to find the
perfect workout hoodie



13
page
special
section

Welcome



How are your 2020 fitness goals going? If your new-year enthusiasm is dwindling, you're not alone – research shows up to 63 per cent of people drop their resolutions within weeks of setting them. Well, don't worry, *WF* is here to keep you on track! Inside this issue, we've gathered some of the world's leading fitness experts to help re-ignite your passion.

What better place to start than an exciting new workout from fitness guru, Jillian Michaels. In 'Feeling strong empowers your life' (page 36), the star shares her fitness wisdom gained from years of helping people get in shape, plus the moves that will boost your strength, power, flexibility and agility all in one, quick session!

For more motivation, check out 'Influencer Fitness Hacks' (page 42) where some of Instagram's best fitness stars reveal their top tips. And, if you're a runner, try swapping a training session for 'The go-faster workout' (page 84), a new core circuit proven to help shave time off your PB! Not a runner? It will give you the abs of dreams! Happy workouts...

Mary

Mary Comber, **Editor**



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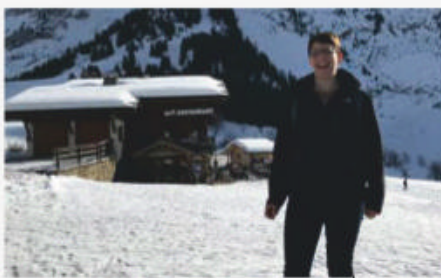
BEHIND THE SCENES AT WF THIS MONTH...



WF writer Joanna Ebsworth interviews Lucy Meck's PT Cecilia Harris, p66



PT and endurance athlete Sophie Grace Holmes, reveals how she stays fuelled, p33



WF writer Emma Lewis has an Apline adventure, p68

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ABOUT YOU

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

STAR LETTER

NEW ATTITUDE

I liked the refreshing angle of the article 'Lose weight for good' (*WF* issue 2). I've struggled in the past to lose weight, but am going to take Jessie Pavelka's advice onboard as it makes so much sense. No more crash diets that don't work longterm – it's about taking responsibility for how I live my life and the decisions I make. I need to be more aware of how I feel as well as how I look – that way, I'll understand why I reach for the chocolate and try to sort out the root of the problem. I'd also like to have children one day, and don't want to pass bad habits on to my kids: obese parents equal obese children, as Jessie says – we need to set a good example.

Kirsten Brown, Inverness

This month, Kirsten wins a Yoga Design Lab Cork Yoga Mat and Cork Yoga Wheel, Mandala, worth £114. The eco-friendly mat is 100 per cent natural cork and rubber for superior grip and cushioning, while the wheel helps open the chest, shoulders, back, and hip flexors. Find out more at yogadesignlab.com.



GOODBYE PLASTIC!

I loved the two-part article 'Be a zero waste beauty' (*WF* issues 1 and 2). I'd been feeling bad for a long time about the packaging in my skincare and make-up routines. It's a no-brainer to ditch the one-use wipes, and I'm going to look for brands that offer refillable packaging, such as Zao (zaoessenceofnature.co.uk). It's hard to ditch your favourite products in favour of unknowns, and it can be really costly and time-consuming, so this article was invaluable in telling me about the best products to go for. I'll be overhauling my gym-bag wash kit too. Thank you, *WF*!

Amelie Balfour, Stoke-on-Trent

MUM TUM BLITZ

I found the 'Be a fit mum: Core matters' article really useful (*WF* issue 2). Having had a baby recently, I've struggled to get much advice on which exercises I can safely do, without having to go to a class. I find classes can be stressful when they don't fit around my baby's nap times, so I'm glad there are some moves I can safely do at home, when it suits the two of us. I know it's important to get my pelvic floor and core strength back and I hate my jelly belly, so I have plenty of motivation! Here's to getting a great foundation before I start running and going to the gym again.

Lianne Jones, Manchester

Jessie Pavelka inspired this month's star letter writer to understand her eating habits

WE ASKED...

What piece of workout kit can't you live without?

'I find exercise bands so useful and love the fact they're small, light and portable.'

Amy Ince, Cheltenham

'Dumbbells – I keep a set under the sofa and do a few exercises while watching TV!'

Louise French, Southampton

'I love my headphones – I couldn't motivate myself to go for a run without them.'

Jade Jackson, Hull



THIS MONTH'S QUESTION

How do you motivate yourself to exercise? Let us know on social media (left).

WRITE IN AND WIN!

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

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FIT BUZZ

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

STRIKE A POSE

Channel your inner Madonna in this bustier-inspired Fabletics Ines Low Impact Sports Bra, £44. With a sassy front hook and eye closure and flattering moulded cups, it pairs beautifully with the Oasis High-Waisted Pocket 7/8 Leggings, £74. These are just two of the stunning pieces from the limited-edition Kelly Rowland for Fabletics collection, modelled by her here, including seamless styles and comfy cover-ups in earthy shades. Perfect for yoga, dance and Pilates classes, check out the full range at fabletics.co.uk.

FUN RUN

Join in the festivities at Britain's biggest running party, RunFestRun (runfestrn.co.uk). Hosted by DJ Chris Evans, the three-day event (May 22-24) at Windsor Great Park will play host to thousands of families and runners taking part in loads of events, from a half marathon to a family fancy dress run, before enjoying entertainment with music acts and world-famous speakers. Running royalty, Paula Radcliffe, Colin Jackson and Steve Cram will lead teams and cheer everyone on! Day tickets for adults (from £40) and children (£20) are on sale now.



BUY THIS...

NATURAL WONDER

The pain of 'chub rub' (skin inflammation caused by friction, moisture and irritating fabrics) is real, sometimes making workouts hard to continue if you're experiencing stinging, swelling and bleeding. Thank heavens for the new Bullet & Bone Protect & Care Anti-Chafe Cream (£13.99; bulletandbone.com), developed and tested with Olympian Greg Whyte OBE. Packed with powerful anti-bacterial, anti-fungal and anti-inflammatory extracts such as tea tree oil, grapeseed oil and Vitamin E to protect skin from rubbing, it also moisturises and soothes painful areas. WF put this cream through its paces and can attest it works!



DO THIS...

SURF'S UP!

With surfing making its Olympic debut in Tokyo this year, there's never been a better time to try the sport. Experience the physical and mental benefits of this 'blue health' activity with surfing holiday company, Soul & Surf (soulandsurf.com). Husband-and-wife team Ed and Sofie Templeton have been running inclusive retreats mixing surfing lessons, yoga, meditation, massage and 'soul food' for 10 years, with permanent camps in Sri Lanka, Portugal and Kerala in southern India, plus pop-up retreats planned for 2020 in exciting destinations such as Northern Peru and Lombok. The all-inclusive retreats in Portugal's Iberian Peninsula on the outskirts of Lagos, run from April to November, for weekend, weekday or seven-day stays from €410 (flights not included). Complete beginners are welcome, so why not dive in!

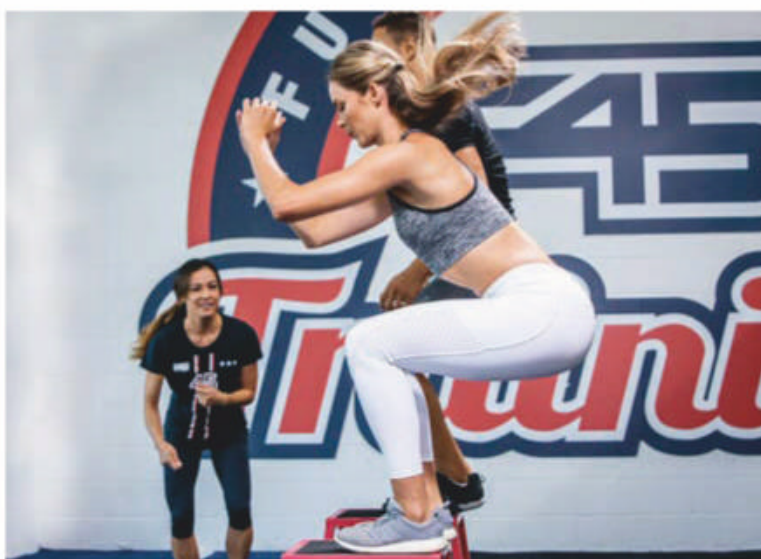


TRY THIS...

AIM HIGH

Tired of the same old exercise routine? Fear not! Renowned for its high-intensity functional group workouts, F45 Training has launched three exciting classes. Kickstart your regime with the fat-burning, cardio-based Empire class, where you'll work through six 'combo' stations, training for 45

seconds and resting for 15 seconds, or try the resistance-based Piston class, consisting of 12 stations alternating upper and lower body moves to test flexibility, strength and muscle endurance. The hybrid Noho sessions combine cardio, resistance and bodyweight training, plus agility and plyometric moves across 18 stations. Head to f45training.co.uk to find your nearest gym.



BUY THIS...

Asquith London's new SS20 collection has landed, and we think it's their best one yet! Alongside the classic lifestyle pieces the brand is famous for – think flattering harem pants, drapey tees and sumptuous hoodies made from super-soft, sustainable, eco-friendly bamboo – there's also a versatile range of activewear featuring leggings, crop tops and long-line vests, all gorgeous enough to take you effortlessly from day to night, or barre to bar!

TRY THIS...

PLANT POWER

If you're one of the 66 per cent of people following a plant-based diet who are deficient in the essential nutrient vitamin B12, check out British wellness brand Human Food's vegan Organic Daily Nutrition Bars. Designed to optimise performance, improve cognitive function and support health with essential nutrients, one bar contains 20 organic wholefoods and whole extracts to provide 100 per cent of your recommended intake of vitamin B12, and 50 per cent RI of calcium, magnesium, vitamin D and omega-3. With three tasty flavours – fruity Red Bar with goji berries, spicy Yellow Bar infused with turmeric, and Green Bar

containing spirulina, they cost £3.30 each, or buy them as part of a monthly subscription (20 bars for £66; humanfood.bio).



Asquith London
Balance Bra, £45, and
Karma Capri, £55;
asquithlondon.co.uk



TRY THIS...

ALL IN THE MIND

With new research revealing almost one in three Brits exercise for less than one hour each week – blaming a lack of motivation for leading inactive lifestyles – Europe's number one fitness app, Freeletics is launching Freeletics Mindset. This new holistic coaching programme will help you reach long-term health and fitness goals. Combining AI-powered, hyper-personalised exercise plans with mindset coaching that focuses on your self-development and mental strength, you can also enjoy educational and motivational audio courses on exercise, sleep and mindfulness to help you establish routines, cope with setbacks, manage stress and improve focus. From £65.99 for three months; freeletics.com.



WEAR THIS...

SHOES TO MAKE YOU GO OOOOH

Take the strain off workout-weary feet with OOFOS's recovery footwear (oofos.co.uk).

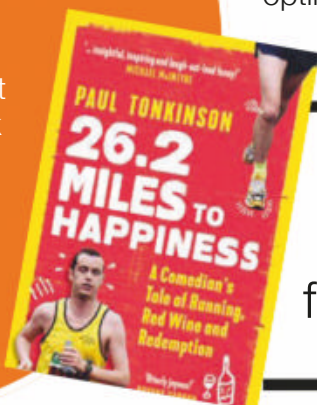
Scientifically proven to take the stress off tired soles and joints by reducing energy exertion in the ankles by up to 20 per cent, each pair absorbs 37 per cent more impact than traditional footwear, while the patented footbeds cradle and support your arches to aid the recovery process. Choose from the new OOahh Sport Flex sliders, £65, with an adjustable Velcro strap for optimal fit, the classic OOriginal Recovery Sandals, £43, or their stylish OOmg Mesh Trainers, £110 (pictured above).



LAUGH OUT LOUD

Join stand-up comedian Paul Tonkinson on an adventure through sport in his first book, *26.2 Miles to Happiness: A Comedian's Tale of Running, Red Wine and Redemption* (Bloomsbury Sport, £14.99).

Following his hilarious trials and tribulations as he attempts to beat the much-lauded three-hour mark at the London Marathon, this inspiring and honest memoir is laugh-out-loud funny for experienced runners and couch potatoes alike. An absolute must-read.



'That time in the fresh air is when I get my best inspiration, and a long run always leaves me feeling refreshed and energised.' Paul Tonkinson



'The CNM course is a very **WORTHWHILE** **EXPERIENCE'**

Ciara Roberts, CNM naturopathic nutrition graduate and author, talks about how her training at the college has led to a new holistic career

I loved my three years of training in naturopathic nutrition at the College of Naturopathic Medicine (CNM). I found my studies comprehensive, enjoyable and affirming. CNM is a combination of hopeful endeavour and academic excellence, which makes studying with them a very worthwhile experience.

'My first book *Wholly Aligned, Wholly Alive* (Filament Publishing, £12.99), details my journey, and includes the tools of nutrition and yoga, and how they've helped me. I went into renal failure at 14. I had hospital dialysis treatments until age 21, when I had a kidney transplant. I lost transplant kidney function three years ago and, whilst waiting for another transplant, I support my health with conventional and natural medicine treatments.'

CAREER CHANGE

'Having been raised by a mother very interested in natural health, I considered doing a Master's in nutrition. It was through that process I came upon the CNM course, and it immediately sang out to me. It felt like the course had been designed just for me.'

'I was still working full-time in private banking credit risk in Canary Wharf, London, when I started at CNM. However, I knew in my heart there was so much more I had to offer in this lifetime. I resigned from banking in 2013, having been supported by an amazing global head to go part-time for a year prior – highly unusual in my type of role.'



When you believe you are supported, this becomes the reality.'

NATURAL BUSINESS

'I loved the lecturers, whose calibre was excellent, and meeting like-minded

people, some of whom became very good friends. The course content and feeling fully equipped to practise after graduation, were helpful antidotes to my very busy, stressful banking career. I came to really enjoy studying at the weekends.'

'Having also qualified as a yoga teacher, I set up my own business, *Wholly Aligned*, in 2012. *Wholly Aligned* draws upon the wisdom of nutrition and yoga to help people reconnect with mind, body and soul and ultimately awaken their inner physician.'

'The CNM course enriched my knowledge and, importantly, helped me understand more deeply the intricate nature of therapeutic rapport and how key it is to build trust and confidence with your clients.'

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

Adidas by Stella McCartney Pulseboost HD Shoes, £139.95; adidas.co.uk

Dare 2B Don't Sweat It Medium-Impact Sports Bra, £20; dare2b.com

TCA Foundation 2-in-1 shorts, £32; tca.fit

USA Pro Seamless Blue Bra, £26, and Leggings, £30; houseoffraser.co.uk

Year of Ours Diana Ribbed Crop Top, £100; fashercise.com

Lucas Hugh Satin One Piece, £165; lucashugh.com

WF LOVES

Squat proof and oh-so-soft, these leggings have a foldover waistband that never digs in.

GET THE LOOK

INTO THE BLUE

Freshen up your gym wardrobe with fit kit in the official colour of 2020

Sweaty Betty Super Sculpt Soft High-waisted 7/8 Yoga Leggings, £85; sweatybetty.com

S'well Geyser Water Bottle, 500ml, £35; uk.swell.com

‘HOW I BUILD MY BODY’

Steph Houghton MBE Footballer

Credentials: Captain of the Women’s England football team with more than 100 international caps; has helped Arsenal WFC and Manchester City WFC win domestic cup trebles.

CARDIO

‘I train five days a week, including playing matches on a Sunday. I have Mondays and Thursdays off to recover. My training sessions start at 8.30am with breakfast, followed by pre-activation exercises to warm up my muscles, a 30- to 40-minute gym session, then 90 minutes on the pitch before recovering with stretching, ice baths, massage and lunch. It’s an intense regime.

‘Most of my cardio exercise is done on the pitch, where I’ll run around 25-30k in a week. We all wear live GPS to help us hit performance targets. As a defender, I need to be able to accelerate quickly to keep up with the forwards, as well as have the endurance to last the full 90 minutes of a match, so my pitch sessions will often include passing drills, possession work and small-sided games to work on my ability to change direction using short, sharp movements.’

STRENGTH

‘We have three gym sessions a week, with the main focus on our quads and hamstrings. On Tuesdays, it’s strength-based work to keep niggles at bay; Wednesdays are power-based with squats and power lifts; and on Fridays we work on speed power with jump squats using a bar and hip thrusts, doing them as fast as we can so we’re feeling sharp, strong and powerful for the game on Sunday. I also go in early on Saturdays to train my upper body and core.’

DIET

‘It’s important to have balance, but in terms of match-day preparation, I’m superstitious so I eat the same stuff. I have three meals a day, plus an afternoon snack such as a protein bar or yoghurt. What I eat depends on my training that day – Fridays are the most intense, so I’ll often carb up to replace burned energy. I’m very conscious of what I eat and have my nutrition down to a fine art after all these years, but my husband tends to cook and I do the dishes.’

SUPPORT

‘Because I’m motivated to be the best in the world, I need to be careful not to overtrain, so I work closely with the sports scientists at Man City and England to hit the right balance. Working less at high quality is definitely more. I get off my feet and watch TV on my days off, and I have a massage at home on Wednesdays.’

‘Because I’m motivated to be the best in the world, I need to be careful not to overtrain, so I work closely with sports scientists’



Why try footy?

● 'Football works so many fitness systems, from endurance, speed and power, to agility, flexibility and hand-eye co-ordination. Coming off the pitch after going the full distance is an amazing feeling.'

● 'Mentally, it's such an enjoyable sport. There's no better feeling than being part of a team and trying to succeed in something together, celebrating the wins and knowing you've done something to help yourself and others be happy.'

● 'There's never been more opportunities to get involved in women's football. With almost three million active females, it's the biggest women's team sport in the UK – find your local club at thefa.com. Try it once at least and give it your best shot!'

VITAL KIT

'We do a lot of cardio on Wattbikes at the Man City training ground to keep us fit without overloading our legs, and I have one at home to use on days when I feel a training session hasn't worked me hard enough. It's an unbelievable piece of kit and, whether you're doing a light spin or intense interval-training session, it tracks everything so you can monitor your progress.'

Britain V Cancer Dalai Lama Trek

25 March – 5 April 2021



Get the spice for life and experience India at its finest, from the spiritual home of the Dalai Lama to the cool heights of the Himalayas, with an epic finish at the Taj Mahal. Raise funds for the cancer charity or hospice of your choice.

For more information and to register online:

www.dream-challenges.com



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events@dream-challenges.com

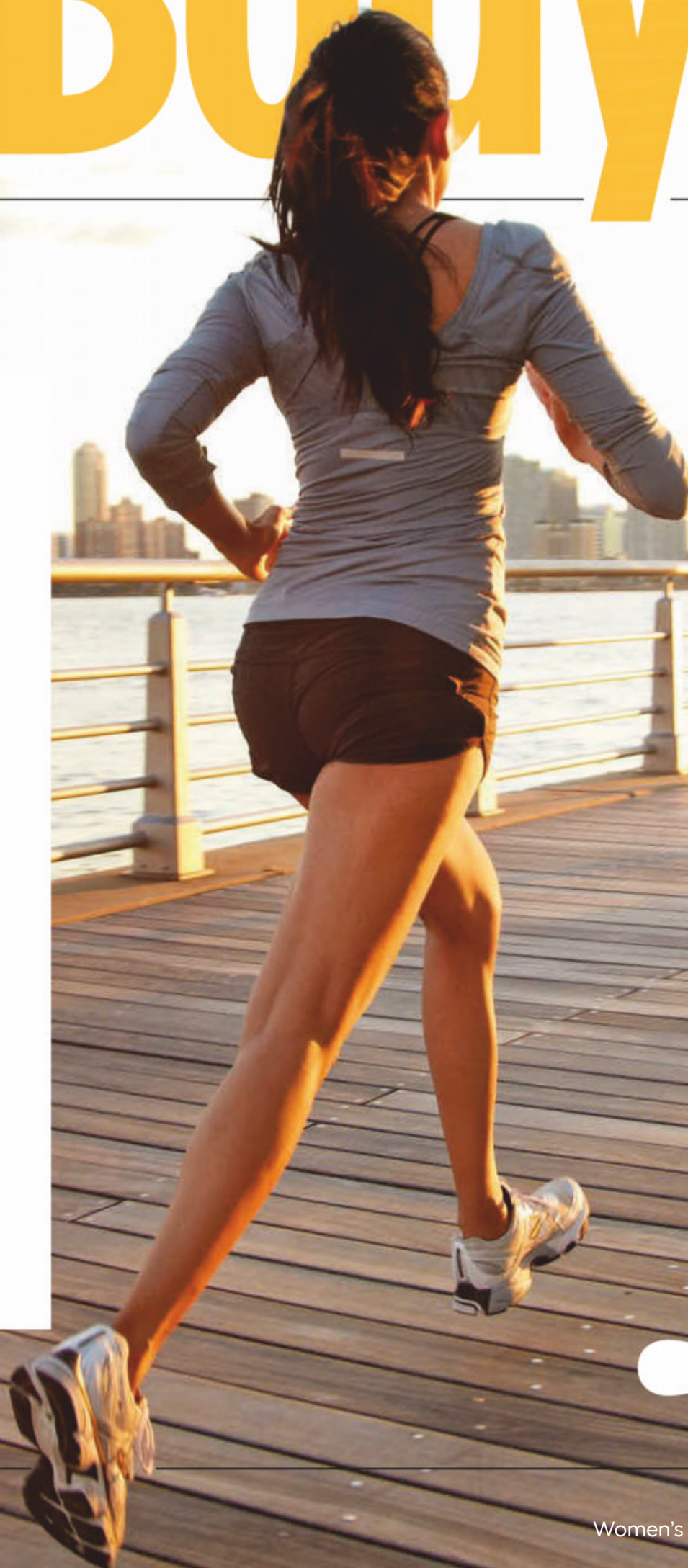


Fit Body

Fitness tips
Workout fixes
Expert advice

Go the distance

Thinking of running your first marathon but worried it will take a toll on your body? Good news – research from the American College of Cardiology suggests first-time marathon runners reduce their vascular age (the age of your arteries) by four years. In the study, looking at 138 first-time marathon runners, researchers examined participants six months before the race, before they began their training and again after the marathon. The combination of training and completion of the race lowered systolic blood pressure by 3mmHg and diastolic by 4mmHg. 'Our study shows it is possible to reverse the consequences of ageing on our blood vessels with real-world exercise in just six months,' said senior author of the study, Charlotte H. Manisty, MD. What are you waiting for? Get those trainers out...



