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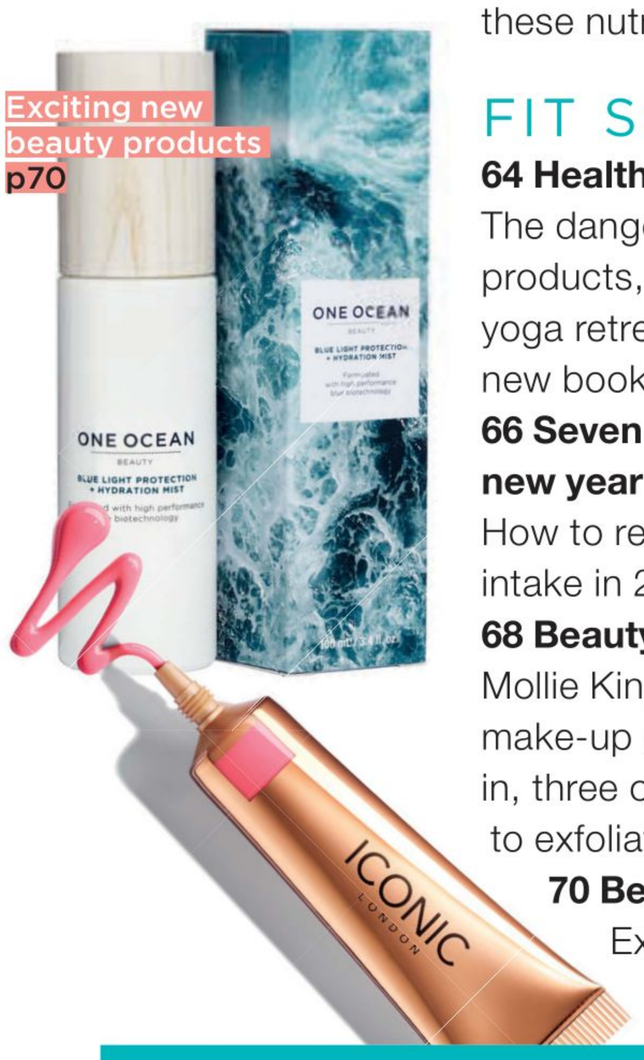
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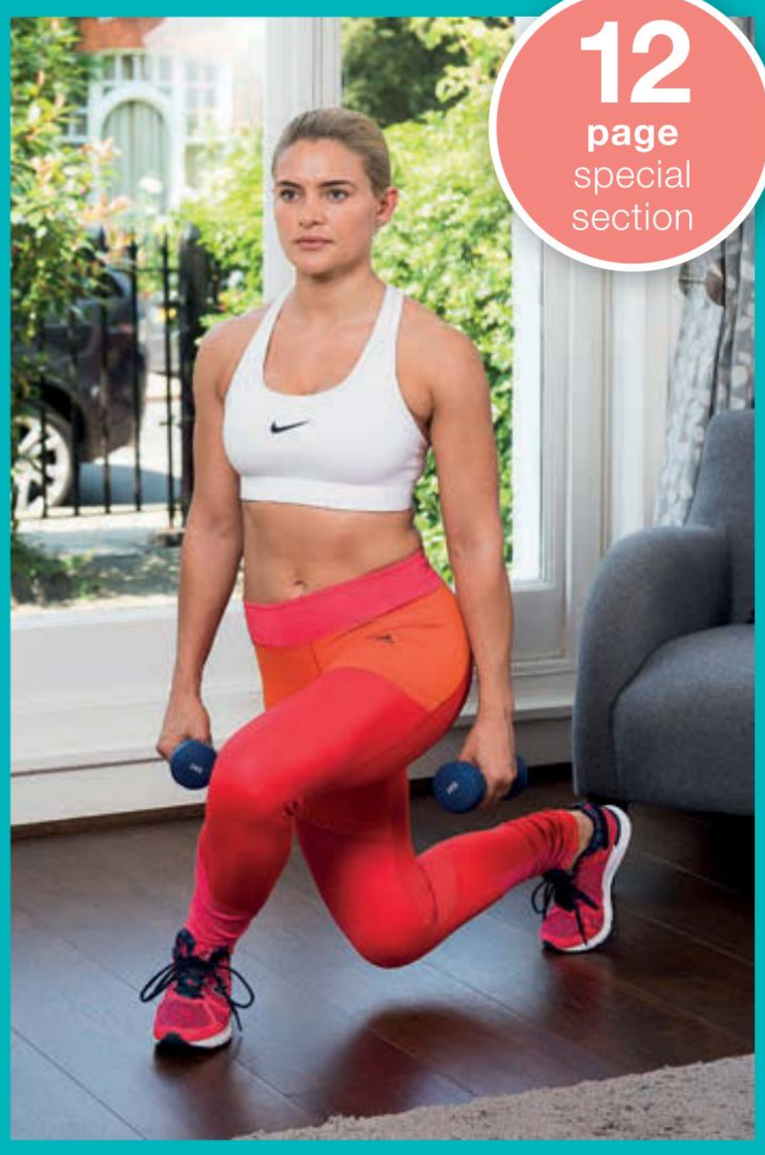
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Women's Fitness