Fitness notes

● Be SAS fit ● Motivation-boosting tips ● Best swim goggles

3 OF THE BEST SWIMMING GOGGLES



FORM Swim goggles with Polar HR Monitor, £199; amazon.co.uk

FORM's high-tech goggles now link with Polar's OH1 optical heart-rate monitors so you can view your heart rate as you swim, and get more data through the app to analyse afterwards – clever!



Huub Altair, £49.99; huubdesign.com

Choose from three interchangeable lenses to cope with light conditions. The new prescription versions can be left- and right-specific, including astigmatism up to 2.00.



Zone3 Volare Goggles, £32; zone3.com

Open-water swimmers will enjoy reduced drag through the water and wide-angle vision, plus ultra-soft silicone seals and anti-fog, polarised mirror lenses.

UPDATE YOUR LOOK

Ah, spring! It's time for a fresh, new fitness wardrobe and embracing the outdoors again. Invest in Picture Organic Clothing and be kinder to the planet. The Atila Zip Tech Hoodie, pictured right (£109.99; picture-organic-clothing.com), features Picture's Dry Now wicking technology and is Green Plus Certified as it's made with recycled polyester and Lycra. The Caty Leggings, right (£49.99) also boast Dry Now, plus a Dry Feel antimicrobial treatment, and are made from recycled polyester and spandex.

STAY STRONGER FOR LONGER

Worried about an older person you know losing their strength and fitness? The Mobility Cards, aimed at over 60s, may hold the solution. Svava Sigbertsdottir, founder of fitness phenomenon The Viking Method, has produced a simple deck of cards with seven easy mobility workouts that take less than 20 minutes each and don't require any equipment other than household furniture. The clearly explained moves improve balance, co-ordination, core fitness and brain plasticity, and reduce back pain and dizziness while strengthening joints. £14.99; themobilitycards.co.uk.





EXPERT TIP



KEEP UP YOUR MOTIVATION

Mel Kent, strength and conditioning coach at PerformancePro (performancepro.fitness) shows you how to stay on track.

1 Set goals These should be realistic, achievable and meaningful – for instance, hitting the gym three times per week, or achieving a PB weight or run time.

2 Track your workouts This reminds you how far you've come when the going gets tough. You could track the weight and reps you're lifting, your running speed, or how you feel during each session.

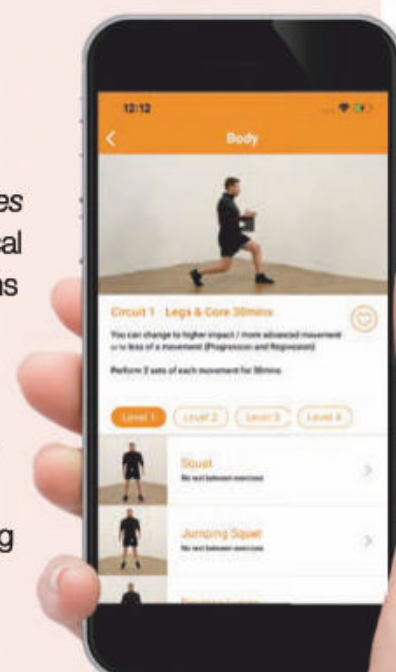
3 Perfect is the enemy of good Not every workout will be your best. Not every week will be your most active. Don't get disheartened: what matters is sticking to a progressive training routine over time. Keep showing up as per your plan and improvements will follow.

44%
of women go to the gym with a friend for extra motivation. Set that gym date now!*

WORDS: Emma Lewis *Stat from golfsupport.com, who conducted a survey of 1,438 women from different parts of the world

Get SAS fit!

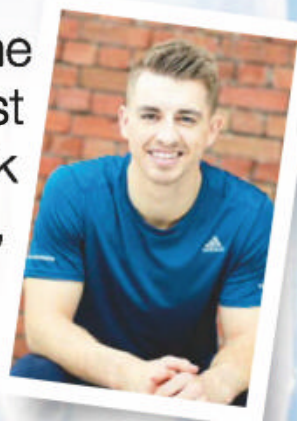
Get fighting fit with Battle Ready 360, a new app from Ollie and Foxy from SAS: *Who Dares Wins*, designed to target your mental, physical and nutritional needs. Alongside training plans and videos from Ollie and Foxy, you'll find meal plans, recipes, blog content and motivational snippets, tailored to your goals. The membership programme also gives you access to an elite team of fitness experts, nutritionists and other professionals, including a brain-mapping and mindset coach. From £14.99 a month on iPhone and Android.





BE A GYMNAST

Gymnastics-based moves are the latest training trend. GB's most successful gymnast Max Whitlock reveals how to reap the benefits, whatever your fitness level



Running for the bus or carrying the children – life is full of sweat-breaking moments. And if you want to be fit for them, give gymnastics training a go. That's according to double Olympic gold medallist Max Whitlock, whose new book, *The Whitlock Workout* (Headline Home, £20), promotes the benefits of kit-free, gymnastic-style training. Max has spent 20 years honing his unique bodyweight method that everyone, from top sports stars to everyday exercisers, can gain from. 'A gymnast wouldn't think anything of running up the stairs or jumping over a park bench, but a lot of people would struggle

with that,' he says. 'I wanted to create a workout that's accessible, quick and easy for anybody, but that would also create more movement in the body, greater agility and be good for fitness.'

NEW GYM TREND

It's no wonder gymnastics is coming to the fore as one of the top exercise trends, giving mere mortals the chance to build better bodies. Want to boost your all-round fitness without setting foot in a gym? We asked Max to share his tips for a life-ready body.

Q WHY IS GYMNASTICS TRAINING POPULAR?

'I talk to a lot of people from other sports, such as rugby, who want to do gymnastics

training, and I think it's because of the benefits to be gained in terms of flexibility, coordination and balance. This style of training teaches all-over body fitness, and few other sports can do that. What this does for those doing other sports, such as rugby, is make their body movements 10 times better. Their speed increases, and it works muscles they haven't worked before, using exercises they haven't seen before.'

Q WHY PROMOTE KIT-FREE WORKOUTS?

'I wanted to make them accessible to all. I've been lucky enough to inspire young children to get involved in the sport, but gymnastics offers so many benefits for people – not just for kids. I wanted to help adults of all abilities, from everyday people to elite sports stars, to become more agile and create more movement in their bodies. It's crazy being a gymnast – I take my body to its absolute limits – but the body is amazing and many people don't make the most of it. Every time I set foot in the gym, I work muscles that many haven't heard of,

'Bodyweight exercises not only build strength, they also build agility and body control'

and that's why there's a difference with the exercises [in my book] because there are unique ones that offer massive benefits.'

Q WHY DO YOU DO BODYWEIGHT MOVES?

'Because they're sustainable, and that's what my book is about. There are so many workouts cropping up – "get fit in 30 days", "big arms in two weeks" – and it's great they get people exercising, but I want to help them create habits that lead to a healthy lifestyle. It's about doing everything – working, training, socialising – in moderation and that's what I do. It's easy to make an excuse about not being able to fit exercise into a busy day, but you can do one of my short workouts in 15 minutes. It's a case of getting up 15 minutes earlier than normal.'

Q DO YOU DO THESE EXERCISES?

'Yes. I started doing gymnastics when I was seven years old, and I've done these exercises my entire career. When you're a young gymnast, it's all about making your body ready for the big skills you'll learn when you're older – you have to build a foundation that will sustain the heavier stuff. There are a lot of general fitness exercises that will do that, and I've learnt which ones are best. I've been trying them out myself, for 20 years and it's all gone into my book.'

Q HOW CAN OUR DIET HELP?

'In my book, I've included healthy spins on things such as fish or burger and chips. I wanted to offer something that would help change [bad] habits. You're not likely to eat healthily all year round. I don't do it, but I do have a balance. If you eat healthier versions of less healthy stuff, you've created a habit that will stay with you for life.'

Q WHAT WORKOUT SHOULD WE ALL DO?

'Use minimal weights. I find bodyweight exercises are the best way to gain fitness – they're what gymnasts do constantly. They don't only build strength, they also build agility and body control. There's a lot of association between using weights and what people look like, but I feel that bodyweight training is the best way forward for pure strength and fitness. And it will make you feel good about yourself as well.'

MAX'S MOVES



1 SQUAT HOLD HEEL RAISES

Helps develop your balance and body awareness.

- Stand on a cushion with your feet hip-width apart, your arms in front.
- Leading with your bottom, squat as low as you can, ideally to 90-degrees, with your thighs parallel to the floor.
- Hold and come up on your toes as far as you can without losing balance. Pause, then lower with control and repeat.

2 HIP BRIDGE SINGLE LEG LIFTS

Works your core and glutes, and improves hamstring flexibility.

- Lie on your back with your feet on the sofa, legs straight, toes pointed and arms out to 45-degrees. Push your hips upwards so the front of

your body forms a straight line. Hold this position, engaging your glutes.

- Keeping your legs straight, raise your right leg, aiming for a 90-degree angle to the other leg. Lower with control and lightly touch the sofa with your calf. Repeat three times, switch legs and keep alternating in this way.



3 HOPS

Improves your balance, boosts your cardio and targets your calves.

- Standing with your arms out to the side, come up onto the ball of one foot and hop rapidly three times.
- On the third hop, land on your other foot and keep alternating.
- Your hopping leg is straight but your ankle and knee are soft. Aim for speed, not height.



The Whitlock Workout by Max Whitlock (Headline Home, £20) is out now.



10-MINUTE TONE-UP MIX IT UP

When you don't have a lot of space to work out, take yourself outside – whatever the weather – and enjoy this fresh-air body blitz

HOW TO DO IT

Perform this workout as a ladder circuit. Do the first move, then rest for 20 seconds, before doing the first move again, followed by the second move. Rest, then do moves 1, 2 and 3 before completing the circuit with moves 1, 2, 3 and 4. If you can keep going, work your way back down the ladder, starting with move 4.

SIDE LUNGE TO OVERHEAD PRESS

Time: 30 seconds each side

Benefits: Works your legs, glutes, core, shoulders, balance and stability.

- Keeping the kettlebell in front of your chest, take a large step out to the side with your left leg and lower into a side lunge, pushing your bottom back (A).
- Pause at the bottom of the lunge, then explosively push off with your right foot and press the kettlebell overhead as you bring your left knee up, so you're balancing on your right leg (B). Repeat for 30 seconds on one side, then switch sides.

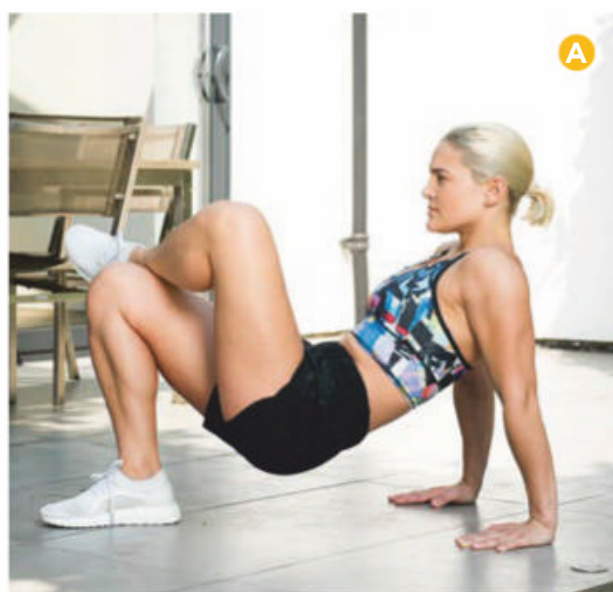


CROSSED-LEG TRICEPS DIPS

Time: 30 seconds each leg

Benefits: Targets your triceps, shoulders and core and stretches your glutes.

- From sitting, feet on the floor, cross your left ankle over your right thigh and place your hands behind your hips. Press through your palms until your arms are straight and your bottom raised (A).
- Bend your elbows, keeping them close to your ribcage, and dip your hips towards the ground (B), then straighten your arms. Repeat for 30 seconds; switch sides.



ARM CIRCLES

Time: 60 seconds

Benefits: A great move for working your arms and shoulders.

- Stand with your feet shoulder-width apart and extend your arms parallel to the floor (A).
- Circle your arms forwards using small controlled motions (B), making the circles bigger until you feel a stretch in your triceps.
- Continue for 60 seconds, focusing on keeping your arms stretched out as long and as straight as possible.

RUSSIAN TWISTS

Time: 60 seconds

Benefits: Strengthens and tones your abs and obliques.

- Sitting on the floor, knees bent and feet flat on the ground, hold a kettlebell tight to your chest. With control, lean back so your upper body is at a 45-degree angle to the floor.
- Keeping your back straight, brace your core and raise your legs off the ground. Rotate and lower the kettlebell to your left side (A), then bring it back to the middle and slowly lower it to the right (B). Keep twisting for 60 seconds.



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1. Euromonitor International (2018). 2. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52. 3. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78. † Reader's Digest. Trusted Brands 2019. Germany

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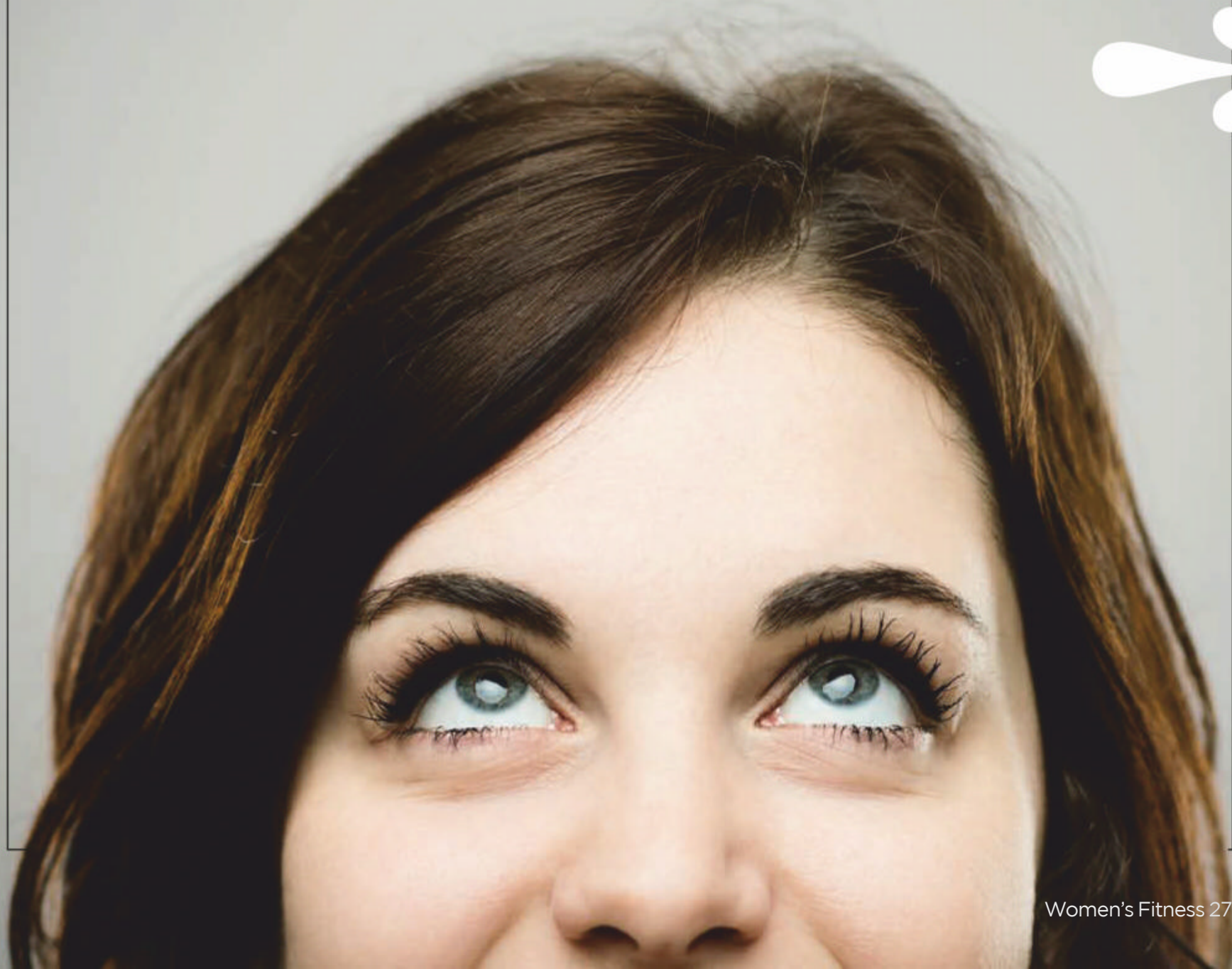
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Eat for your eyesight

Need another reason to quit junk food? It could protect your vision as you age, reveals new research. We all know unhealthy eating can damage the heart and increase the risk of cancer, but diet also affects eyesight. A new study, in the *British Journal of Ophthalmology*, has found a link between unhealthy diet and age-related macular degeneration (AMD), the leading cause of vision loss in older people. Researchers discovered that incidence of late AMD was three times higher in people with a 'western' diet rich in processed and red meat, fried food, refined grains, sugar, high-fat dairy and sweetened drinks, than in those eating a 'healthful' diet. Make the switch and help save your sight!



Nutrition notes

Aluminium warning ● Hyperpalatable foods ● Vegan omega-3

Cook safe

Worried about the link between aluminium and dementia? Our intake of aluminium from food has reduced, but it's still higher than ideal, according to recent research. Aluminium may or may not be related to dementia (scientists disagree), but it's a sensible idea to minimise your intake by not cooking acidic foods in aluminium pans (acids such as lemon juice and vinegar can leach out the metal), and not exceeding three to four cups of tea a day (tea is quite high in aluminium).



OVEREATING TRIGGERS

There's a lot of talk of "hyperpalatable" foods (foods that are easy to overeat) lately, and how they cause obesity. Sugary, fatty duos (doughnuts, chocolate) are obvious culprits, but watch out for some savoury foods, too. Research at the University of Kansas, US, looked at what defines these easy-to-overeat foods and identified one often overlooked category: salty foods where more than 40 percent of the calories come from carbohydrates. You can check for foods in this category by looking at food labels – if there is more than 0.5g salt per 100g, and the carbohydrate figure in grams multiplied by four is more than 40 per cent of the total calorie figure, it's hyperpalatable. The average loaf of bread, spaghetti bolognese or chicken tikka masala with rice meal all fit this definition, so go easy!

TRY THIS!

Switched to a vegan diet but still crave your old favourites? Check out M&S's Plant Kitchen range. No Tuna & Sweetcorn sarnie (£4) has marinated soy mixed with vegan mayo and sweetcorn on malted bread. There's also a No Smoked Salmon & Potato Salad (£3.50) with smoked carrots. They're delicious!



3 million deaths globally (mostly from heart attacks and strokes) were attributable to excess salt intake in 2017. *



3 OF THE BEST ... VEGAN SOURCES OF OMEGA-3

Don't eat fish, meat or egg? You need at least 2g a day of ALA (alpha linolenic acid), which your body uses to make omega-3s. Here are three plant sources that will have you covered:

WALNUTS

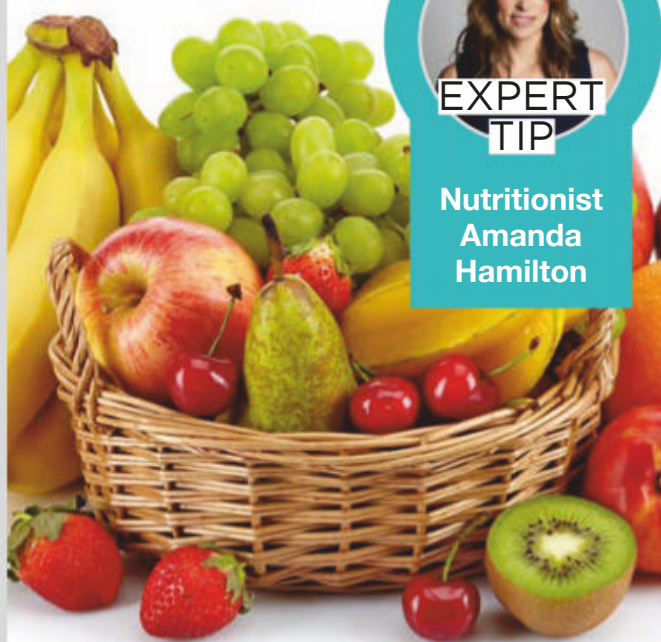
Per 30g large handful: 1.9g ALA. The nuts also supply vitamin E.

RAPESEED OIL

Per tablespoon: 1.4g ALA. High in cholesterol-lowering monounsaturates, too.

FLAXSEEDS (LINSEEDS)

Per tablespoon: 2.9g ALA. Also supplies 3.6g fibre per tablespoon.



**EXPERT
TIP**

**Nutritionist
Amanda
Hamilton**

Q IS IT TRUE YOUR HAY FEVER SYMPTOMS CAN PREDICT WHAT FOODS YOU MIGHT ALSO BE ALLERGIC TO?

Yes, there's something known as known as oral allergy syndrome or pollen-food allergy syndrome that affects many people who experience hay fever. In this condition, there's cross-reactivity between the proteins in certain fresh fruits, vegetables and nuts and those found in pollen.

People with allergies to grasses will also commonly have a reaction to melons, cucumbers, peanuts,

tomatoes, kiwi, oranges, courgettes, potatoes and peanuts.

If you're allergic to birch tree pollen (your hay fever kicks in earlier in the season), watch out for reactions to pitted fruits – plums, nectarines and apricots – plus almonds, apples, pears, cherries, potatoes, soya beans and peanuts. Fortunately, the allergy is usually mild and cooking the fruit or veg, or roasting nuts, can lessen the effect.



7 WAYS TO EAT HEALTHY ON A BUDGET

Boost your nutrition without spending a fortune with these easy, expert tips

From your favourite smoothie to that superfood salad, eating well and keeping up with the latest healthy food trends isn't cheap. Research shows eating healthily can cost three times the price of a less nutritious diet! But the good news is, nutritious options don't have to break the bank. If you spend wisely, prepare carefully and waste minimally, you'll be amazed how cheap it can be to eat well. Try these helpful hacks from top healthy foodies.

VARY YOUR PROTEIN SOURCES

Is one of the main costs in your weekly food budget buying protein sources such as fish and meat? 'Bulk out meat dishes with additional pulses or vegetables,' recommends Amelia Freer, nutritionist and author of new book *Simply Good for You* (Michael Joseph, £22). 'Lentils, finely chopped mushrooms and grated carrots work particularly well in mince dishes, for example, and a big stew can be bulked up with the addition of plenty of chopped vegetables, beans and the odd potato.' Try choosing more plant-based proteins

(such as nuts, seeds and legumes), free-range eggs or natural yoghurt and eat less meat and fish. 'Buying less meat overall is not only potentially good for the environment, but can also save money,' says Freer.

GET CREATIVE WITH FRUIT

Do you regularly chuck out overripe bananas and mouldy apples from the bottom of your fruit bowl? There are plenty of tasty ways to make them last longer and cut down on your food waste. Try stewing over-ripe apples, pears and plums in a small amount of water, then adding a generous squeeze of lemon/lime/orange juice to stop oxidation and the food going brown. Perfect added to porridge or as a quick desert with natural yoghurt, cooked fruit will last 10 days in the fridge or can be frozen and used within three months. If your bananas are going brown, slice and freeze them, ready for popping in smoothies. They'll last a month in the freezer.



GET SPROUTING

Love superfood salads but don't want to splash out? Try growing your own. 'Sprouting is cheap and easy,' says healthy chef Lyndon Gee. 'The easiest things to sprout are mung beans, chickpeas, alfalfa seeds and mustard cress. You can buy sprouters, but a large jam jar covered in muslin secured with an elastic band works really well. Just soak beans or seeds overnight, then drain and rinse – you'll need to rinse and drain a couple of times a day until they sprout.'

Good health stores will stock a range of suitable seeds, grains and pulses, plus give advice. Or, for a really cheap alternative, try cress. 'Simply fold a couple of pieces of kitchen paper, put onto a plate and add water until it won't absorb any more, sprinkle evenly with cress seeds

and keep damp – in a few days you'll have cress,' says Gee. Simple!

UTILISE YOUR STORE CUPBOARD

Canned beans and pulses are an incredibly cheap and nutritious basis for a meal. Gee recommends keeping a selection in your cupboard for easy standby dishes. 'Butter beans can be mashed, seasoned with garlic, lemon and olive oil and used as a dip, or spread on toast and topped with chopped tomato and red onion for a high fibre bruschetta,' he says. 'Chickpeas make a tasty salad with canned tuna, onion, cucumber and tomato, or blended for a fast, low-fat houmous. 'For a super-quick curry, fry a large chopped onion, add a can of chickpeas and a couple of handfuls of

frozen spinach and curry paste. Heat, then stir through a couple of tablespoons of yoghurt and serve.' Cheaper – and quicker – than ordering a takeaway!

FIND CHEAP DEALS

Hooked on pricey superfood powders? You can often find bulk discounts online. Compare prices on websites such as Amazon (amazon.co.uk) and Real Foods (realfoods.co.uk). For other foods, if you're not planning too far ahead, some websites, such as Approved Foods (approvedfood.co.uk), offer 'short-dated' food close to its sell-by date for a cheaper price than fresher counterparts. 'Find out about local market dates and times (traders often sell off produce cheaply towards the end of the day), supermarket bargains (and their potential discounting times) and independent shops with great offers,' says Freer. 'A few supermarkets and online companies also offer "wonky" vegetable boxes, which are a more cost-effective alternative to their cosmetically perfect equivalents.'

MAKE YOUR OWN SEED BLENDS

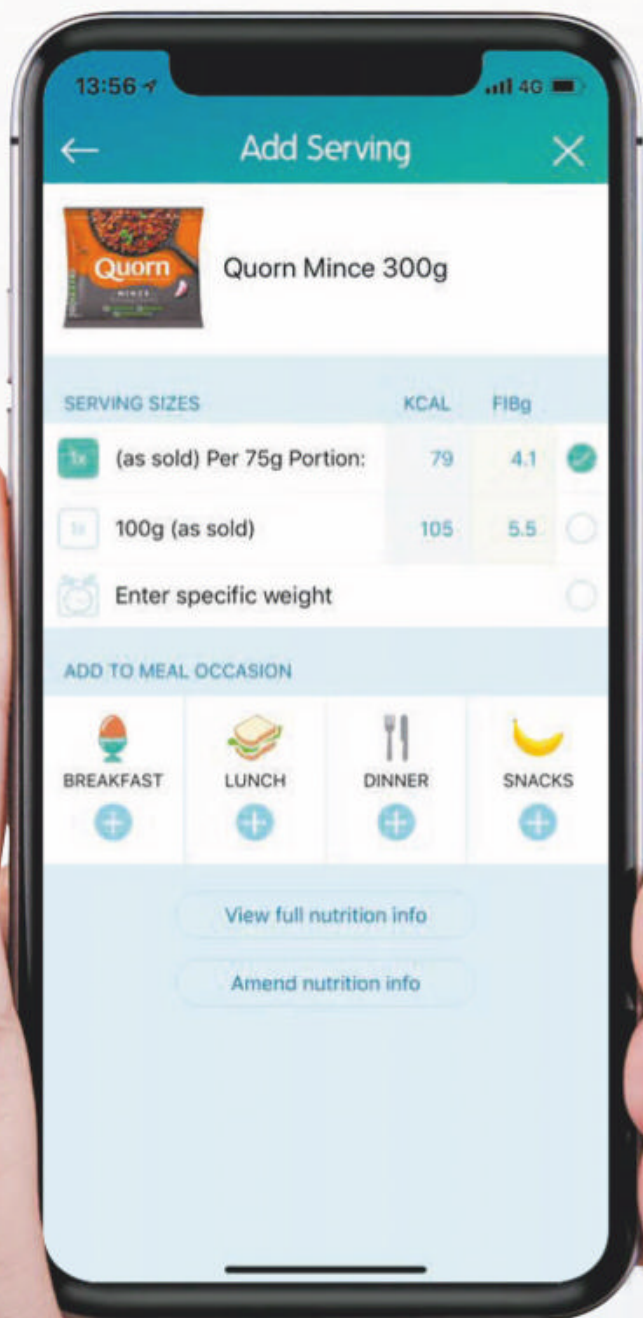
Seeds and nuts are an easy way to boost the nutritional value of any meal or snack. But don't shell out on expensive mixes – make your own by combining pumpkin, sunflower and chia seeds with any nuts of your choice. Buy them in bulk, combine and store in jars in a dark, cool cupboard or the fridge. Then you can add them to cereals, salads, smoothies and stir-fries.

BUDDY UP

Buy dry goods in bulk and split the cost with a friend. Then store the extra product in an airtight container (sealable Mason jars work well) inside the freezer, to extend the shelf life for long-term storage. If you usually cook for one, team up with a friend for supermarket shopping so you can make the most of supermarket deals by splitting the costs. You could also get a group of friends to create a co-operative and buy from suppliers at trade price.

Do you get seduced by pricey treats at the supermarket? Start getting your shopping delivered or sign up for a vegetable box!

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SOPHIE GRACE HOLMES

'WHAT I ATE TODAY'



The PT, Live Well ambassador and ultra-endurance athlete living with cystic fibrosis reveals how she stays fuelled

BREAKFAST

'My favourite meal of the day! I usually do one of my Ironman run or bike sessions first thing (I train twice a day). So I eat before and after to ensure I have the energy from carbohydrates to train and refuel.

Breakfast one is overnight oats or porridge. Breakfast two is usually eggs.'



SNACKS

'I always have emergency snacks in my bag – you never know when hunger may hit! They range from a smoothie (two bananas, berries, protein powder and almond milk) to fruit (apples, oranges, pineapple), Greek yoghurt and granola, oats, nuts or a protein bar.'



Drinks

'I have 3-4 litres of water to stay hydrated – with cystic fibrosis it's important to ensure your digestive system keeps working. Due to loss of a lot of salt from the faulty CFTR gene, I can get dehydrated faster, especially during exercise.'

Supplements

'I take vegan-based protein during a long endurance session or after a workout, plus vitamins C and D, magnesium and zinc to help with sleep and recovery. I train on a carb/electrolyte-based drink to keep my energy and salt levels stable.'



DINNER

'My dinner is very similar to lunch: protein, carb and a good fat. I also love slow-cooked dinners such as lentil spaghetti, bean-based chilli or roasted vegetables, fish and homemade healthy chips. I find heavy meat-based meals affect my digestive system, so I'm now pescatarian. I always have a dessert, usually Greek yoghurt, berries, nuts, peanut butter and some honey.'

LUNCH

'I eat either rice, fish and lots of vegetables, a jacket potato with beans or pasta with roasted veg and vegetarian-based protein – and usually some Greek yoghurt, honey and berries. Having cystic fibrosis means I have to eat 3,000-4,000 calories a day, especially with Ironman training! I eat as much fresh, natural food as possible to reduce inflammation and consume processed sugars and alcohol in moderation.'

VERDICT

From nutritionist
Fiona Hunter

'When you need to eat up to 4,000 calories a day, it's not always easy to do it in a healthy way, but Sophie is doing a great job. Having snacks on hand is great – if you don't have something healthy right there when hunger strikes, you can often end up eating something less nutritious.'



9/10

'I want to fuel my body with the best foods'

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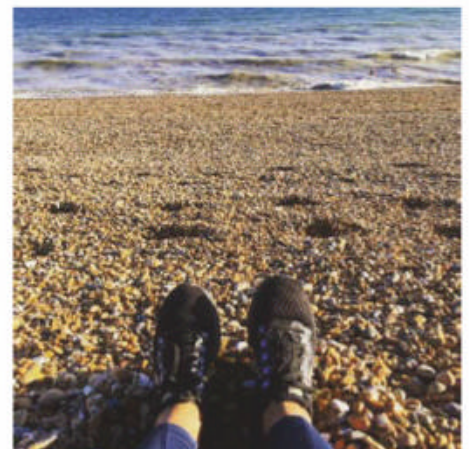


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JILLIAN MICHAELS

FEELING STRONG EMPOWERS YOUR LIFE

Body shape, size and self love is a hot topic. We chat to global fitness star Jillian Michaels about her new app and how to become the best version of yourself – with an exclusive workout thrown in for good measure

Words: Lucy Miller Photo: Don Flood

Body politics has never been a more debated subject, as fitness and wellbeing guru Jillian Michaels well knows. *The PT and TV* star was recently caught up in a very public debate on the subject and was even accused of being ‘fat-phobic’ when she seemed not to ‘celebrate’ the body of a plus-size celebrity.

While the body-positive movement has made important strides in encouraging acceptance of all body shapes and sizes, it’s recently been on a collision course with health campaigners highlighting the risks of obesity and excess weight. The UK’s growing global obesity crisis is estimated to be costing more than three million lives a year.

LOVE YOURSELF

Michaels and other health champions have pointed out that while self-acceptance and self-love are central to wellbeing, they’re not mutually exclusive with wanting a healthy bodyweight. They also form the psychological foundation you need to create change in your life.

As the debate continues, one thing’s for certain: whatever your preferred shape or size, committing to get fit is guaranteed

to boost mind, body and soul – and proven to improve your body confidence. So, as Michaels says, let’s ‘prioritise our health because we love ourselves and our bodies’. And with all her experience, the fitness guru is now here to help you be your best self, with her new My Fitness by Jillian Michaels App (see page 38). We caught up with the star to hear more about her fitness philosophy.

WF: With all the debate on body positivity and weight, what do you think is the most important message to get out there?

JM: ‘This is such a difficult issue. The problem is that we are having two separate narratives that somehow keep getting merged into one. It’s critical people love and care for themselves, feel worthy and feel valuable.



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‘I follow the simple science of nutrition and fitness. I practise balance – in fact, I think balance is really the answer to pretty much anything health related’

There is NO quality of life without this mind-set, and you can't be healthy in any aspect of life without coming from this place physically, emotionally, romantically and professionally. However, there are certain people who take this as far as to deny the dangers of obesity, and that's simply irresponsible and dangerous. For me to say I don't celebrate anyone being overweight because it can cause diabetes and a host of other horrific health conditions, the world then likes to see this as fat shaming... that's crazy to me. It's not fat shaming, it's simply a medical reality – obesity kills and people do suffer through the pain and stress of disease, so let's not encourage it.'

WF: What have you learnt from all the years of helping people get in shape?

JM: 'I constantly study and keep up to date with everything about my field of expertise, be it nutrition, fitness, anti-ageing or stress, so I'm constantly looking at all the research, and when it proves credible I will change my position. For example, intermittent fasting – I personally can't get to 16 hours without food, but the studies suggest if you can, there are health benefits. I recommend 12-13 hours for the average person without health conditions, so they get the benefits but don't end up overeating when they do eat because they have become overly hungry. My point is that I will always look at all the information from all angles and if it proves legit, I will incorporate it into

my personal regime and pass it on to the people I work with.'

WF: Has your philosophy changed?

JM: 'At the end of the day, basic science doesn't change much, does it? Don't overeat. Use common sense with food choices and try to eat your food in its most whole, non-processed, organic form – oh, and move your body as often as you can manage. That simple advice should keep pretty much anyone in fine shape – it doesn't have to be any more complicated than that!'

WF: What is your favourite fitness mantra?

JM: 'When we feel strong physically, it empowers us in all facets of our lives.'

WF: What's your top secret for becoming the fittest version of yourself?

JM: 'I just follow the simple science of nutrition and fitness. I sleep. I take my vacations. I practise balance – in fact, I think balance is really the answer to pretty much anything health related. Too much or too little creates imbalance, be it emotional or physical, and that is where the problems begin.'

WF: How often do you work out?

JM: 'I try to get to the gym four times a week for about 30 to 40 minutes. I don't need hours – I train at a high intensity to get the best results in this time frame.'

The workout

'This quick, total-body workout has been designed to be effective and efficient,' explains Jillian. 'When I'm training, I always like to incorporate bodyweight training, free weights and metabolic circuits into my workouts, alongside exercises that use multiple muscle groups at the same time to really awaken every muscle in the body.'

'This workout also incorporates all modalities of fitness – from strength, power, flexibility, agility and stability – to make sure your session is thorough and highly effective at, not only increasing your calorie burn while doing it, but once it's over, too.'

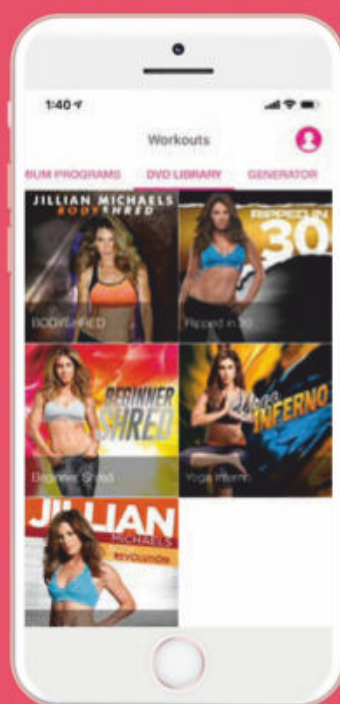
HOW TO DO IT

Perform the moves as a circuit with as little rest as possible in-between each exercise to help condition your muscles and cardiovascular system so you get great results quickly. Aim for two rounds and perform the circuit four times a week. Remember to keep your nutrition, sleep and stress levels in check, too – they all count.

For moves that don't alternate, do the first set on your right side, and then the second set on your left side.

GET FIT WITH JILLIAN

My Fitness by Jillian Michaels App is a new, free-to-download app with interactive workouts for all levels. Jillian learns from your feedback to customise workouts to your needs. Free content includes one daily 7-minute workout. With over 550 exercises (all with how-to videos and coaching tips), there's everything from five-minute bodyweight circuits, to gym workouts using dumbbells and medicine balls. You'll find 30-, 60- or 90-day workout programmes for specific goals such as Booty Boot Camp or Sexy Abs, plus Jillian's DVDs, including *Bodyshred*, *Ripped in 30*, *Beginner Shred* and *Body Revolution*. There are also daily meal plans – from paleo to vegan – with recipes and shopping lists. Download the My Fitness by Jillian Michaels App on iPhone or Android; keep up with her at @jillianmichaels.