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Welcome



Welcome to *Women's Fitness* magazine. Whether you want to get fit for the first time or be your fittest ever in 2020, we'll help you reach your goals!

If you're a regular reader of *Health & Fitness* magazine, inside this first edition of *WF*, you'll find all your favourite content in a fantastic, improved magazine. And, if you're a new reader, welcome to your very own personal trainer!

As the original fitness magazine for women, *Health & Fitness* felt it was time for an exciting new name to establish its position as the number-one choice for fitness advice. And we've taken the opportunity to pack your mag with even more expert workout inspiration and nutrition know-how. In this first edition, burn off festive indulgence with the 10-min moves in 'Toned and focused' (p22), try Chloe Madeley's transformative weights workout, 'Lift with Chloe' (p34), and discover top fitness foods in 'What sports nutritionists really eat' (p46).

In upcoming issues of *WF*, look out for exciting new pages and experts. With more training plans, PT secrets, kit reviews and shopping guides, every month *WF* will deliver all you need to be your best! We hope you enjoy it.

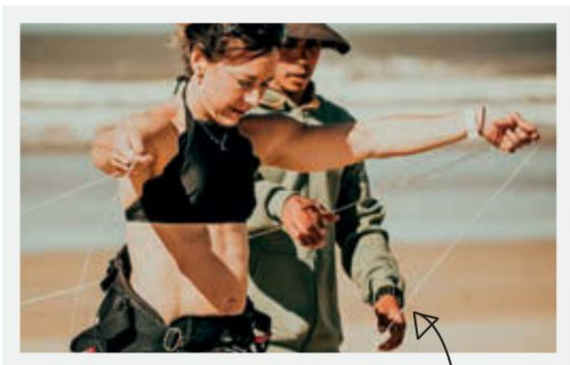
Mary Comber, **Editor**



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BEHIND THE SCENES AT *WF* THIS MONTH...