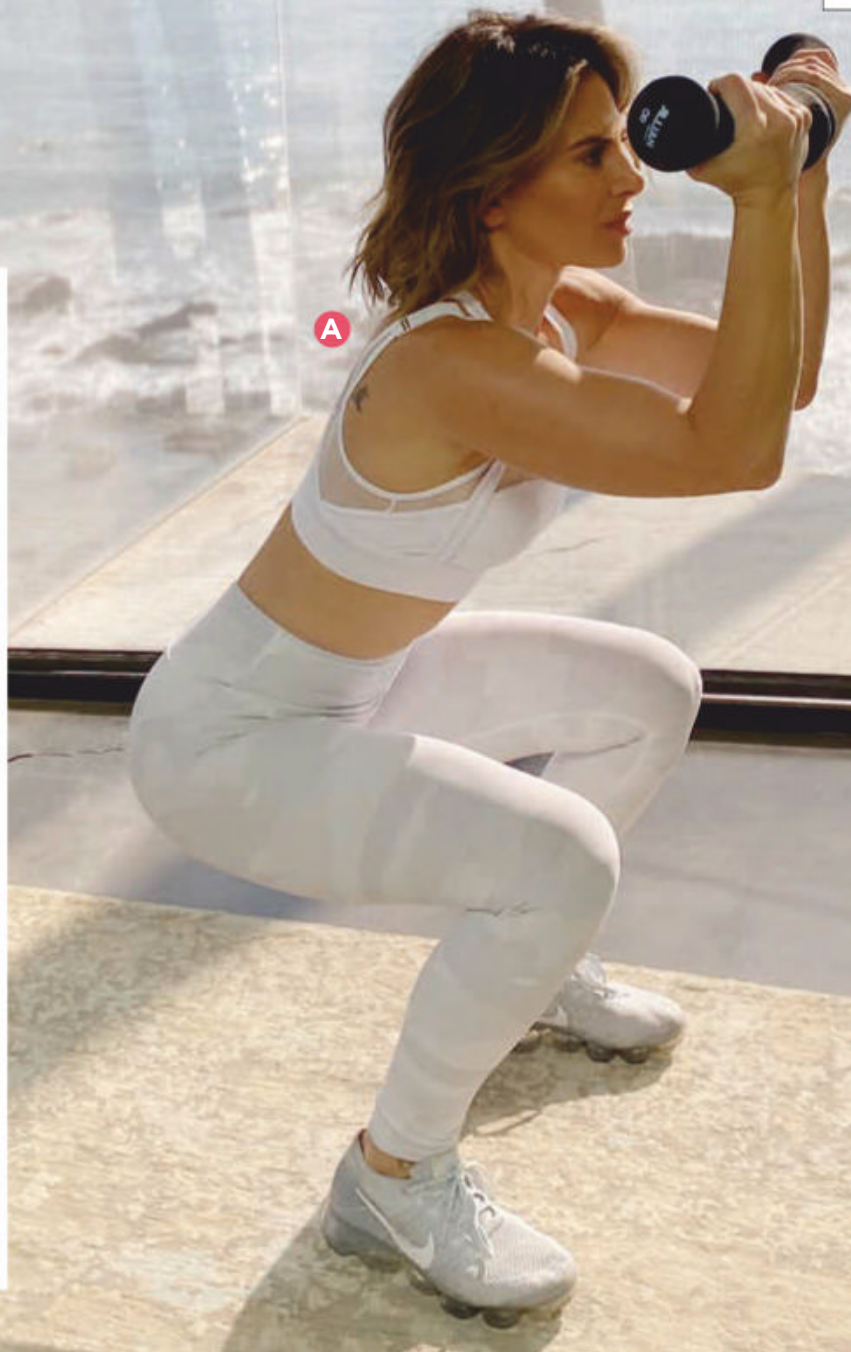


SQUAT PRESS

Reps: 1 minute

Benefits: Works your glutes, shoulders and quads.

- Hold a pair of dumbbells – choose a weight between 5lb to 20lb in each hand depending on your fitness level – and stand with your feet hip-width apart.
- Raise the weights up, bringing your arms to a 90-degree angle (A).
- Squat down, bringing your elbows down towards your knees and then stand back up and simultaneously perform a shoulder press, lifting the weights overhead (B).
- Return to the starting position and repeat.



ALTERNATING LUNGES WITH HAMMER CURLS

Reps: 1 minute

Benefits: Works your glutes, calves quads and biceps.

- Hold a pair of dumbbells – choose a weight between 5lb to 15lb in each hand depending on your fitness level – and stand with your feet hip-width apart.
- Take a step forwards with your left leg, keeping your feet hip-width apart as you step.
- Bend your knees to 90-degrees and simultaneously bend your arms to perform a hammer curl, raising the weights to your chest.
- Press back from your left leg to return to the start position and repeat on the other leg.



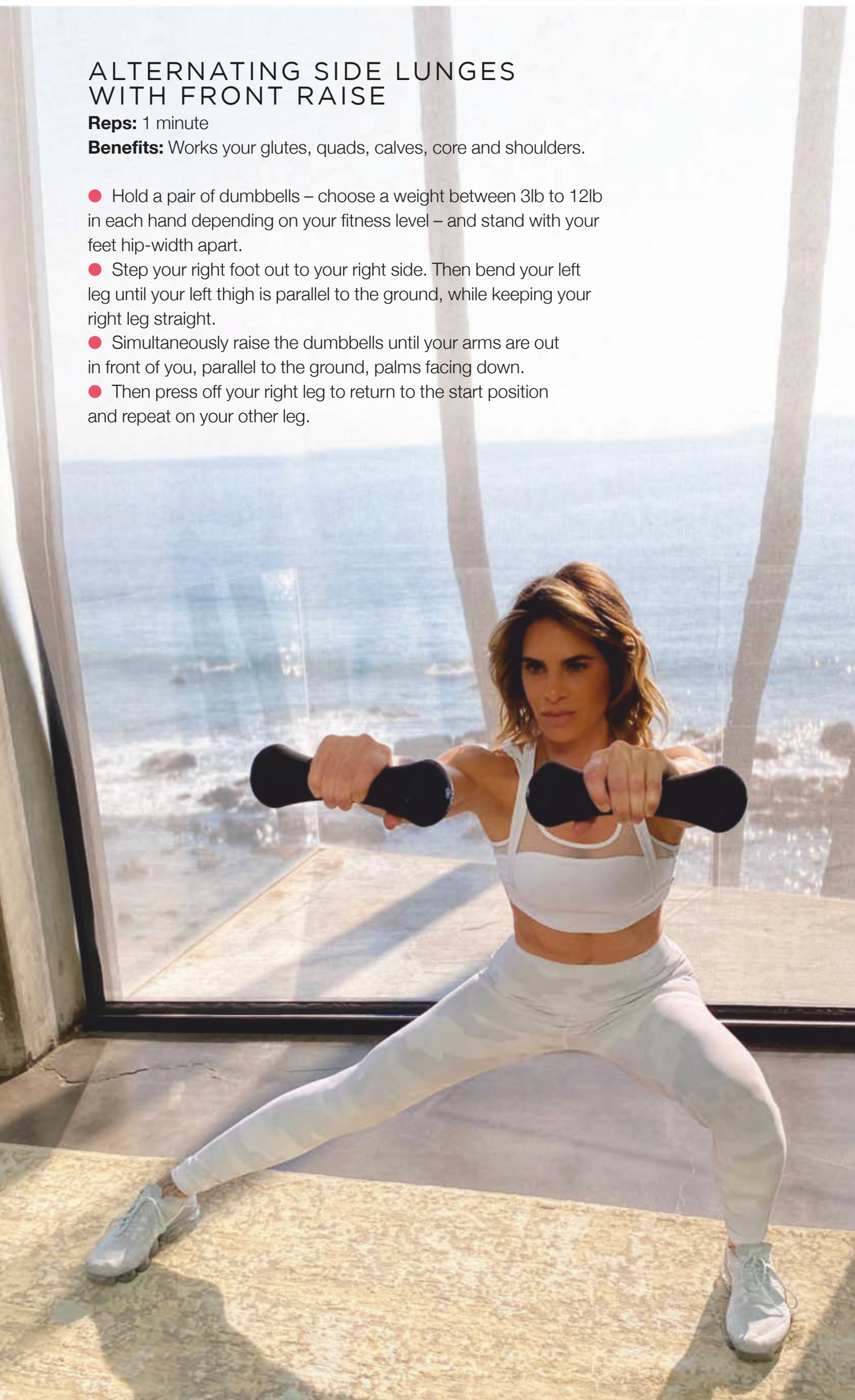
ALTERNATING SIDE LUNGES WITH FRONT RAISE

Reps: 1 minute

Benefits: Works your glutes, quads, calves, core and shoulders.

- Hold a pair of dumbbells – choose a weight between 3lb to 12lb in each hand depending on your fitness level – and stand with your feet hip-width apart.
- Step your right foot out to your right side. Then bend your left leg until your left thigh is parallel to the ground, while keeping your right leg straight.
- Simultaneously raise the dumbbells until your arms are out in front of you, parallel to the ground, palms facing down.
- Then press off your right leg to return to the start position and repeat on your other leg.

‘This workout incorporates all modalities of fitness – from strength, power, flexibility, agility and stability – to make sure your session is highly effective’

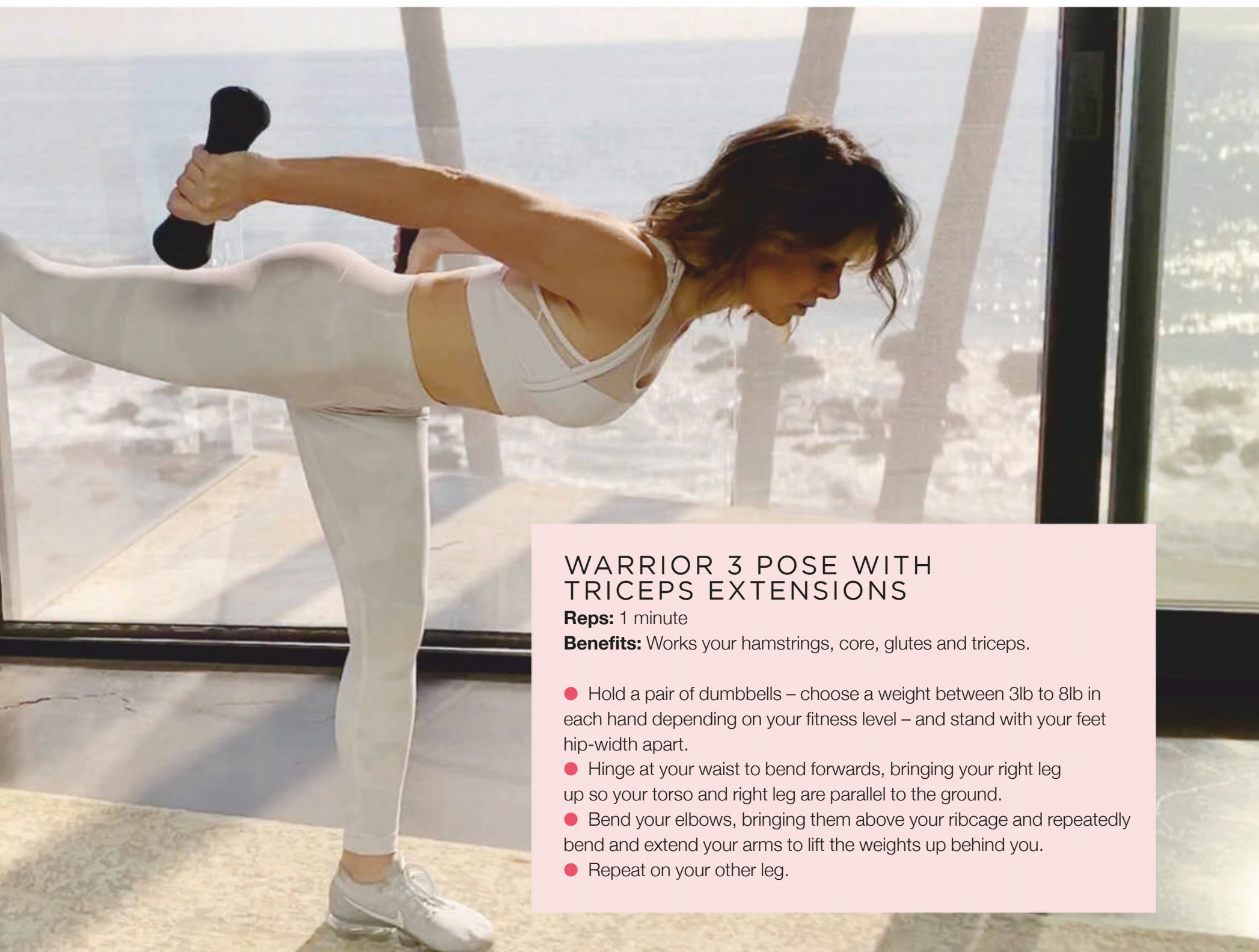


CRESCENT POSE WITH ROW

Reps: 1 minute

Benefits: Works your quads and back.

- Hold a pair of dumbbells – choose a weight between 5lb to 20lb in each hand depending on your fitness level – and stand with your feet hip-width apart.
- Take a giant step forwards with your right leg, keeping your left leg straight.
- Bend your right leg until your thigh is parallel to the ground.
- Bring your torso to a 45-degree angle and begin rowing the dumbbells up towards your chest by bending your arms and bringing your elbows up towards the ceiling.
- Repeat on your other leg.



WARRIOR 3 POSE WITH TRICEPS EXTENSIONS

Reps: 1 minute

Benefits: Works your hamstrings, core, glutes and triceps.

- Hold a pair of dumbbells – choose a weight between 3lb to 8lb in each hand depending on your fitness level – and stand with your feet hip-width apart.
- Hinge at your waist to bend forwards, bringing your right leg up so your torso and right leg are parallel to the ground.
- Bend your elbows, bringing them above your ribcage and repeatedly bend and extend your arms to lift the weights up behind you.
- Repeat on your other leg.

INFLUENCER FITNESS HACKS

Looking for fitness inspiration?
We've tapped some of our favourite
fitfluencers for their top training tips

Words: Sarah Sellens

Are you lacking exercise motivation? All you need to do is scroll through your smartphone to feel inspired these days. Social media is home to a horde of fitness influencers who provide their millions of followers with workout advice. Of course, you can't believe everything you read – one study from the University of Glasgow found it's not uncommon for influencers to offer inaccurate or biased advice so it's worth hunting for credible accounts to ensure you get healthy, safe and expert-led tips. Want to know some of them? We asked a handful of our favourite top fitfluencers to share their words of workout wisdom. Read them, follow them, learn from them.



ON ACTIVE RECOVERY

**Gabby Allen, @gabbydawnallen,
1.1m Followers**

'The last thing you're likely to want to do when suffering from sore muscles is go to the gym. However, I'm a huge advocate of adding active recovery sessions to your training schedule. The trick is to find a workout that's active enough to promote blood flow but low impact enough to allow your muscles to heal. Try doing one Pilates session a week. Pilates promotes blood circulation to your joints and muscles, lessening the build-up of lactic acid and therefore inflammation. It aids recovery while you get to stretch, strengthen and realign your body. The benefits of active recovery go beyond the obvious, too – you avoid the post-exercise lull and feel empowered to keep pursuing a healthy lifestyle, making good food choices even on "non-training" days.'

SportFX x Gabby Allen is available in selected Sports Direct stores and at sportfx.com and sportsdirect.com.





ON YOGA FOR FITNESS

**Hannah Barrett, @hannahbarrettyoga,
259k followers**

'We're increasingly busy, surrounded by technology and experiencing a constant sense of overwhelm, but yoga is an incredible tool that can help you switch off, plus it can calm your mind, build strength and flexibility, reduce stress and anxiety, and even improve your immunity. A yoga class will not only help your physical body, it will also aid your inner strength and happiness. And it truly is for everyone – there is such a wide variety of classes, from postnatal yoga to power yoga and even chair yoga. Injuries don't necessarily mean yoga isn't for you. If you're injured, I'd recommend you have an assessment by a qualified health professional to confirm a diagnosis and provide advice. However, having an injury, in most cases, doesn't mean you can't continue exercising or practising yoga. By combining your rehabilitation exercises with modified moves, you can facilitate and even speed up recovery.'

Yoga instructor, author and postnatal health and fitness specialist at hannahbarrettyoga.com.

ON STAYING MOTIVATED

**Krissy Cela, @krissycela,
1.8m followers**

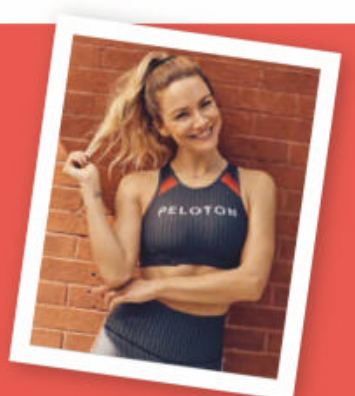
'Focus on more than just the physical results. I used to train to look a certain way – now, I've realised that training is so much more than about appearance. Not only has keeping fit helped me to grow stronger physically, but it has also helped me to be healthier mentally. I feel powerful, energised and focused after my workouts because exercising is my time to be completely present in the moment, and I love it. This is why I created my app, Tone & Sculpt. It has an amazing community of women who share how fitness has impacted their lives in a positive way. Next time you complete a workout, take a moment to think about how that session has made you feel – that is your moment.'



ON HOME TRAINING

**Leanne Hainsby,
@leannehainsby,
26.7k followers**

'We're juggling so much more – from work and travel, to parenting and other commitments. However, there are so many options for those looking to fit more exercise into their day. Home exercise solutions such as Peloton [a connected exercise bike; onepeloton.co.uk] are brilliant because they're designed to be as convenient as possible. On the Peloton bike, you can choose from thousands of classes, and you can stream a 20-minute strength workout, for example, via Amazon Fire TV or on your tablet. Find what works for you, as that's when you'll feel the difference. Make small changes too: it could be running home from work or getting off the tube one stop early. Treat exercise as "me time". Put it in your diary – a meeting with yourself.'



ON WEIGHT LOSS

Niko Algieri, @nikoalgieri, 18.7k followers

'Losing weight isn't rocket science but it is science, nonetheless. The basic formula is that you have to **operate** each day at a calorie deficit – burning more calories than you consume makes your body lose weight. But if you can't maintain a balanced diet (no matter how intense the exercise you do), you'll never stay on course. So, losing body fat is about making your diet and exercise levels consistent and habitual. The exercise doesn't matter – as long as you're burning calories, you could be doing 10,000 steps or trampolining. I'd advise a good mix of resistance training and quality cardiovascular exercise, along with a balanced diet of protein, greens, good fats and non-processed carbohydrates.'

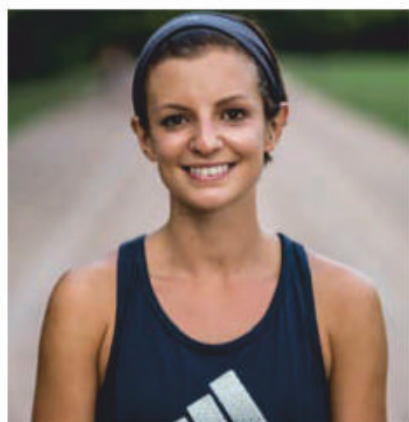
Niko is co-founder and director of Equilibrium @weareequilibrium.



ON CORE STRENGTH

Flavia Cacace, @FlaviaCacae, 114k followers

'Having been a dancer for 25 years, the two most important things for me are good posture and a strong core. In phase one of my workout programme – on-demand workout programme FCM Fit (fcmfit.com) – I focus on developing your inner core musculature, which is often forgotten about but is essential to providing the inter-abdominal pressure needed to stabilise and protect your spine and improve your posture. My core exercises have no movement in the torso but involve manoeuvring and bracing the core musculature – essential to any training and exercise regime. I strongly believe in working the body from the inside out, to maximise results and give people the tools that will help them in everyday life.'



ON MARATHON RUNNING

Jordan Foster, @projectmarathongirl, 21.3k followers

'When training for a marathon or other race, not every single run is going to go exactly to plan. There will be days when you're tired, days when perhaps you haven't fuelled properly, rubbish weather – the list goes on! But rather than let it ruin your day, just tick it off your schedule and think of it as "miles in the bank", then focus on your next session. If you miss a training run, the world is not going to end. If you look at the bigger picture, missing one or two runs over 12 to 16 weeks is not going to make a difference at all.'



Do you need a **FACE GYM?**

You work hard at toning and strengthening the rest of your body – so why not your face? We explore how the latest facial workouts could boost your looks

Words: Jane Murphy

Rewind a decade or so and the idea of ‘exercising your face’ would raise a few eyebrows – and quite often be regarded as eccentric, old-fashioned and probably pointless. But that’s all changed in recent years, with an influx of game-changing, face-saving workouts, including facial yoga, Pilates and high-energy toning exercises. These new regimes claim to offer a welcome alternative to expensive – and sometimes invasive – skin treatments. But could they hold the answer to youthful looks?

PLUMP AND TONE

Now a familiar face on TV and in the press, Danielle Collins (faceyogaexpert.com) was the trailblazer for facial yoga in the UK. Seen as the go-to expert in the field, she created her eponymous Face Yoga Method 15 years ago. ‘It’s a combination of traditional Eastern techniques and more scientifically based modern exercises and massage,’ she explains. ‘I designed it so everyone could use it in their own homes.

It took a lot of hard work to bring it into the mainstream. As with all “new” concepts, it took a while for people to understand and embrace it. But it’s been so wonderful to see it grow in popularity.’

Collins now trains others to teach her Face Yoga techniques – with more than 600 trained teachers in 50 countries worldwide. Among her former students are sisters Camilla Banks and Philippa Mitchell. ‘It made sense to us that facial muscles need a workout in order to stay toned and plump, and that boosting the circulation in your face would lead to a glowing complexion,’ they say. In January, the pair launched Luminous Facial Yoga (luminous-london.com), a subscription-based website that allows members access to a suite of facial yoga and massage tutorials and regimes for £2.99 per month.

TURN BACK TIME

‘We’ve been overwhelmed by the response,’ says Banks. ‘Lots of our

members say they’d been intrigued by the idea of facial yoga for a while but had no idea where to begin – which is how we felt before we trained as teachers ourselves. It’s an affordable, sustainable and holistic approach to a healthy-looking face, rather than a quick fix, and our members seem to embrace that.’

Glowing reports from satisfied customers aside, there’s been some very positive research into the long-term effects of facial exercises.

A 30-minute daily or alternate-day face yoga routine – designed to enlarge and strengthen the facial muscles, as you would the muscles of your body – significantly improves the facial appearance of middle-aged women, according to dermatologists at Northwestern University in the US. In fact, 20 weeks into the 2018 study, the average drop in ‘age appearance’ – using a

standardised facial ageing scale – was almost three years.

As Banks and Mitchell point out, the rising popularity of facial workouts is also down to the growing trend for incorporating wellness into beauty, and taking a more holistic approach to looking good. ‘Facial massage is a big part of facial yoga – and many big brands are now highlighting the importance of massaging your face as part of your beauty regime,’ says Banks. ‘People are increasingly aware that effective therapies don’t have to come with big

‘Face yoga is an affordable, sustainable and holistic approach to a healthy-looking face’



price tags – and facial yoga is the perfect example of this.’

FACIAL PILATES

It’s not all about yoga, though. Created by Pilates teacher Carme Farré, FaceToned Facial Fitness (facetoned.com) is a facial Pilates routine. ‘It uses Pilates principles to build muscle strength in the face,’ says Farré. ‘Unlike other facial workouts, it’s a programme with structure – not just random exercises – to ensure you train the muscles correctly.’ Using isotonic and isometric exercises, it works the ‘core facial muscles’, to structure the face from the inside out, then moves on to more superficial muscles surrounding the eyes, cheek, chin and neck.

Another factor that sets FaceToned apart from other facial workouts is that it includes diet and skincare tips. Farré recently launched the FaceToned app (facetoned.com), which offers live classes, tutorials, workouts and recipes for \$25 a month or \$250 a year. Worth the cost? A recent survey of members found they’d noticed: more facial toning and definition; more volume in their cheeks; a reduction in laughter lines and forehead wrinkles; and more definition in the jaw and jowls.

GYM MOVES

While one of the many benefits of facial workouts is that you can do a lot of the exercises at home, you can also visit a FaceGym (facegym.com). Billed as ‘the only gym studio for your face’, it’s the brainchild of Inge Theron, who was inspired to look for a non-invasive way to age gracefully after a face-lifting procedure left her temporarily housebound.

FaceGym’s Signature workout uses high-energy knuckling movements and whipping strokes to stimulate blood circulation, collagen production and cell renewal. Priced £50, it lasts 45 minutes and is billed as a ‘weekly must-have’. There’s also a menu of ‘face workouts’, from £50 to £270, using the latest tech and products to lift, sculpt and tighten. The Boss, for example, is designed to ‘rest and refresh between meetings’ at a cost of £65, while Party Face promises ‘the perfect pre-event glow’ for £130. In the quest for youthful skin, facial workouts are bringing some impressive results, but they’re also big business.



FACE-SAVING WORKOUT TIPS

- Pushed for time? ‘Rosy Glow is a really easy and effective technique you can do at any time,’ says Bankes. ‘Take your first two fingers and thumb. Pinch down and deep across your cheeks. Don’t pull outwards; you’re aiming to access the muscle beneath. This stimulates blood flow and increases muscle tone. Try it for 30 seconds each day.’
- Learn to relax. ‘A lot of wrinkles are caused by expression lines, much of the time rooted in stress,’ explains Collins. ‘Some muscles need to be trained to stay relaxed. Being aware of your face in daily life really helps this. Noting when you furrow your brow or tense your jaw, for example, can help you consciously relax and prevent any lines.’
- Get ready for your selfie. ‘Take weekly side- and front-on pictures of yourself and you’ll be able to track your progress,’ Collins suggests.

YOUR FACETONED WORKOUT

Tone and sculpt your face with these FaceToned facial Pilates moves from Carme Farré, Pilates teacher and founder of FaceToned Facial Fitness programme (facetoned.com)

'Before you start, cleanse skin and apply a serum to moisturise. After the workout, apply a facial oil and massage your face. A face roller will boost blood circulation.'



CORE LIFT

Benefits: Tones your core, neck and lips.

Lengthen your neck, bringing the tip of your tongue between your top lip and teeth, pressing them against each other. Keeping the pressure constant, circle the tip of your tongue right, down, left and up four times, then change direction. Perform three times



TRIANGLE TONER

Benefits: Tones the 'youth triangle' of your cheeks and lower eyelids.

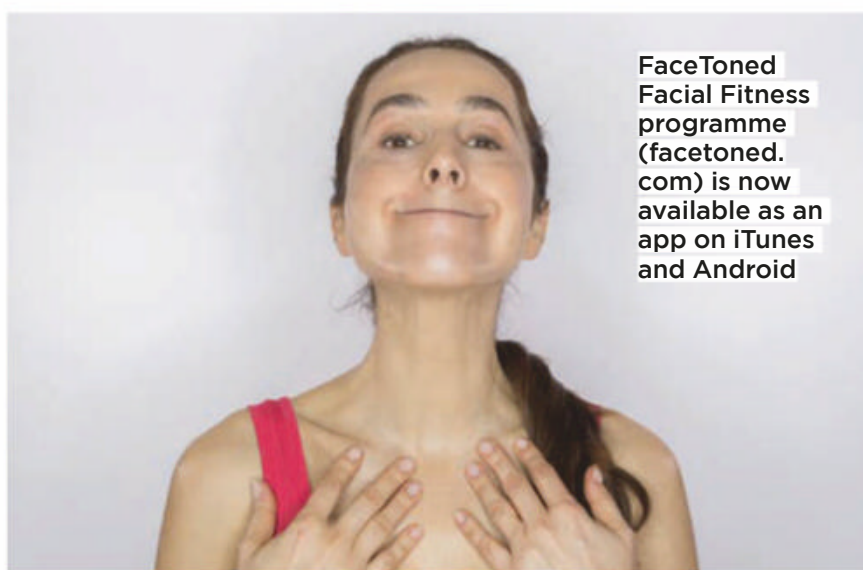
Lengthen your neck, place both index fingers next to the outside lower area of your eyes and slightly pull to the sides and up towards the temple. Keeping this position, squint and relax as you pulse your lower eyelid eight times, making sure that the upper eyelid doesn't move. Then, keep the squint for eight counts and relax. Perform three times.



FOREHEAD SMOOTHER

Benefits: Tones your forehead, softening wrinkle lines.

Place both index fingers at your temples and the remaining ones just above your eyebrows. Hold them firmly in place. Pulse your forehead up and down eight times, and resist with your fingers. Hold the lift for eight counts and relax. Perform three times.



FaceToned Facial Fitness programme (facetoned.com) is now available as an app on iTunes and Android

LOWER FACELIFT

Benefits: This advanced exercise tones your neck, cheeks and jowls.

Lengthen your neck upwards and bring your chin up slightly, holding your collarbones with your hands, and slightly pulling down. Now bring your chin forwards and slightly up, hold your top lip with lower teeth, then try to touch the tip of your nose with your lower lip. Now, lift up the corners of your mouth and pulse up and slightly down as if smiling for eight counts. Hold this position for eight counts and then relax. Perform three times.



Shock Absorber Active
Multi Sports Support
Bra, 30B-40HH
(£39; johnlewis.com)

SPORTS BRAS

uncovered

Despite being a vital part of our fit kit, sports bras have traditionally stayed under wraps – until now. Innovations in design, fabrics and styling mean our BFF's (breast fitness friends) have never looked or felt so good, so get ready to ditch those layers and flaunt your sports bra for the world to see!

WORDS: Joanna Ebsworth

FIT FOR PURPOSE

Fresh for 2020, Panache has launched its new #MySize sport campaign to promote the message that when it comes to sports bras, 'one size does NOT fit all'. Arguing that cup-sized bras offer the best support as individual cups encapsulate each breast for better control and shape, Panache is encouraging women to own their individual breast size so they feel truly supported and comfortable while exercising, even if you have smaller breasts. It's Sports Wired Bra (28D-40GG), £42; panache-lingerie.com, and Sports Non-Wired Bra (28DD-40FF), £40, are now available in a whopping 70 unique sizes.



According to the latest research, 9.5 million women in the UK are not supporting their breasts properly when they run. If your straps dig in to your shoulders, try a racer-back style, and be sure to get fitted by an expert every six months.*

CHAFE-FREE GUARANTEE

After launching its hugely popular Original Support Running Bra in 2018 (28A to 38E) £50; runderwear.co.uk, seamless running underwear brand Runderwear has put inclusivity at the heart of its newest creation. The Easy-On Support Running Bra, (28D-40H), £50, means all women can enjoy the benefits of running. Boasting the same anti-chafe technology as its predecessor, with super-soft, moisture-wicking fabric, an encased underband and padded straps to beat the dreaded chub rub – it's also, as the name suggests, a doddle to put on, unlike some running sports bras that need contortionist skills!



**PRETTY
POWERFUL**

Wave goodbye to ugly, frumpy, constricting sports bras and say a big hello to beautiful designs featuring delicate straps such as this Boux Sport Textured Rib Crop Top, £22; bouxavenue.com, that keep you supported thanks to the woven fabric, and allow complete freedom of movement (matching Leggings, £35).



A woman with dark hair in a ponytail is leaning against a red wall. She is wearing a black and white patterned sports bra, black leggings with matching patterned side panels, and white sneakers. She is looking down and to the right.

WIN WHEN YOU TWIN

Matching crop tops and leggings have been trending for a while but, for those of us who need a bit more support, it's not really been a viable option. Thankfully, specialist sports bra brands are getting in on the action, producing bras fit enough for the toughest HIIT classes, while also proving a hit in the coordinating style stakes. We love this Pour Moi Energy Non Wired Full Cup Sports Bra, £26; pourmoi.co.uk, with matching Leggings, £32.

3 OF THE BEST ... MATCHING SETS



Anita Active Python Extreme Control Sports Bra, £54 (32C-42H), and Massage Tights, £110; bare necessities.co.uk



New Balance Determination Legacy Crop Bra, £50 (XS-2XL), and Tights, £80; newbalance.co.uk



Freya Active Epic Moulded Crop Top Sports Bra, £42 (28B-40H), and Kinetic Leggings, £52; freyalingerie.com



GO WIRELESS

Women with very large busts usually rely on scaffolding to keep their bosom in check for anything springier than a power walk. Not anymore. Royce Lingerie has created the Aerocool Bra, £45; royce-lingerie.co.uk. The UK's first wire-free, high-impact sports bra for G-K cup sizes with internal side slings, it has a wide underband and high neckline to restrict vertical and horizontal bounce without the use of underwire. The optional racer back on this sleek design helps anchor the bra closer to the chest for additional support, while the lightweight, moisture-wicking fabric will leave you feeling cooler and more comfortable, so sweaty underboob will be a thing of the past!



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Fit Soul

Wellness news
Health advice
Beauty tips

Mindful magic

Afraid of flying or nervous of the dark? Whatever your phobia, mindfulness could help, suggests new research. A study, reported in the journal *Nature*, found mindfulness training may help the brain unlearn a fear response. Scientists took a group of healthy people and gave half of them four weeks' mindfulness training. Both groups then did a two-day experiment. First, they learned a stress response by repeatedly watching a slideshow of images accompanied by mild electric shocks, causing a physiological reaction (sweating). On day two, they viewed the slideshow without electric shocks. Results showed those who'd received mindfulness training no longer demonstrated a stress response, while those who'd not received it, continued to show physiological signs of anxiety. Time to try some meditation.



Wellness notes

Breathe happy ● Natural air fresheners ● Stay-young with sex

SEXUAL HEALING

Want to stave off an early menopause? Have more sex! A study in the journal *Royal Society Open Science* analysed data on 2,936 women over a 10-year period and found those who engaged in sexual activity every week – either with a partner or alone – had a 28 per cent lower likelihood of an early menopause (before 45), compared to those who had sex less than once a month. Megan Arnot, first author on the study, said: ‘The findings suggest that if a woman is not having sex, and there is no chance of pregnancy, then the body “chooses” not to invest in ovulation, as it would be pointless.’

PICK OF THE MONTH LOVE YOUR PITS

Fight odour naturally with Aime x Agent Nateur Deodorant (£20; aime.co). Rather than prevent your body's perspiration process the way anti-perspirants can, this new probiotic deodorant works with your body – allowing it to sweat naturally without blocking your pores. Aime uses strains of the bacteria lactobacillus and saccharomyces, which control colonies of the odour-causing bacteria staphylococci and corynebacteria that thrive in your sweat. Clever! An extra antibacterial boost comes from orange and Indian santal essential oils.



BEE HAPPY

Yogic breathing techniques don't just calm your nervous system or boost your energy, they can also enhance feelings of happiness by inducing gamma waves in the brain, says Stuart Sandeman, breath coach and founder of Breathpod (breathpod.me). Follow his tips and tune out negative thoughts with the Bee Breath.

- Sit up straight with your eyes closed and smile gently.

- Place your index fingers in your ears, or on the cartilage between your cheek and ear.
- Inhale deeply and steadily through your nose.
- Keeping your lips closed, exhale slowly in a controlled way as you make the sound of a bumble bee humming. 'Mmmmm....'
- Repeat five times.

3 OF THE BEST ESSENTIAL OIL BURNERS

Neom Wellbeing pod, £90; neomorganics.com

This ultrasonic diffuser has a gentle trickling sound, one-, two- and three-hour settings, a low-energy LED light for use during the day and a night light when using to aid sleep.



Goop-Vitruvi Stone Diffuser, £114; shop.goop.com

The porcelain cover on this diffuser adds a touch of elegance, while the continuous (three-hour) or intermittent (seven-and-a-half hour) settings make it super effective for long-term therapeutic benefits.



Neal's Yard Remedies Liv Aroma Diffuser, £35; nealsyardremedies.com

A compact carry case makes the Liv ideal for use on the go. Plug it in to your laptop or desktop and add peppermint essential oil for a mind-focusing boost.



23

minutes – the time it takes to regain your focus after checking your mobile. Put your phone away when you need to concentrate.*

BE A HAPPY WORKER

Keep work stress at bay through the day with
some simple mindfulness techniques

Workplace stress is on the rise. According to statistics from the Health

and Safety Executive, stress accounts for 12.8 million lost working days and is taking a toll on our health. The main reason for this stress explosion? We can't switch off. Whether it's the constant ping of emails interrupting our focus or after-hours texts and calls seeping into every waking hour, the UK's always-on work culture is contributing to a wave of burn out, insomnia and even depression.

Struggling to cope? It's time to try some mindfulness. While mindfulness at work may sound an unlikely pairing, studies show it can help reduce worker stress, improve job satisfaction and focus, help regulate emotions and even help you leave your work behind at the end of the day. No time to think, yet alone meditate? Try simple exercises from mindfulness trainer Anna Black, author of *Mindfulness @ Work* (Cico Books, £7.99) whenever you're feeling the pressure.

CENTRE YOURSELF

Nervous about a meeting or upset by an angry customer? We can spend too much of our working time feeling anxious. 'The stress reaction can be activated in an instant,' says Black. 'These are the moments we feel as if the ground beneath us is falling away and yet we're expected to be on form. When we feel like this, the best thing we can do is ground ourselves by connecting with the earth beneath us. We can do this most easily through our feet.' Try this grounding exercise.

- Turn your attention to your feet. Notice the sensation of them in contact with the floor. Push down slightly through the bottom of your feet as if they were glued to the floor.
- Notice how the ground is solid beneath your feet. Explore the sensations and try wiggling your toes. 'Directing your attention to your feet on the floor is like weighting yourself so you don't fall over,' says Black. 'You instantly bring yourself into contact with the present moment. The sense of groundlessness eases off, and thoughts of the "what ifs" slow down. Whatever is going on is still there, but you are able to face it from a place of stability and strength.'

'Whenever you're feeling overwhelmed, drop your attention to feeling your feet on the floor.'



Mindfulness @ Work by Anna Black (CICO Books, £7.99) is out now.

TAKE A MOMENT

Introducing a mindful walk or a short meditation into your day can bring a host of benefits. But if you never get a break, the Mindful Minute is a quick and simple calming meditation technique you can do at your desk to ease your mind and body whenever you need time out.

- Set a timer and count the number of breaths you take in a minute. Breathing in and out counts as one breath. Count it a couple of times to get an average and then log the figure.
- The next time you feel stressed, settle your attention on your breath and count each in- and out-breath up to the number you previously determined. That is your Mindful Minute.
- 'Try to do this every so often throughout the day to create minutes of present-moment awareness – with all the benefits this brings,' says Black.

Need ideas for a meeting? Staying mindful helps your mind roam more creatively.

EAT MINDFULLY

Ensuring you eat a healthy lunch and wholesome snacks will help you stave off stress. But it's not just what you eat but how you eat it. Wolfing a sandwich at your desk while answering emails or colleagues requests burdens your digestion. 'Pay attention to your normal mode of eating at work,' says Black. 'What do you eat and, when you're eating, do you simply eat or are you multi-tasking? Make an intention to eat your lunch or snack mindfully.'

Try the following exercise and start applying the techniques.

- Hold a piece of fruit in your hand. Explore it, noticing its colour and any surface patterns; become aware of its shape, feel its texture, and then hold it close to your nose to become aware

of any smell. 'What do you notice? Pay attention to any thoughts, emotions or physical sensations,' says Black.

- Place the fruit in your mouth and explore it with your tongue. Then, make an intention to bite into the object. Become aware of sounds and tastes. 'Notice when biting becomes chewing and then swallowing,' says Black. 'What does it feel like?'
- Try to introduce moments of awareness when you snack at work, says Black. What is causing you to reach for that cake? Is it boredom or stress? 'Noticing your thoughts, emotions and physical sensations can give you important feedback,' says Black. 'You may still eat the cookie, but it becomes a choice rather than an unconscious reaction.'

Beauty notes

Feed your skin ● Hair detox ● The best lip balms

3 OF THE BEST ... LIP BALMS

Zoetic CBD Vegan Lip Balm,
£10; zoetic.uk.com

Moisture to help with cracks, damage and plumping comes courtesy of cocoa butter, shea butter and mango butter in this cannabidiol-containing balm.



Nuxe Reve de Miel Honey Lip Balm, £10.50; escentual.com

A healing blend of honey, beeswax, shea butter, botanical oils and propolis oleo active to soothe, nourish and repair parched lips.



Aliso Organic Lip Balm,
£12.95; alisobeauty.com

With olive, coconut, almond and raspberry seed oils, blackberry extract and vitamin E, this balm heals, calms and rejuvenates.



EXPERT TIP

'Add blush before you apply foundation for a glow that looks like it's coming from beneath the skin.'

CELEB MAKE-UP ARTIST JAMES VINCENT

GLOW FROM WITHIN

We've been fans of Bobbi Brown for years, so were delighted to hear she's launched Evolution _18; a range of supplements that supports her natural beauty philosophy. 'I've always believed the better care you take care of yourself on the inside, the better you look on the outside,' says the certified health coach. For thicker, healthier hair and stronger nails, try Beauty Gummy (£20; boots.com), with a whopping 30,000 per cent of your RDI of biotin. Or, for the ultimate in glowy skin, try the 30 fruits, vegetables and superfoods combined with collagen peptides, avocado and flaxseed oil in the Beauty Blend (£25).





CELEBRITY
MUST-HAVE

'E.V.E. is amazing. It literally makes new skin. I can't recommend it highly enough.'
Huda Kattan, Huda Beauty CEO



Institut Esthederm E.V.E. Essential Vital Elements Serum Source, £77; feelunique.com



HAIR
HEAVEN

Feeling the benefits of a new-year detox? Give your hair the same treatment. Aussie brand BondiBoost is free from parabens, sulphates and phthlates and contains peppermint and tea tree essential oils to support scalp health and unclog hair follicles. Its new Rapid Repair Shampoo, Conditioner and Serum (£22.50 each, boots.com) boost softness, improve shine and repair up to 90 per cent of split ends.



WORDS: Eve Boggempeel PHOTOGRAPHY: iStock



Go tropical

Get a taste of summer with the delicious scent of toasted coconut in Body by Bondi Sands Body Moisturiser, £9.99; Superdrug. Enriched with vitamin E and jojoba, the pH-balanced formulation leaves skin feeling smooth and radiant. Free from SLS.

Keep calm

If you're stressed, your skin will be, too. Soothe, nourish and reduce facial redness with Botanics Simply Calm Hydrating Overnight Serum, £11.99; boots.com. Contains hemp seed oil and avocado oil to boost overnight recovery.