WF writer Lucy Miller learns how to kitesurf in Morocco, p60



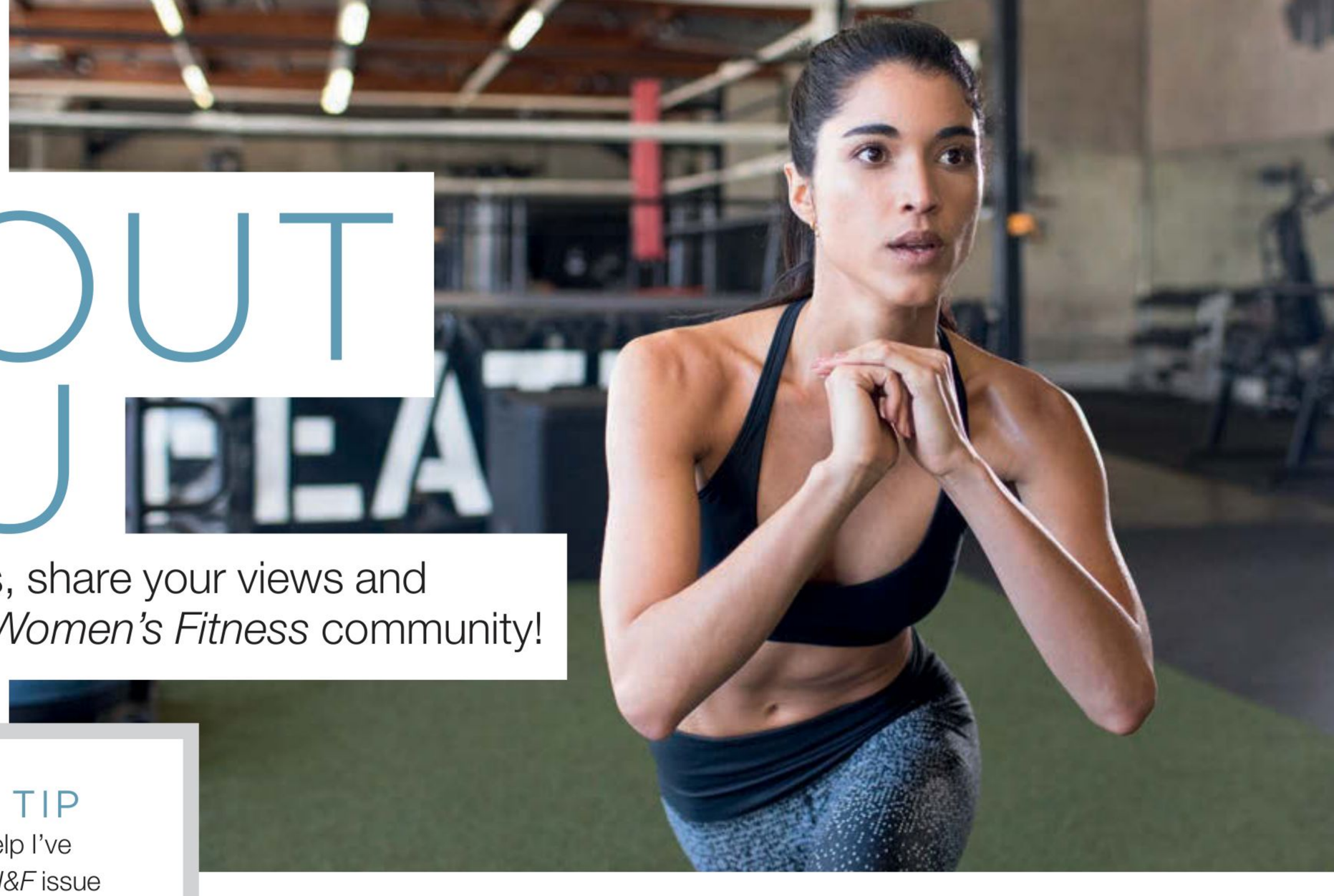
WF writer Sharon Walker reviews a new, healing spa retreat, p74



WF writer Joanna Ebsworth tests the best plastic-free beauty products, p50

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ABOUT YOU

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

STAR LETTER

RECOVERY TIP

I'm so glad I read 'Help I've missed a workout' (*H&F* issue 243). I used to be really hard on myself if I missed mine. I felt guilty because I knew I could have made the gym that day but didn't push myself to get there. It took this brilliant article to make me realise it's okay to skip a session and why. Nothing impacts consistency like being fatigued, mentally stressed, injured, exhausted, bored or burnt out. All these things can happen if you train all the time and skip rest days. So next time I have a bad sleep, I'm not going to beat myself up if I don't make it to the gym. Thank you for making me see sense. It felt wrong before to trust that rest days are acceptable – even good for me – but now I know they are!
Ariana Taylor, Elgin

This month Ariana wins a collection of Margaret Dabbs hero products, worth £115. The products, including those pictured, will help to treat and prevent Athlete's Foot and odours, reduce hard skin and more – all vital for fitbies' feet! margaretdabbs.co.uk.