Love your curls

Curly hair doesn't tend to get oily from the scalp, so benefits from extra moisture. Nourish your tresses with a handmade Faith in Nature Lavender & Geranium Shampoo Bar, £5.79; faithinnature.co.uk. It also comes in a Coconut & Shea Butter option.



Soothe eyes

Remove mascara without irritation with eco-friendly Klorane Eye Make-up Remover Lotion, £7; escentual.com. Travelling just 48km from farm to factory, the organically grown cornflower is extracted using eco-friendly solvents.

WORDS: Eve Boggempoel

BEAUTY BAG

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



Get a glow

Look sun-kissed whatever the weather. Dust your eyelids with the glowing Copper and Sunset Gold shades in Charlotte Tilbury Queen of Glow Luxury Palette, £40; charlottetilbury.com, for more glistening, wide-open eyes.



Be radiant

Want to improve your skin tone by 75 per cent? SVR ABC Ampoule Anti-Ox C, £30; feelunique.com, boasts smaller molecules of optimised vitamin C, allowing for deeper skin penetration. It detoxifies, boosts collagen and oxygenates skin for a radiant complexion.

Women's Fitness BEST BUY

Look the part

Show you mean business with Gucci Rouge à Lèvres Gothique lipsticks, £38; gucci.com. When applied, the nine metallic shades have an intense undertone and reflect light for a shimmering 3-D effect.



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'MY LIFE IN A DAY'

Cecilia Harris

The celebrity PT and co-founder of online fitness platform RWL (resultsfitnesslifestyle.com) with Lucy Mecklenburgh, tells us about RWL's new rebrand

Work

'I wake up around 6am and stay in bed for an hour doing social media, responding to DMs and posting content. Then I'll have a coffee, before taking my first personal training client at 8am. I train PT clients all morning until 1pm, Monday to Friday - squeezing in a breakfast of porridge or eggs mid-morning – because it brings me so much pleasure. After a lunch of leftovers from the previous night's dinner, my world becomes all about Results with Lucy (RWL), doing more social media, helping out in the office or filming workout content. We also film live workouts Mondays and Wednesday nights, and Sunday mornings, so life is non-stop!

'When I began training Lucy Mecklenburgh seven years ago, her following wanted to know more. Being a little "out there", we decided against doing a fitness DVD, and instead created a subscription website where you could access all of Lucy's workouts. That's how RWL was born. Over the years, we added nutrition and mindset programmes. Eventually, we had a huge RWL community of over 10,000 women calling themselves #rwlfitfies, and it was no longer about Lucy's

workouts, but a wellness platform for women. So, we decided to grow with our community. We've just rebranded as Results Wellness Lifestyle, because while it is about getting results, it's also about wellness and changing your lifestyle.'

'To coincide with the rebrand, we've just launched a new website and app incorporating all the "it would be great if you had..." features our subscribers have asked for over the years. On top of our workout bank of over 1,000 workouts; the various exercise programmes for women at all stages of life; plus the food plans and recipes, we've added exciting new features including food tracking, where you can track what you eat, scan ingredients to track calories, and add that to what you've eaten in the day to help you stay focused. And if you do one of our videos, you'll see how many calories you've burned. There are lots of apps out there tracking individual things, but we've tried to incorporate everything into one place. It's been very challenging, but the all the positive feedback we're getting has made it worthwhile.'



Cecilia, left, and Lucy have grown with the RWL community

CECILIA'S MINDSET TIPS

- 'Remember, you are in charge. No matter how shitty life gets, you can still choose how you want to react. When you understand that, it makes life much easier.'
- 'Motivation is not a gene you are born with. Discipline is the only way to create healthy habits. Once you stick to something for two to three weeks, it becomes a habit you can't go without it.'
- 'We are our own worst critics, so be kinder to yourself. That doesn't mean not working out when you've had a bad day. It means using gentler words when you talk to yourself.'

'I train PT clients all morning until 1pm, Monday to Friday, because it brings me so much pleasure'

 Life

‘I exercise for myself after I’ve trained my own clients and had lunch. A good time for me is 3pm, as it’s usually when I start to feel tired, but exercising at this point in my day gives me energy. If it’s a filming day, however, I don’t work out as filming is like doing a four-hour bootcamp – it requires a lot of energy and focus to perform the workout, keep talking non-stop, and give coaching points to the audience at home. Thankfully, it’s not just me now, and we have over 30 trainers specialising in different areas of fitness, all bringing their own energy. As a content provider, I feel we’re number one in adding fresh content. We identified why women get bored, so gave them lots of variation to help them train consistently.’

‘I have dinner with my family most nights at 7pm. We cook curries, stews and pasta, mainly from fresh, with lots of veg, and I eat absolutely everything. But these days, I understand what my portion sizes should be, and stick with those. Being European, there’s also not one night where there isn’t a bottle of wine on the table to share. I’m also a Netflix fanatic, so after dinner, I love to watch films and box sets as it’s a great way for me to disconnect from my world.’

‘There are three things I’m most proud of in my life. First, getting into this business while suffering with post-natal depression and coming through the other side using exercise to come off the pills. That’s my biggest personal achievement, because exercise changed something negative in my life into something positive. Second, setting up my own studio and going from zero to over 100 clients at the age of 35. And third, seeing the amazing RWL community that Lucy and I have created together. Each woman is so supportive of each other’s journey. I’m incredibly proud we’ve created an online environment where that can happen.’

Cecilia is proud of the way RWL members are so supportive of each others’ journey



Soak up some vitamin D
and enjoy the Alpine air



Night skiing has a
special atmosphere

Breath of FRESH AIR

Emma Lewis heads to
the French Alps for a
reinvigorating boost

‘Swish, swish, swish, swish’. This, and my slightly laboured breathing, is all I can hear as I head up an atmospheric snowy track through the trees, having found my rhythm. It’s late afternoon in the French ski resort of La Clusaz and I’m having a go at ski touring, marvelling at how my skis don’t slide backwards as I head straight uphill.

It’s all down to the artificial ‘skins’ you stick onto the bottom of special lightweight skis (seal skins were used in days gone by), plus the clever boots and bindings that you adjust to allow more flex in the boots and for your heel to lift off the skis when going up. Rip off the skins when you get to the top, switch a couple of clips and you’re ready to head downhill.

This is better than hiking, I muse, as it’s so much quicker and more fun on the way down!

AMAZING EXERCISE

Okay, so you could just catch a ski lift up. But then you wouldn’t experience the tranquillity away from the crowded pistes, nor would you get the intense cardio buzz of pushing yourself uphill at altitude as you suck in gallons of pure mountain air. You wouldn’t appreciate the bingo-wing-zapping effects of pushing on the ski poles to help you slide forwards, either. It’s cheaper than buying a lift pass too, better for the environment, and you really feel you’ve earned your turns. Not to mention the healthy appetite you work up, allowing

you to eat that fondu guilt-free!

I’m jolted back to reality when we reach the noisy bustle of the end-of-the-day crowds at the base of the ski area, and I appreciate the peaceful, mindful experience I’ve just had all the more.

SHARP SHOOTING

The previous day, I’d ticked another activity off my away-from-the-pistes alpine wishlist: biathlon! Well, alright, the beginner’s version, which, by the end of the session, involves running a few steps, lying down, loading your rifle and shooting at a target *much* closer and bigger than the stringy, mega-fit pros aim at, after their testing cross-country course. Again, it’s refreshing to try something new in the great outdoors and feel slightly out of my comfort zone. First, we’re shown how to load a tiny bullet into the gun, then rest the butt of the rifle on a wooden frame and

Le Grand Bornand

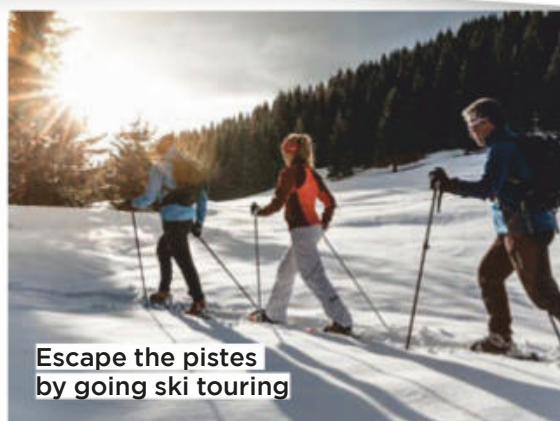


aim at the targets that ping shut when you hit them. We also try it after running a few paces, then we try it standing up. Lastly, we try to hit a paper target that shows exactly where the bullet landed. I won't be turning pro anytime soon!

YOGA AND WELLNESS

The biathlon lesson takes place in front of the Auberge Nordique in Le Grand Bornand, close to La Clusaz. The hotel also runs yoga sessions (a great antidote to skiing, I can testify!) and boasts a beautiful new wing, complete with Jacuzzi, sauna, steam room and gym. The auberge is out of town, right by a network of cross-country ski trails, but a free bus whizzes you into the charming town, from where you can access the main ski area.

Emma (right) takes aim in a biathlon shooting session



Escape the pistes by going ski touring

SPA TIME!

La Clusaz, the bigger resort of the two, is also full of beautiful wooden alpine buildings, and here, we stay right in the town. After a morning speeding around the extensive slopes, followed by an amazing lunch slopeside at La Ferme (try the Reblochonade and Braserade – a beautiful metal mini BBQ grill melts the cheese underneath and cooks meat on top), we head to the Deep Nature spa in town for a massage. We emerge, 45 minutes later, with that fuzzy, mega-relaxed feeling, ski-weary legs and feet particularly refreshed. I vow to treat myself to a massage more often. The spa also boasts an invigorating aquatic circuit within a large pool area, plus sauna, hammam and room to relax. Too chilled out to contemplate leaving yet, I treat myself to a rare half hour to read my book.

STARRY NIGHT

That night, we head to neighbouring Manigod (maingod.com), for another first: night skiing! With an impressive seven slopes and five lifts open, it's the best place in the area to do it. It's a beautifully still, clear night and skiing feels quite surreal on the blissfully quiet pistes. Having worked up a good appetite, we ski up to the on-mountain Happy Chalet,

which serves up some hearty regional fayre, all included in our great-value evening package price.

When it's time to leave the Alps, I reflect on how I've enjoyed a wide variety of activities. I'm glad the transfer to Geneva airport is a mere hour, and this, with the short hop to Heathrow, means I don't arrive home exhausted. In fact, I've made note of it as a perfect area for a short break...

Emma stayed at Auberge Nordique (auberge-nordique.com) in Le Grand Bornand (legrandbornand.com). You can book the biathlon lesson and yoga through the hotel. She also stayed at the Alpen Roc hotel (hotel-alpenroc.fr) in La Clusaz (laclusaz.com/winter). For more information on planning your trip to France, visit france-montagnes.com and france.fr.

Far infrared saunas for health

Published studies in recent years have highlighted the benefits of taking regular saunas.

A study from Loughborough University showed how exposing the body to heat for 60 min periods, burns calories and helps regulate blood sugar levels.

Finnish studies highlighted benefits to the cardiovascular system and blood pressure.

Australian studies showed benefits to the immune system and prevention of colds.

Canadian research pinpointed sweating as an effective means of detoxing cells.

American studies endorsed heat in pain management.

The far infrared saunas are also popular with sufferers of fibromyalgia and ME, who benefit from the deep thermal energy which is similar to sunlight but without the UV rays.

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Fit Food



Healthy recipes
Training foods
Cooking tips

Eat vegan, stay slim

Have you switched to a vegan diet, only to find you're gaining weight? It could be time to look at your food choices, say Henry Firth and Ian Theasby, aka BOSH! (bosh.tv). Some popular vegan foods, such as avocado, nut butters and vegan cheeses are calorific, while the trend for vegan 'junk food', such as burgers, can sabotage weight loss. Instead, switch to plant-based choices such as grains, nuts, seeds and a rainbow of fruit and veg. 'While working with a

registered dietician, we learnt that, compared with other ways of eating, a healthy plant-based diet can have lower calorific density and more fibre,' say the guys. 'In terms of fat, a wholefoods plant-based diet is likely to have lower calorie levels. So even though the calories are lower, you can feel fuller for longer.' It's win-win! For more easy vegan recipes, grab a copy of *BOSH! Healthy Vegan* by Henry Firth and Ian Theasby (HQ, Harper Collins, £16.99), out now!

EAT LIKE A YOGI

Enjoy the benefits of yoga
— even when you're off the mat

TIP

Full of foods to support your lower chakras, this recipe aids your sense of security, creativity, sexuality and emotional balance.

You probably know tree pose improves your balance, and triangle opens your chest, making you feel more open-hearted, but yoga postures are not the only way to experience the benefits of this ancient practice. In fact, it's only relatively recently in yoga's long history that physical postures were introduced.

In her new book, *Vegan Recipes to Enhance your Yoga Life: Food to Balance and Invigorate your Chakras* (CICO, £12.99), Sarah Wilkinson shows you how your diet can affect your mental and spiritual wellbeing – in much the way yoga can.

Wilkinson gave up her career in the arts and education to pursue a more spiritual path, and here she introduces the seven main chakras – energy centres in the body that affect your physical and mental wellbeing – describing their functions, how you might feel if a specific one is underactive, overactive or functioning well, and which posture will help you bring the chakra back into balance.

Extensive lists show you how different foods such as fruit, veg, nuts, seeds, herbs and spices relate to which chakra. Generally speaking, legumes, seaweed, nuts and seeds are balancing, while sweet foods and spices are stimulating. But you



can tailor your diet more specifically – if you're ungrounded, for example, your root chakra needs support – so as well as practising tree pose, Wilkinson suggests eating more apples, avocados and black olives to balance the chakra. Or, if you struggle to express yourself, herbs such as coriander, basil and chilli will stimulate your throat chakra.

Recipes are divided according to the seasons and the chakras they influence. So with delicious-sounding dishes such as Spiced patties with roasted winter roots and Sacral bliss cake, we're sure we'll be trying some of them soon – whatever our chakras are doing!

SUPERCARGE YOUR CHAKRAS

Use the table below to help you nourish your energy centres.

Superfood	Associated chakras and purpose	Effects
Açaí berry powder	Heart, Brow	B
Aloe vera	Sacral, Solar plexus, Heart, Throat	B
Blueberries	Heart, Brow	B
Chia	Root, Sacral, Heart, Brow	B
Chlorella	Root, Sacral, Heart, Brow	B
Goji berries	Root, Brow	S
Maca powder	Root, Sacral, Brow	S
Raw cacao	Heart, Brow	B, S
Shiitake mushrooms	Root, Brow	B
Quinoa	Root, Solar plexus	B

Key: B = Balances S = Stimulates

GROUNDING SWEET POTATOES

Serves: 6

Per serving: 431 calories, 7.5g fat (1.5g sat fat), 12g protein, 15g fibre, 71g carbs (15g sugar), 0.9g salt

- 6 sweet potatoes
- 1 tsp olive oil (virgin or extra light)
- ½ tsp salt

For the black and white houmous

- 120g dried butter beans
- 120g dried black turtle beans
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tbsp fresh orange juice
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp olive oil

- 1 tbsp raw tahini
- Sea salt and freshly ground black pepper

To garnish

- Pumpkin seeds
- Mixed spicy salad leaves

1. Soak the beans overnight in cold water. The next day, drain and rinse.
2. Place the butter beans in a pan of water, boil for 15 minutes, then cover and simmer for 1½ hours. Put the black beans in a separate pan of water, boil for 15 minutes, cover and simmer for 40 minutes. When cooked, drain and cool. Preheat the oven to 200°C/gas mark 6.

3. Place the whole sweet potatoes on a baking sheet and toss with the olive oil and a little salt. Bake for 45 minutes until soft.
4. Meanwhile, make the houmous. Put the beans in a food processor with the rest of the ingredients, mixing until you have a chunky but smooth consistency. If necessary, use a spatula to scrape any stuck mixture from the sides of the processor bowl and add a little more oil or water to moisten the mixture if it is too dry. Season to taste.
5. When ready to serve, cut the sweet potatoes in half lengthwise and spoon the houmous over generously. Scatter with pumpkin seeds and serve with a spicy leaf garnish.



SUPER SPRING GREENS SOUP

Serves: 4

Per serving: 124 calories, 6.5g fat (1g sat fat), 8g protein, 6.5g fibre, 6g carbs (3g sugar), 0.06g salt

- 1 head of broccoli
- 200g spring greens
- 50g chopped watercress, plus extra to garnish
- 750ml hot vegan stock
- 1 tsp chlorella powder
- ½ tsp freshly ground black pepper
- 3-4 tbsp mixed seeds

1. Chop the broccoli and greens. Steam for 5-10 minutes until lightly cooked.
2. Transfer the steamed vegetables to a large mixing bowl and add the watercress. Pour in the hot stock and use a hand blender to combine.
3. Once you have a smooth soup, stir in

the chlorella powder and season with black pepper (chlorella will lose some of its benefits if overheated, so it's best to add it at the last minute after the soup has cooled slightly during blending).

4. Serve immediately, garnished with the mixed seeds and extra watercress.

TIP

This a fantastic way to get essential nutrients. Chlorella, an algae, is a great source of iron and vitamins B6 and B12, and is immune boosting, which makes it excellent to use during a detox.



TIP

Vitamin D-rich mushrooms ground you through your root chakra while nutmeg and tarragon stimulate the brow chakra, enhancing perception and awareness.

MAGICAL MUSHROOMS WITH POLENTA

Serves: 4

Per serving: 253 calories, 8.5g fat (1g sat fat), 8g protein, 2g fibre, 35g carbs (0.5g sugar), 1g salt

- 15g dried shiitake mushrooms
- 10g dried wild mushrooms
- 2 tbsp olive oil
- 3 shallots, finely chopped
- 2 garlic cloves, crushed
- 2 tsp dried tarragon
- 1 tsp ground nutmeg
- 100g sliced chestnut mushrooms
- 100g oyster mushrooms
- 50ml unsweetened plant-based milk
- Salt and freshly ground black pepper

For the polenta

- 400ml unsweetened plant-based milk
- 1 garlic clove, crushed
- 175g gluten-free polenta
- 1 tbsp olive oil (extra virgin)

1. Mix the shiitake and wild mushrooms in a small bowl and cover with freshly boiled water. Set aside for 20 minutes.
2. Gently heat the olive oil in a saucepan and add the shallots, garlic, tarragon and nutmeg. Sauté for 5 minutes, until tender.
3. Strain the soaked mushrooms, reserving the juice. Add the drained mushrooms to the pan with the fresh mushrooms and cook for 5 minutes over a medium heat, stirring well. Turn the heat down and stir in a tablespoon of the mushroom juice and the milk, then simmer gently for a further 5 minutes, adding salt and pepper to taste.
4. To make the polenta, add the milk and garlic to a pan and heat until it almost reaches boiling point. Add the polenta in a steady stream, stirring continuously. Bring to the boil and keep stirring until it reaches a smooth consistency (about 1-2 minutes). Add the olive oil and seasoning.
5. Serve on warmed plates with the magical mushrooms on top of the polenta.



Vegan Recipes to Enhance your Yoga Life: Food to Balance and Invigorate your Chakras by Sarah Wilkinson (CICO, £12.99) is out now. Photography: Adrian Lawrence.

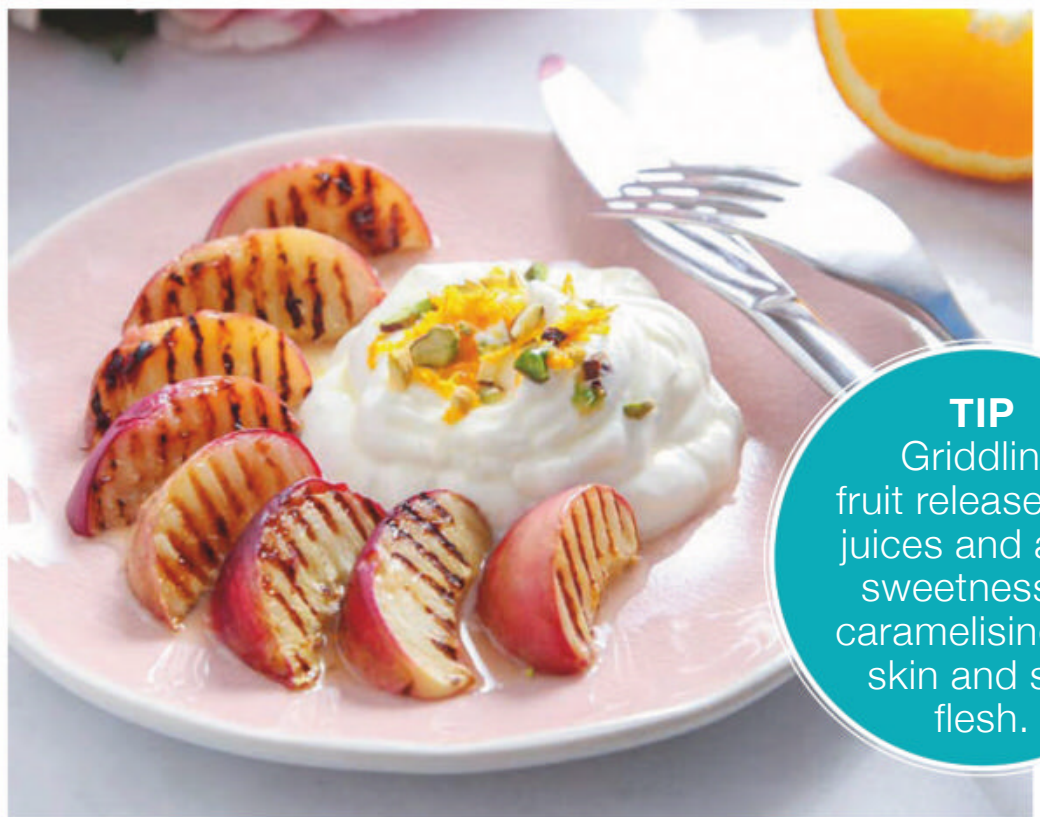
SNACK YOUR WAY TO A SIX PACK

Stave off sugar cravings with these healthy sweet treats from PT Scott Harrison

Several years ago, PT Scott Harrison was an overweight, unfit 42-year-old dad. Setting himself a new year's resolution to get a six pack within 90 days, Scott researched the best, science-backed nutrition approaches for speedy results and began to follow a plan of healthy eating and exercise, documenting his progress on Facebook. As the hard work paid off, Scott's following grew, inspired by his impressive results.

With renewed motivation, Scott trained as a PT and lifecoach and, in 2016, launched The Six Pack revolution, a diet and exercise plan he created with an expert team that's now helped thousands of people across the world get in shape in 75 days. The plan involves 15-minute daily exercise sessions and a strict eating plan of three meals and three healthy snacks a day, all free from added salt and sugar.

Now Scott is sharing his nutrition secrets and recipes in new book *The Six Pack Revolution* (Grosvenor House Publishing, £19.99) 'I created this book to show that anything is possible if you feed your body and mind with goodness,' says Scott. 'Food cravings will evaporate, you'll have more energy, more motivation and you'll feel amazing! Here, Scott shares some of his healthy snack ideas to help get you started.



TIP
Griddling fruit releases the juices and adds sweetness by caramelising the skin and soft flesh.

GRIDDLED NECTARINES WITH ORANGE AND GREEK YOGHURT

Serves: 1

Per serving: 267 calories, 16g fat (4.5g sat fat), 10g protein, 2.5g fibre, 19g carbs (18g sugar), 0.08g salt

- 1 large nectarine
- 3 tbsp of full-fat Greek yoghurt
- Zest and juice of ½ orange
- 12 pistachio nuts, chopped

1. Cut the nectarine into 8 equal segments, then griddle or grill them until softened and slightly charred.
2. Display them nicely on a plate with the Greek yoghurt.
3. Scatter the orange zest and pistachios and finish off by squeezing the orange juice over everything.
4. Enjoy!

SCOTT'S HEALTHY EATING TIPS

● **Follow the rule of hand.**

'Use your hand to find the correct size portion of foods for you and create a balanced plate,' says the PT. A portion of protein is the size and thickness of the palm of your hand. A portion of good carbs (think grains and veg), is a whole handful including outstretched palm and fingers. For healthy fats, just add a dash.

● **No meal should be naked.**

Ensure your recipes burst with flavour without the need for sugar and salt by using herbs and spices. They'll also offer an abundance of health benefits. Try freezing fresh herbs in an ice cube tray so you're prepared.

● **Stay hydrated.** Drinking enough water is vital on a fat-loss plan as it helps boost your metabolism and regulates your appetite. Spread your water intake through the day. Scott tops up with fresh ginger and chamomile herbal teas.





TIP

This smoothie is perfect for everyone and tastes delicious. Kids love it, too!

RASPBERRY RIPPLE SMOOTHIE

Serves: 1

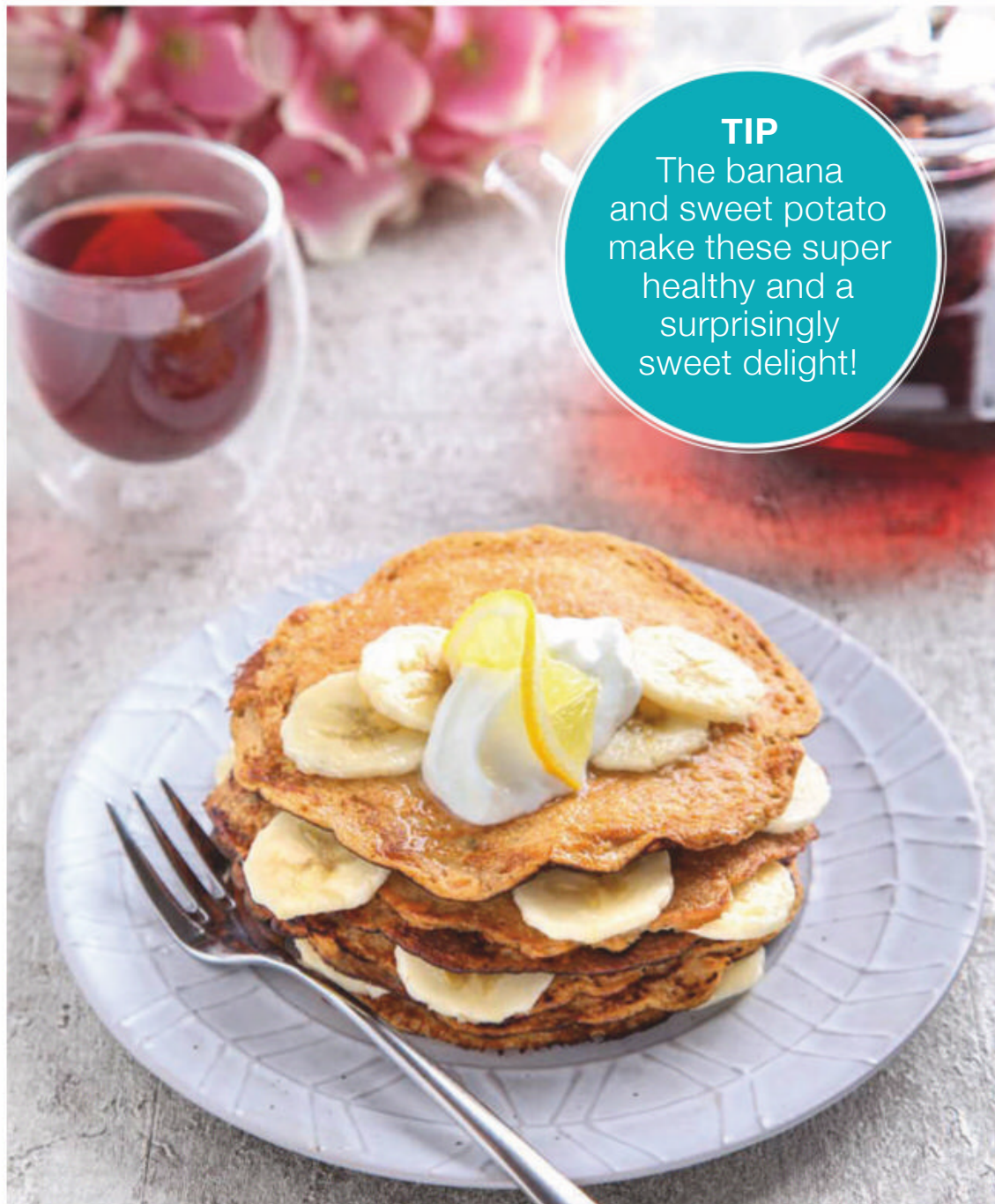
Per serving: 115 calories, 5.5g fat (1.5g sat fat), 10.5g protein, 0.8g fibre, 5.5g carbs (3g sugar), 0.1g salt

- 1 tbsp cottage cheese
- 2 tbsp full-fat Greek yoghurt
- 200ml unsweetened soya milk
- Zest ½ lemon
- Squeeze of lemon juice
- Seeds of 1 vanilla pod
- Handful of raspberries (fresh or frozen)
- Handful of Ice

1. Place all ingredients into a blender and blitz to a smooth consistency.
2. Enjoy!



Eat Your Way to a Six Pack
by Scott Harrison (Grosvenor
House Publishing, £19.99)
is out now.

**TIP**

The banana and sweet potato make these super healthy and a surprisingly sweet delight!

SWEET POTATO PANCAKES

Serves: 1

Per serving: 436 calories, 22g fat (8g sat fat), 27g protein, 3g fibre, 31g carbs (21g sugar), 0.8g salt

- **1 sweet potato**
- **1 banana**
- **3 eggs**
- **Juice of ½ a lemon**
- **Splash of soya milk**
- **1 tbsp of full-fat Greek yoghurt**
- **1 tsp coconut oil**
- **Pinch of cinnamon**

1. Peel and cube the sweet potato and boil until cooked. Mash with half of the banana.
2. In a blender, beat the eggs for a minute then add the sweet potato mixture, a splash of soya milk and the cinnamon.
3. To make the pancakes, warm the coconut oil in a pan, add some batter and cook on both sides. Drizzle with lemon juice.
4. Slice the remaining banana between the pancakes and top with the Greek yoghurt.

APPLE AND BLACKBERRY MUESLI CAKE

Serves: 1

Per serving: 586 calories, 29g fat (4.5g sat fat), 25g protein, 8g fibre, 53g carbs (20g sugar), 0.3g salt

- **200ml of unsweetened soya or pea milk**
- **1 apple peeled, chopped**
- **1 cinnamon stick**
- **3 cardamom pods bashed**
- **3 cloves**
- **3 tbsp oats**
- **1 egg beaten**
- **Seeds of 1 vanilla pod**
- **6 blackberries halved**
- **6 pecan halves**
- **2 tbsp Greek yoghurt**

1. Add the milk, apple and spices to a pan and bring to the boil. Cover and simmer for 10 minutes, then set to one side. Remove the spices and mash a little with a fork.
2. In a separate bowl, mix the oats, egg, vanilla seeds, blackberries and pecans.
3. Combine the apples and oat mixture, giving it all a good stir then pour into a small ovenproof dish.
5. Bake at 180°C/ gas mark 4 for approximately 30 minutes and serve with a couple of tablespoons of Greek yoghurt.
6. Eat straight from the dish with a nice cuppa.

**TIP**

Enjoy the warming spices, and cake-like texture of this dish as an occasional treat.

FRUIT AND NUT ENERGY BARS

These no-bake bars are super-easy to make and a more nutritious option than manufactured energy bars. Dates provide three different types of sugar – glucose, fructose and sucrose – which are perfect for fuelling high-intensity activities longer than an hour. Nuts add extra fibre and unsaturated fats, which gives a more sustained release of energy instead of a quick hit. The addition of almonds produces a bar with a softer texture.

Makes: 8 bars

Preparation time: 10 minutes (plus chilling)

- 100g ground almonds
- 125g ready-to-eat soft or Medjool dates (or dried dates soaked in boiling water for 10-15 minutes, then drained)
- 1 tbsp cacao or cocoa powder
- 1 tsp vanilla extract

1. Place the almonds, dates, cacao or cocoa powder and vanilla extract in a food processor or high-power blender and blitz for about 1 minute until crumbly and evenly combined. You may need to stop the motor and scrape

**Fitness
fuel**

FIVE WAYS WITH BARS



Liven up your energy snacks with these variations on a fruit and nut bar, from sports nutritionist Anita Bean

Per serving:
● 131 calories
● 4g protein
● 7g fat (1g sat fat)
● 11g carbs
(10g sugar)
● 2g fibre

down the edges of the bowl once or twice.

2. Add 2-3 tablespoons of water if the dates are quite hard and don't break down readily. Continue processing for another 1-2 minutes until the ingredients start to clump together to form a ball.

3. Turn the sticky ball out of the processor and press or roll between two sheets of baking parchment or clingfilm until they are 1cm thick. Alternatively, press into an 18 x 18cm baking tin lined with clingfilm.

4. Refrigerate for 1 hour or so until firm, then peel off the parchment and cut into bars, approximately 10 x 2cm.

5. Wrap in cling film or foil. The bars will keep in the fridge for up to two weeks or in the freezer for up to three months.

Variations

Try these combinations, following the above method.

Date and Cashew Bars

100g cashew nuts, 125g ready-to-eat soft or Medjool dates, a pinch of salt.

Peanut Bars

75g peanuts, 125g ready-to-eat soft or Medjool dates, 25g peanut butter.

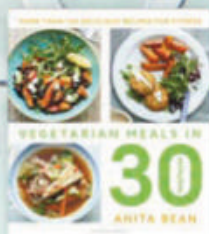
Cocoa Coconut Bars

125g ready-to-eat soft or Medjool dates, 50g cashew nuts, 40g raisins, 40g desiccated coconut, 1 tbsp cacao or cocoa powder.

Pecan Pie Bars

125g ready-to-eat soft or Medjool dates, 50g pecans, 50g ground almonds.

‘Nuts add extra fibre and unsaturated fats, which gives a more sustained release of energy instead of a quick hit’



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

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TRAIN

YOUR 13-PAGE
FITNESS HANDBOOK

Workouts
Technique
Expert tips

p84 The go-faster
workout for runners

p90 Target zone:
Upper body

p92 Running clinic

p93 Reader success

p94 Be a fit mum

p96 Kit test: Hoodies



THE GO-FASTER WORKOUT

Want to run faster without training harder? New research from Les Mills shows you can improve your PB with some easy core moves

Whether you're new to running or a seasoned strider, you'll have the same goal as every other pavement pounder – to run at your best. But there's a great misconception in the workout world that has been doing us all a heart-pumping disservice

– and that is, to run faster, we must train harder. According to research from Les Mills, in association with Penn State University in the US, we can speed up without slogging it out.

The study, recently published in *The Journal of Sports Medicine and Physical Fitness*, shows that runners can improve their 5K performance without clocking any additional runs. How? By doing regular core training. Associate Professor Jinger Gottschall and her colleagues asked six elite runners who were new to strength training to do three, 30-minute CXWORX classes each week for six weeks. Six other striders maintained their normal core-free running routine. All of the core-training runners saw an increase in 5K running speed of an average of 66 seconds. The best bit? Mean heart rate shows that their cardiovascular systems didn't work any harder.

PLANK LIKE A PRO

It's all down to better running economy (how efficiently you run) and greater joint symmetry (having more equal flexion and extension at the

joints), which Professor Gottschall says is thanks to integrated core moves (those that work all core muscles) such as planks. 'If you look at previous literature on core training [for runners], it's really just the rectus abdominis that's working,' explains Professor Gottschall. 'This study uses an integrated core programme. Isolated core exercises like crunches work just the anterior muscles, while integrated core moves cause activity in all three dimensions – the front, back and sides.' How can you make the science work for you? You could sign up to Les Mills On Demand for a purse-friendly £11.95 per month and do a CXWORX class after each run. However, Professor Gottschall adds that building up to a two- to five-minute plank would also work the right muscles. 'It's a good goal that endurance athletes can get into – aim to increase the time you can hold the plank over a three- to six-month period.'



MEET THE CREATOR



Diana Archer has a love of health and

fitness running through her blood. She was just 12 when she started working in the gym owned by her parents (Phillip and Jackie Mills). Now, Archer is Les Mills programme and is creative director, and is the force behind the music and moves that feature in some of Les Mills' most popular workouts.



'All of the core-training runners saw an increase in 5K running speed of an average of 66 seconds. The best bit? Their cardiovascular systems didn't work any harder'

The moves

If you're after a quick and effective core workout, following this short circuit of exercises is an ideal go-to. It's instructed by Steve Tansey, head of UK research and development at Les Mills. Use it as a stand-alone core workout, or as a supplement to other training.



PROGRESSION
As you advance, bend your knees over your hips with your shins parallel to the floor, or straighten your legs as you crunch.

1 CRUNCH

Reps: 8-10

Why we love it: This is a great exercise for strengthening and toning your upper and lower abdominals.

- Lie on your back, bend your knees to bring your feet close to your butt and place your fingertips at your temples with your elbows wide.
- Crunch up, lifting your shoulders off the floor.
- Keep your chin tucked in, squeeze your ribs toward your hips and gaze directed between your knees. Progress to the image shown above.

HOW TO DO IT

Aim to complete the circuit 1-2 times through. Take your time with the exercises, focusing on good execution for maximum results. You'll need a resistance band, weight plates or dumbbells, or improvise by holding a bottle of water if you don't have the equipment.



PROGRESSION
To increase intensity, straighten your bottom knee and take your foot slightly behind you. You can also add a weight plate.

2 SIDE HOVER

Hold: 30-60 secs each side

Why we love it: Your obliques (side abs) control side flexion and rotation. Here, keeping your bottom hip off the floor requires side flexion, while keeping your hips square to the front needs rotation control.

- Lie on one side, with your elbow under your shoulder and bottom leg bent. Your top leg should be straight, and your head aligned with the middle of your trunk.
- Lift your bottom hip away from the floor, bracing your abdominals.
- Reach your top arm up and push down through your lower forearm to engage your shoulder muscles. Progress to the image shown above.

3 HOVERS AND PLANK

Hold: 30-60 seconds

Why we love it: Being

suspended between your upper and lower body when in a hover or plank is a great way to fire up your core. Your core muscles link your upper and lower body via muscular slings, and strengthening these slings is ideal for improving functional strength.

- To hover, begin lying on your front on a mat, with your forearms on the ground, elbows level with your shoulders. Then push up onto your knees, bringing your elbows under your shoulders, fists together or apart, knees hip-width apart.

- Your toes should be tucked under, hips level with your shoulders, shoulderblades drawing down your back, and your back long and straight, shoulders away from your ears.

- Brace your abdominals to support your lower back and stabilise your hips and pelvis. Push down through your forearms to engage your shoulder muscles.

- To increase the intensity, lift off your knees and hover on your toes, lifting one leg at a time (pictured).

- To do a high plank, follow the same setup as for the hover, except place your hands under your shoulders and lift onto your toes.

PROGRESSION
'Turn on' all your muscles. Push through your heels, pull up your kneecaps, tighten your glutes, engage your core and switch on your lats (the back muscles around your shoulders).



4 WOODCHOP

Reps: 8-10 each side

Why we love it: Improving your ability to rotate from the centre of your chest increases thoracic mobility and protects you from shoulder injury. This move strengthens and tones your oblique muscles, and helps increase rotational power.

- Hold resistance band handles together in both hands and step your left foot onto the middle of the band.

- Step your feet wide – outside shoulder width – bend your left knee and hold the handles at knee level. Keep your arms straight, hips and shoulders even, and chin tucked in.

- Brace your abdominals and lift your chest.

- As you shift your weight to the right, bring the handles up and across until they're level with your right shoulder (pictured), keeping your elbows straight.





5 SINGLE-LEG SQUAT

Reps: Aim for 8-10 each leg

Why we love it: Inclining your trunk forwards from your hips (and bringing your nose in front of your toes) is a great way to fire up your glutes. Performing a single-leg squat in this position creates a huge demand on these muscles and the core muscles.

- Start by holding a band in each hand and step onto the mid-point. Separate the handles, with your arms straight.
- Extend one leg back, tipping from your hip so your nose is forward of your toes – keeping your chest lifted.
- Bend your front knee into a single leg squat (pictured) with your extended leg tapping your rear toes down on each squat. Your front knee tracks forward in each squat in line with your middle toes.
- Keep the centre of your chest aligned with the inside of your front big toe.

TIP: The key to maximising the load is maintaining a high chest position so that the movement occurs at the hip joint.

6 HORSE-STANCE LEG KICK

Reps: 8-10 reps on one leg; repeat on the other side

Why we love it: Your glutes (butt) are key stabilisers of your hips and pelvis, providing stability and control during impact activities. This move strengthens and tones your glutes and helps movement control.

- Come down to the floor and loop both handles of the resistance band over the front of your shoes, making sure they're secure half-way along each foot.
- Lower onto your hands and knees, looping the band around your left thumb and ensuring your hands are directly under your shoulders. Brace your abdominals and press evenly through both hands to keep your hips and shoulders square to the floor.
- Straighten your right leg and push your heel back and out on a diagonal, lifting your heel to hip level (pictured).
- Squeeze your butt each time you extend your leg.



CXWORX classes can be accessed at most gym operators across the country and via Les Mills' on-demand subscription platform, Les Mills On Demand. Visit [lesmills.com](https://www.lesmills.com).