FOUR-LEGGED FITNESS

I was so happy to read the article 'Me and my workout buddy' (*H&F* issue 243). I think we all know it's easier to work out when you have a fitness pal to cheer you on. But I was really happy to see these women highlight that fitness buddies can come in all shapes and forms, whether it's a best friend, PT or even a pet! For years, my dog Scooby has been my constant workout motivator, taking me on walks (!), coming with me jogging, cycling and on many wild camping adventures. He's also helped me stay sane through periods of stress. Scooby's now 15 and I'm sure our active lifestyle has been the secret to his long life!
Abi Brown, Devon

TRAIN LIKE A PRO

Thank you for the fab workout plan from Ashley Joi, 'Fit, Strong, Slim' (*H&F* issue 243). What a great fitness inspiration she is. I've been in a bit of a rut with my workouts lately. I can't afford a personal trainer and was doing the same old exercises every time. Ashley's Full Force workout is challenging and fun, with moves I've never seen before. And there are lots of handy guidelines. I can do more than I thought, and I already feel fitter and stronger for pushing myself. I'm chuffed to be training like an athlete!
Anne-Marie Simmons, Chester

WE ASKED...

What are your goals for 2020?

'To go from couch to 5K! I'm signing up for a charity challenge to motivate me this year.'
Susie Mitchell, York

'I'm ditching my diet for a gym membership – I want to be able to enjoy my food.'
Debbie Williams, Reading

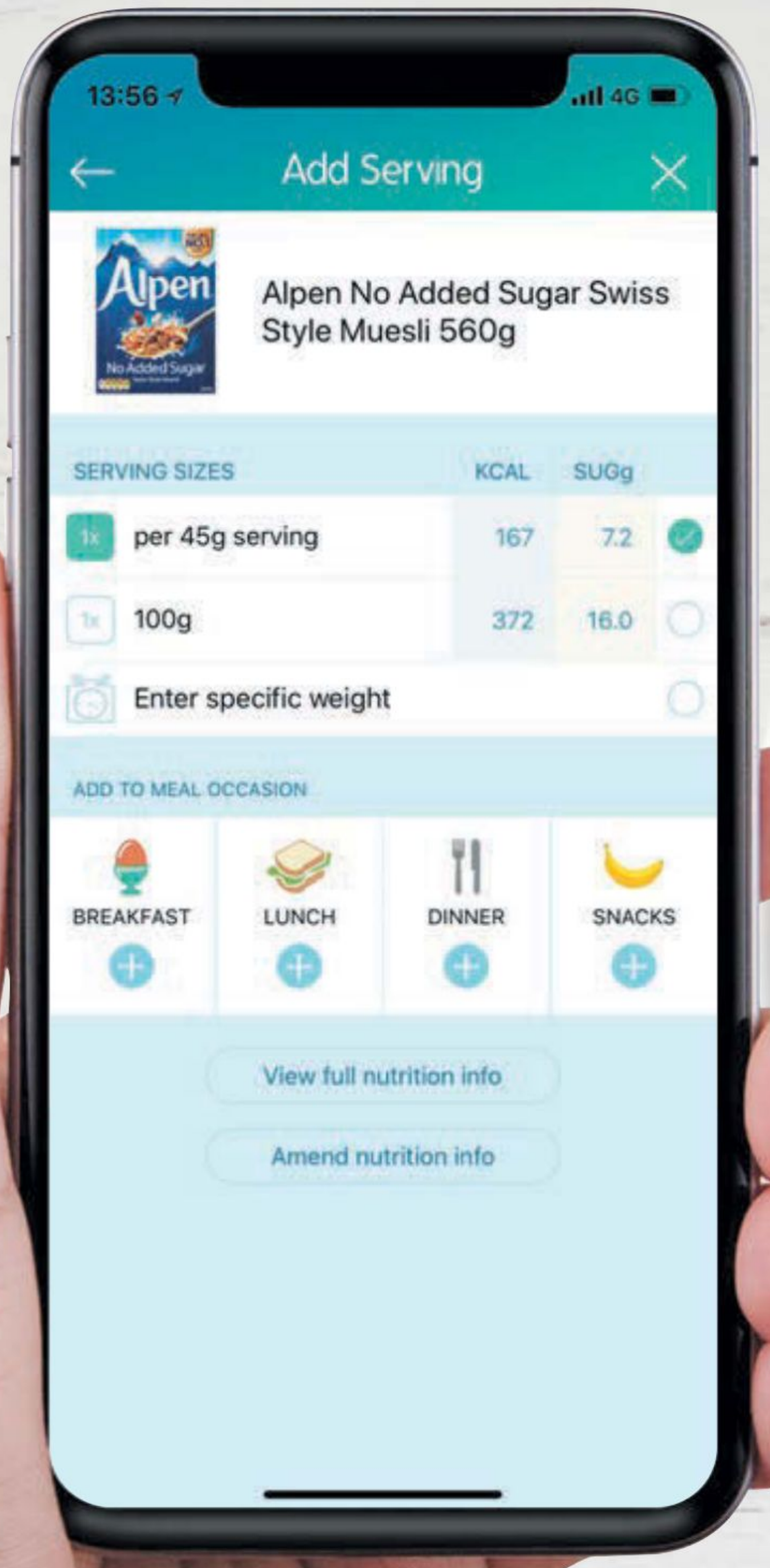
'I want to be my fittest ever. Keep the workouts coming please!'
Gemma Castle,

THIS MONTH'S QUESTION
What's your favourite post-workout snack? 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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Jo's cervical cancer trust

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FIT BUZZ

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



STEP IT UP

There's nothing like wearing a new pair of trainers to put a spring in your step. *WF* loves these Brooks Levitate 3 Road Running Shoes (£140; brooksrunning.com) that feature improved energy-returning soles to give back more of the effort you put in, and take your runs to even bouncier heights!

WEAR THIS...

BE BOLD AND BEAUTIFUL

Performance meets stunning style in Gymshark's new Ultra Seamless collection. With an array of sports bras, crop tops and high-waisted leggings and shorts in dazzling jewel colours (£30-£45; uk.gymshark.com), the range will add vibrancy and energy to your workouts, while the stretchy, seam-free designs will support your every movement.

SHAKE AND GO

We're loving how portable and tasty FOGA Plantshakes are! Created using freeze-dried fruit and veg, the instant whole-plant smoothies are packed with essential vitamins, minerals and antioxidants – and two of your 5 A Day. Just pour your chosen sachet of powder into a bottle and shake briefly with water or your favourite milk. Ta-da! From £2.40 for a 30g (recyclable) sachet; foga.co.





DO THIS...

RIDE TO THE BEAT

Following the launch of its first international studio in London's Soho, SoulCycle – the mind-body-soul indoor cycling experience adored by celebs including Beyoncé, Lady Gaga and Victoria Beckham – has opened its second UK site in London's Notting Hill. Housing a 65-bike studio, a retail area offering Soul by SoulCycle performance and lifestyle gear, and The Good Life Eatery café, there's also a timetable packed with musically motivating classes led by super-inspiring instructors. New riders can try their first class for just £16; soul-cycle.com.

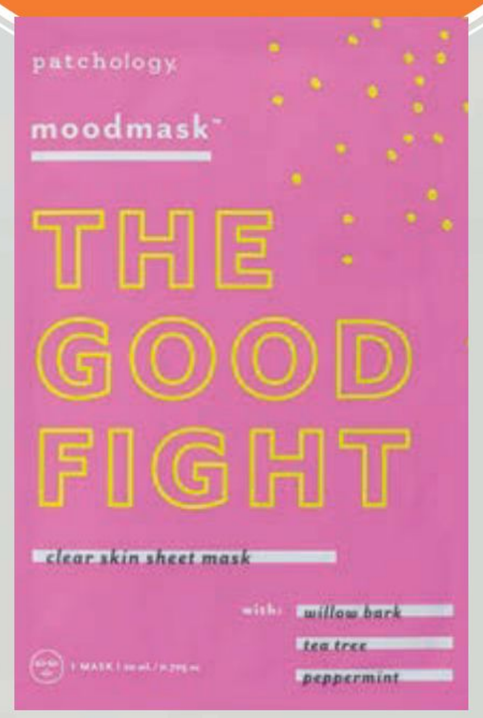
TRY THIS....

FLY HIGH

Fancy taking your workouts to new heights? Check out SupaClass (supaclass.com), the UK's first discovery platform and app for aerial fitness and circus training. With more than 200 classes, workshops and courses for all abilities, you're guaranteed to find an exciting activity – think aerial yoga, flying trapeze, Chinese pole and contortion classes. So push your boundaries, develop strength, coordination and confidence and, literally, turn traditional workouts on their head.