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Target zone UPPER BODY

Bored with press-ups? Keep your body guessing with these moves that will test your shoulders, chest, core and back

RING CHEST PRESS

Reps: 15

Sets: 3

Benefits: This move will work your chest, shoulders and triceps – plus the instability of the rings will work the tiny stabilising muscles in your wrists and challenge your core.

- Grip both rings, palms facing down (or you can use a TRX) and lean forwards using your arm strength for support. Keep your body straight and your toes planted on the ground (A).
- Slowly lower your body forwards with your shoulders back, bending your arms at your sides (B).
- Once you can't lean your chest forwards any further, push your body back up to the starting position using your arms.

These moves will test your co-ordination as well as your muscles, so be patient and concentrate as you do each exercise to allow your mind and body to get to grips with the movements.



What's the first thing people notice about your body when they meet you? It's not your abs, legs or bottom. It's your upper body and posture – your back, shoulders and arms – all of which are key to inner and outer strength. That's why we love this workout, which works all the muscles in your upper body for an overall defined look and confident posture.

HOW TO DO IT

Perform each move for three sets, then rest for 60 seconds, before moving onto the next exercise.



T PRESS-UP

Reps: 12 (6 each side, alternating)

Sets: 3

Benefits: This move works your chest and shoulders as well as your core and obliques.

- Start in a press-up position with your wrists directly beneath your shoulders and your body in a straight line from your head to your heels. With your feet shoulder-width apart to support the rotation, lower your chest to the ground (A) and push back up.
- Once you're back in the top position, bring your right hand off the ground and rotate your torso, stopping when your arm is pointing straight up towards the ceiling (B).
- Pause, and then reverse the move under control. Switch sides.



MEDICINE BALL PUSH-UPS

Reps: 12 (6 on each side, alternating)

Sets: 3

Benefits: The instability of the medicine ball works your core alongside your chest, arms and shoulders, which are the prime movers in this advanced move. You can also get a deep stretch in your chest as you lower down.

- Get into a push-up position, resting your right hand on a medicine ball and your left hand on the floor (A).
- Lower your chest towards the floor (B), then press up.
- From the 'up' position, push the medicine ball over towards your left hand so your right hand is on the floor. Do a push-up on that side.

SPIDERMAN PUSH-UPS

Reps: 8 (4 each side, alternating)

Sets: 3

Benefits: This tough move works your chest, shoulders and triceps, plus your core and co-ordination.

- Start in a plank position, your hands slightly wider than shoulder-distance apart, in line with your shoulders. Your body should form a straight line from heels to head.
- Start to lower your chest towards the floor by bending your elbows and, as you lower, lift your right foot and draw your right knee up and out (A), so your right knee reaches close to your elbow just as your chest hovers above the floor (B).
- Reverse the movement, by pushing through your hands to lift your body back up to your plank position as you extend your knee and return your right foot to the floor. Switch sides.



BANISH INJURY FOR GOOD



Get rid of those irritating niggles with advice from Barry Williams, sports scientist, triathlon coach and co-founder

of Group Evolution

'Think you're ready to return to running after an injury? Be the tortoise, not the hare, to win your race. Injury recurrence is common, often because runners go back to training without rehabilitating properly or addressing the root causes of their injury.'

TEST YOURSELF

'Before pounding the pavements again, you should have an unrestricted range of movement, no pain around the injury, be able to walk briskly for 30 minutes and balance on each leg for 30 seconds. Preferably, you'll be strong enough to do 15 eccentric calf raises and dips on each leg (with both feet on the edge of a step, rise up onto your toes, shift your weight onto your right side and lower your right heel below the step. Return to your toes; swap sides and repeat).

'When you're ready to get back out there, remember all injuries are not created equal – stress fractures are very different to calf strains. Gauge your conditioning by establishing how far you run at your target long-distance pace, pain free (stop at the first sign of pain). If there's no adverse reaction the day after, your long run should be 90 per cent of this; if you do feel pain, rest until it goes. You can run two to three times weekly, increasing your mileage five to 10 per cent every two weeks. Retest your baseline every four weeks and adjust this to progress more quickly.

'Manage your return by cross-training with different sports on rehab days (two a week – try Pilates, gym and other sports), respecting rest days (two a week) and listening to your body. Remember, it's not just running that impacts your injury: sitting can aggravate knee injuries; cycling can worsen ITB syndrome; walking barefoot isn't good for plantar fasciitis. Finally, aim to identify and address the causes of your injury. Use the guide, right, to help you.'



CHANGE YOUR FORTUNES

Injuries happen for a reason, so discovering the underlying causes and looking after yourself will help prevent recurrence

1 TRAINING REGIME

Don't run more than 40 miles – and four to five days – per week. Take two weeks off running each year. Avoid abrupt changes in your training.

with a sensible heel drop (especially important if you're slightly overweight).

4 STRENGTH

Professionally prescribed strength work is optimal but, at a minimum, add Pilates sessions to solidify your core, and stretching routines to enhance your range of motion.

2 DIET

Your diet should be rich in Vitamin D, calcium, healthy fats and iron. Replace your nutrients quickly after running. Bone health is especially critical.

5 RUNNING GAIT

Ideally, have your anatomy, strength and conditioning, and walking and running gait assessed. You should learn how to get stronger, select your shoes and improve your technique.

3 KIT

Don't use old shoes – the physio bills are more than a new pair of trainers. Ensure your shoes are adequately cushioned,

'It's not just running that impacts injury, cycling can worsen ITB syndrome'

'I'm a PT, despite having a heart condition!'

Georgie Spurling, 25, underwent open-heart surgery as a child, and had to sit out PE at school. Now she's founder of online workout, the GS Method

I was born with a rare congenital heart disorder that meant my heart ran slower than most people's so I had to have open-heart surgery, aged four. Even after the operation (the Fontan procedure), I was advised by the doctors to avoid high-intensity exercise so as not to put strain on my heart. Throughout my childhood, I felt weak and isolated, watching everyone else do PE.'

THE JOY OF DANCE

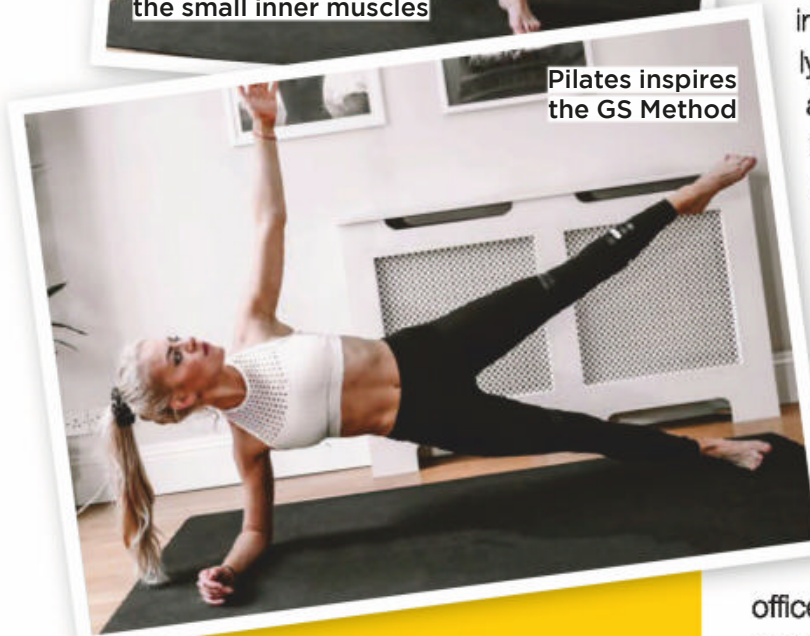
'I soon discovered a love for performing, though, and studied dance A-level at school, then did a musical theatre diploma in London. I'd developed a "can-do" attitude and wanted to prove everyone, including the doctors, wrong! I danced every day and felt better for doing so. I also began to work out more often, even doing HIIT classes, and developed a passion for exercising. I decided to become a personal trainer after college, and taught in a gym in Chelsea for two-and-a-half years. All this time, I was having annual ECG scans to check my heart condition.'

FIGHTING FATIGUE

'I felt great, but then one day, aged 22, after fighting a horrible parasite on holiday, I couldn't get out of bed. MRI scans showed my heart was fine and the verdict was that I'd been overdoing it and had chronic fatigue syndrome. I had to quit my job and didn't leave the house for three months. I was devastated. Then, although the doctors told me to keep resting, I felt I needed to move, so I started doing



Georgie's videos work the small inner muscles



Pilates inspires the GS Method

GEORGIE'S TIPS

1. Listen to your body – it will tell you how it's feeling.
2. Follow your passions and have faith in yourself!
3. It's not about how many times you fail; it's about how you get up from there.

Women's Fitness OFFER

Enjoy 20% off a one-year subscription to the GS Method (normally £130)! Log on to georgiespurling.com and enter 'WOMENSFITNESSGS' at the checkout. Valid until 31/3/2020.



Georgie has learnt to listen to her body

some simple movements I'd learnt in my dance training, performing them lying down at first. For five minutes a day, I did small, intricate, low-intensity movements that built strength. I had to avoid high-impact exercise and spiking stress hormones, but these little moves made a huge difference.'

STRENGTHENING MY HEART

'A few months later, I started my own business, training corporate business executives at their offices. They were often stressed, drained and jet-lagged, so I developed a programme, inspired by my own experience, to challenge them physically while avoiding mental and physical stress. 'In 2016, the GS Method* (georgiespurling.com), a low-impact, low-stress, but challenging workout, was born. It takes inspiration from Pilates and barre, working the small, inner muscles, strengthening the body from the inside out, whatever level of fitness you have.

'As for my heart and my health? I still have just one ventricle in my heart, so my oxygen saturation is always low. I've made my heart stronger through exercise and am so glad I found my passion, but I've learnt to listen to my body.'

Be a fit
mum

CORE FOR LIFE

Is life as a new mum playing havoc with your pelvic floor? It's time to get functionally fit

If you've been doing last month's core-activation exercises, by now you're hopefully feeling more connected with your pelvic floor again. Now it's time to apply these deep, core-work principles to your daily life. When you're lying down doing mat-work exercises, feedback from the floor and gravity make it easier to feel a connection with your core. But once you're standing up and moving around in daily life, it's harder to maintain this connection and awareness. This month, we're going to help you learn the skills you need.

HOW TO DO IT

This workout challenges your core connection by applying your core-activation skills to functional, post-natal exercises. Master the following bodyweight strength moves, from the Fiit Mum postnatal plan, then see how many times you replicate these movements during daily life. Whether you're bending over to pick up your baby, rushing up and down stairs or coughing and sneezing, your pelvic floor will soon be up to any task!

MEET YOUR TRAINER

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



For a neutral spine, imagine there's a pole against your back from your tailbone to your neck. Keep contact with the pole as you hinge.

GOOD MORNING

Benefits: Targets the posterior chain (back of the body), which is often weaker after pregnancy. Also works your glutes, hamstrings, pelvic floor and TVA (corset muscles).

Reps: 10 **Sets:** 3

- Stand with your feet hip-distance apart, fingertips by your temples, elbows wide and have a small bend in your knees (A).
- Inhale as you start to hinge at the hips, keeping your back flat the entire time (B). Exhale as you lightly engage the pelvic floor.
- Dig your heels into the ground to help your hamstrings and glutes activate to help you return to the top.

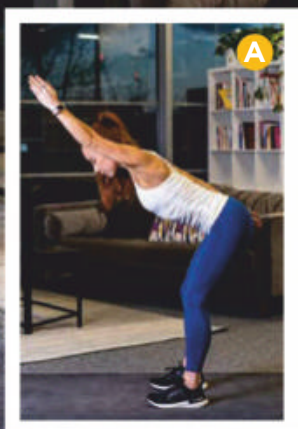
SQUAT WITH CHEST OPENING

Benefits: Stretches out your pecs, counteracting your shoulders rounding from carrying a baby and having fuller breasts. It also works your thighs and bottom.

Reps: 10 **Sets:** 3

- Stand with your feet just wider than the outside of your hips. Slightly turn out your toes, weight grounded equally between your heel, base of your big toe and little toe (A).
- Inhale to send your weight into your heels – imagine you're about to sit on a chair. Lower your hips as far as you can while keeping your chest proud and back flat. Pause at the bottom (B). Exhale to push the floor away and return to standing.

The slower you move, the more benefits you get. Aim to lower for 3 counts before returning to standing.



STANDING SUPER-WOMAN

Benefits: Helps improve diastasis (the gap in the front of your abdominals) by teaching core control. Targets the muscles in your back and transverse abdominis.

Reps: 10 **Sets:** 3

- Stand with your feet hip-width apart, hinge at your hips to lean forward, maintaining a flat back.
- With your pelvic floor and core engaged, sweep your left arm overhead and your right arm backwards (A). Return to standing, then swap sides (B).

If you sink and arch into your lower back, dropping your tummy, return to standing. Reset – find your pelvic floor and TVA connection.

KNEE HOVER

Benefits: Trains your connection to your pelvic floor without putting too much strain on the linea alba (the centre of your rectus abdominis).

Time: Hold for 3-5 counts **Sets:** 5

- Kneel on all-fours, with your shoulders over your wrists and your hips over your knees. Keep a natural curve in your spine (A).
- Inhale, then exhale to engage your pelvic floor – imagine you're stopping yourself weeing. Raise your knees for 3-5 counts (B).

This is tough, as your core is working against gravity. Make sure your back doesn't dome. If it does, reset and inhale to start again.



Kit Test HOODIES

These tops are a must pre or post workout or if there's a chill in the air...



**ON RUNNING
HOODIE**
£120; on-running.com

'This cleverly combines sharp looks with high-performance features and is also super-comfy to wear during sporty and non-sporty pursuits. It may have a hefty price tag, but it's become my go-to hoodie, so I reckon it's worth the investment. Its high neck combines classy looks with cosy warmth and has a zip opening in case you get too hot; the zip on the front pocket is hidden, while the pocket itself can hold essentials; and even the thumb holes and zip pulls are well designed. Who doesn't like a top that covers your bum? This one is shorter at the front, adding style and practicality. There are vents that can be opened to cool you, and the material's bonded in places, meaning fewer seams to chafe. It's designed for freedom of movement, too, and made from a patented blend of polyester, lyocell and elastane to regulate your temperature, with a polygiene treatment to help keep whiffs at bay.'

LOOKS: ● ● ● ● ●
FUNCTION: ● ● ● ● ●



Emma cools down and stretches post workout in the Zone3 top

How to find your perfect hoodie

- 1** We all want to look good, but be aware that those high-fashion, baggy, cropped cotton tops may not be very practical for wearing during your exercise session, or layering under or over gymwear.
- 2** Try to choose a top made from wicking materials to help regulate your temperature.
- 3** A zipped pocket is useful for a phone or keys.
- 4** Choose a lightweight, non-bulky top if you're likely to need to stow it in a bag or tie it around your waist.
- 5** If home storage space is an issue, you may want to look for a top that can double up for slouching around the house in.

MEET THE TESTER



EMMA LEWIS

The *WF* writer and sub editor tries on the latest hoodies to see how they perform for an active lifestyle.

Best for: all-round sports

NEW BALANCE HEATGRID HOODIE

£55; newbalance.co.uk

'With a soft, cosy lining, slim fit and decent length, this one's really practical for sporty pursuits. It beats a cotton hoodie hands down in terms of performance, thanks to its light weight, packable size and fleecy-feel NB HEAT technology that wicks moisture and helps you keep warm. You also get a reflective NB logo, a handy ponytail exit in the hood, crossover detail at the neck for warmth and longer cuffs with thumb loops.

There's even a handy phone-sized zipped back pocket on the right-hand side. It's made using some recycled polyester, and you can choose from four colours. A useful addition to a sporty person's wardrobe that doesn't break the bank.'



LOOKS:



FUNCTION: ● ● ● ● ●

Best for: outdoor enthusiasts

ADIDAS TERREX SKYCLIMB FLEECE WINDBREAKER

£84.95; adidas.co.uk

'Do you like to exercise outdoors? Then this one's for you. It boasts wind-resistant, water-repellent WIND.RDY technology with a durable water-repellent coating to keep the elements out. It also contains lightweight, stretchy fleece, so you have plenty of freedom of movement. It's a slim, athletic fit and streamlined design with a no-faff elastic hem and cuffs. There's a useful full zip and two front zip pockets. It comes in off-white and dark blue and is made with 94 per cent recycled polyester. It's a great go-to when the weather's looking iffy – just perfect for spring, and it's not bad value.'



LOOKS:



FUNCTION: ● ● ● ● ●

Best for: race day

ZONE3 PERFORMANCE CULTURE ZIPPED HOODIE

£70; zone3.com

'The material in this hoodie feels quite thin, but, thanks to the almost fleecy, breathable Soft-Touch inside, it feels cosy to put on and super lightweight to wear. The slim fit means it feels barely there while you're on the move, and there are zipped front pockets plus a zipped one at the back that fits your phone, all with mesh liners to keep the weight and bulk down. The hood's lined to give warmth where you need it most and 360-degree reflective details boost your visibility for night running. A full zip makes getting it on and off, and regulating your temperature, easy and gives it a sporty, tracksuit-top feel. This comes in just one colourway, with a dark grey panel at the back and under the arms. I like the touch of bright colour on the hood cinch, and it's useful that you can secure the hood.'



LOOKS: ● ● ● ● ●

FUNCTION: ● ● ● ● ●

Best for: yogis

LULULEMON SCUBA HOODIE LIGHT COTTON FLEECE

£98; lululemon.co.uk

'Perfect to wear pre and post yoga or Pilates, this super snug hoodie is lined with brushed and jersey cotton, giving it a soft and comfy feel. Ribbed side panels let you twist your spine with ease, so if you also want to wear it while you warm up (or for outside practise), it moves with you, while the longer length keeps your lower back protected and thumb holes keep wrists snug. We love the super-sized hood, and there's a handy media pocket, too. The sizing is quite generous, though, so if you prefer a slimmer look, we'd suggest going down a size. Available in seven shades.'



LOOKS:



FUNCTION: ● ● ● ● ●

WE'RE TALKING TO...

ALICE TAI

The British para swimmer talks about how she motivates herself, plus her hopes for this summer's Tokyo Olympics

WHAT'S BETTER: WINNING MEDALS OR WINNING AWARDS?

'Last year was amazing – winning seven gold medals at the World Para Swimming Championships in London. But getting recognition at award ceremonies [Alice was named Athlete of the Year at the British Swimming Awards and won *The Sunday Times*' Disability Sportswomen of the Year 2019] means so much more. The only household name I knew when I started out was Ellie Simmonds, so when I meet strangers who know what I've achieved in the pool, I think it's crazy. Para-swimming is still a developing movement, so receiving external recognition outside of the para-swim bubble is the coolest thing.'

HOW DO YOU BALANCE YOUR TRAINING WITH STUDYING?

'I train with the Ealing Swimming Club at the Everyone Active Northolt Leisure Centre doing eight or nine two-hour pool sessions a week at 5.30-7.30am and 6-8pm – not very sociable hours – and I also do three to five gym sessions a week with lots of bodyweight arm-strengthening exercises as I mainly use my arms in the pool. In between, I study Neuroscience at Middlesex University. It's 90 minutes from where I live, but I use the journey time to consolidate my knowledge. I look forward to my rest day on Sundays!'

HOW DO YOU STAY MOTIVATED?

'After the World Championships, I struggled with motivation because I'd achieved everything I'd wanted to, so I took a few months off. I'm going out with one of the Italian swimmers, so there's lots of banter about who's going to do better in Tokyo – I don't want him to beat me!'

ARE YOU EXCITED ABOUT THE TOKYO OLYMPICS?

'I'm quite chilled about it. Before Rio, I was really stressed as it was my first major competition. I didn't enjoy the process. This time, I'm not feeling the pressure so much. I know what I'm capable of, and all you can do is try your best. The 200m individual medley is my weakest event as my breaststroke isn't great, so I'd love to get a PB in that. And I'm looking forward to experiencing the Japanese culture!'



Alice with her seven gold medals



Alice trains up to nine times a week



HOW DO YOU RELAX?

'After Rio, I made a real effort to separate Alice the athlete from Alice the person, because I realised I didn't have anything outside of swimming. So, I signed up for a two-year music course. It was more about having a social group than getting a qualification, and was great fun. I now have some friends in Manchester who I'm in a band with and I like to visit them to rehearse. I play guitar and bass, and sometimes do backing vocals. At home, I like chilling with my flatmates by watching movies and getting a takeaway. I like a relaxing bath but, living with three guys, the bath is always dirty, so I haven't had one in a while!'

WORDS: Joanna Ebsworth MAIN PHOTO: Marcel Grabowski. SWIMMING PHOTO: Getty Images. Alice Tai MBE is an Everyone Active Sporting Champion and swimming ambassador (everyoneactive.com).



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