BEST FACE FORWARDS

Love a sweaty gym sesh but hate those post-workout flare-ups? Patchology's biodegradable The Good Fight Sheet Mask, (£5; patchology.co.uk) packs an impurities-busting punch, with tea tree and willow bark to slay skin-clogging bacteria, plus peppermint to soothe inflammation and redness. The best bit? It's perfect to pop in your gym bag and does the job in 10 minutes flat – speedy enough to do its magic as you get dressed and pack up your kit.



AERIAL FITNESS PHOTOGRAPHY: Bertil Nilsson/National Centre for Circus Arts

WEAR THIS...

MAKE A SPLASH

APL's Concept 1 basketball shoe was banned from the NBA in 2011 for 'providing an undue competitive advantage' due to being so springy! Fast-forward a few years and APL's TechLoom Bliss trainer continues to push design boundaries – the company claims it's the lightest running shoe ever (at a teeny 244g). The new racing yellow/electric purple colourway, slip-on design and satin elastic strap are pretty impressive, too. The shoes cost £158; athleticpropulsionlabs.com.





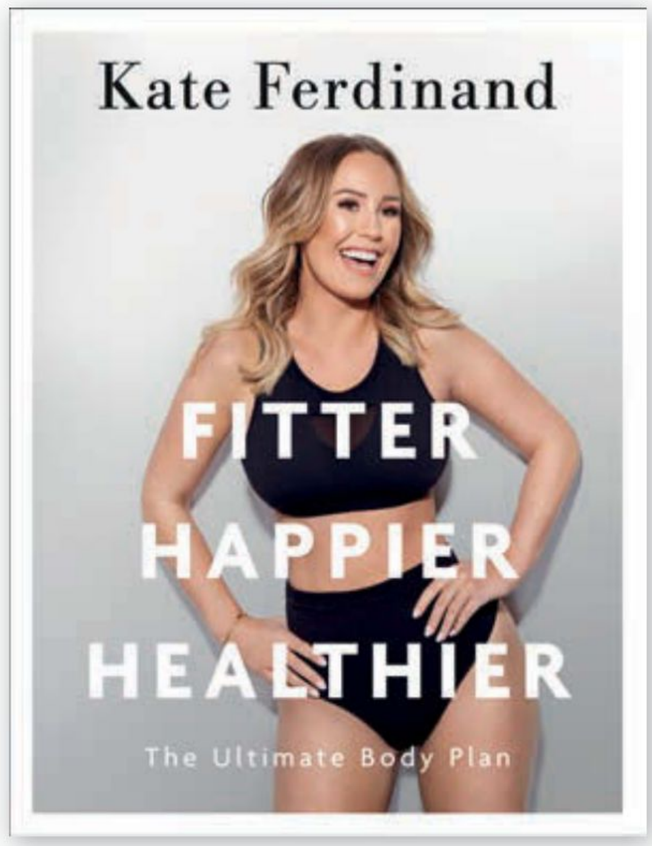
DO THIS...

A 48-HOUR SKI TRIP

Worried about when you'll fit your annual ski holiday in? Fret no more! With SkiWeekends' new Weekend Warrior home or office pick-up service, you'll leave stress-free on a Friday afternoon and be back home on a Sunday evening, having had two full days' skiing. Two nights' B&B in Avoriaz, afternoon tea and one evening meal with wine costs £733pp (two sharing, leave January 10). Skiweekends.com.

READ THIS...

Fitness has always been an essential part of influencer Kate Ferdinand's life for both the physical and mental benefits. She credits exercise with helping to combat her anxiety. Now, Ferdinand is sharing the workout moves, healthy recipes and motivational advice she uses to develop a strong body, maximum energy levels and total-body confidence in her first book, *Fitter, Happier, Healthier: The Ultimate Body Plan* (Michael Joseph; £16.99). Featuring a four-week plan of upper-, lower- and full-body workouts, it teaches you how to build your fitness levels and challenge your muscles – and makes it achievable and fun.



'Invest in a resistance band. You can use it at home, in the garden, even on holiday.' Kate Ferdinand

BUY THIS...

Made-to-measure mat

Transform your yoga practice from meh to magnificent with the help of a bespoke Ultimate Yoga Mat from Yogaline (£109; yogalinemats.com). Simply enter your monogram and measurements – including your standing shoulder height, arm length and shoe size – into the site to create a mat featuring tailor-made alignment guides designed to optimise your practice by showing your perfect hand and feet placement for most positions. Available in three colours, the mats are made from eco-friendly materials and are super grippy.

WORDS: Joanna Ebsworth and Emma Lewis

Had enough of being overweight?

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


Rachel Ricketts, Weight Loss Consultant



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

Improving your health and wellbeing

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

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

A sustainable way to lose and maintain your weight

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

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

Feeling and looking better

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

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

One-to-one support

Time and again, clients comment that they couldn't have lost their weight without the Metabolic Weight Loss Programme, personalised support and encouragement of Rachel and her team. Consultations are available every 7-10 days with email support as needed. For those who are not able to visit the centre, a very successful remote support service is provided throughout the UK and overseas. Distance is no object!

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Reebok One Series Running Tights, £44.95; reebok.co.uk



Nike FE/NOM Flyknit High-Support Sports Bra, £69.95; nike.com



Brooks Nightlife Hat, £23; brooksrunning.com



Brooks Running Nightlife Jacket, £100, and Nightlife Tights, £70, brooksrunning.com



Falke Arm UV-Protector, £28; falke.com

WF LOVES

These trainers have plush cushioning and added reflectivity to keep you visible in low light.



Asics Gel-Nimbus 21 LS Trainers, £160; asics.com



Tribe Sports Running Morph Jacket, £175; tribesports.com



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Fit Body

Fitness tips
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Expert advice



Bye-bye blues

Need another reason to exercise? A new study by researchers from Massachusetts General Hospital shows physical exercise reduces your chances of depression, even if you have a higher genetic risk. The team looked at the health records of 8,000 people and found those who were physically active for around 35 minutes a day experienced significant emotional benefits. ‘Our findings strongly suggest, when it comes to depression, genes are not destiny, and being physically active has the potential to neutralise the risk of future episodes in individuals who are genetically vulnerable,’ says lead author, Karmel Choi, Ph.D. Get your trainers on – doctor’s orders!

WORDS: Eve Boggenpoel
PHOTOGRAPHY: iStock

Fitness notes

Train like an athlete ● Weight-lifting tips ● Winter workout tops tested

3 OF THE BEST BASELAYERS

Kora Shola Crew, £104; kora.net
Yak wool is 40 per cent warmer and 66 per cent more breathable than merino wool, which makes Kora's odour-resistant top worth the investment.



Megmeister Women's DRYNAMO Winter High-Neck Base Layer, £54.95; shop.megmeister.com
Thermal properties, moisture wicking, four-way stretch and a cosy high neck mean this top is a must for skiing and high-intensity activity in the cold.

Falke Women Long Sleeved Shirt Warm, £45; falke.com
Thanks to the close-fitting, double-layered design, this has great moisture- and temperature-regulation. Flex zones help you move freely.

START THEM YOUNG!

Not only does luxury health club Third Space's latest addition, in London's Islington, boast facilities such as a hot yoga studio with infrared-mirrored panels, a UV-purified swimming pool and 'quiet' rooms for guided meditations, it also has a separate family gym area. Little Space has a pool, sports hall, dance studio, climbing wall and an OFSTED-registered crèche. What's more, classes are synchronised to the adult timetable so parents and children can work out at the same time – hooray! It costs £175 per month (adults), £50 (kids); thirdspace.london.



WATCH WONDER WOMEN ON FILM

Head to the cinema and be inspired by some intrepid active women this winter. The world's first film festival celebrating women in extreme sports and adventure, Shextreme, tours the country until March 8. Enjoy movies such as *Circle of the Sun,* a magical surf and ski journey through Norway with freeride skier Lena Stoffel; check out award-winning UK surf documentary, *Undercurrents,* which explores our relationship with the sea and its link to our mental health; or watch *High Passes,* about India's first women's ice hockey team as they compete for international glory. Visit Shextreme-film-festival.com.





GET AN ATHLETE'S MINDSET

Jess Ennis Hill shows you how to set achievable goals for 2020

1 Write down your goals and then mentally work through how you achieve them. Planning the journey is key to achieving the goal.

2 Work with a training partner. Training with someone is a great way to stick to your sessions and provide healthy competition.

3 Be serious about your training. A session should be set in your diary and be immovable. Do not compromise on your commitment.

4 Your goal needs to be aspirational enough for you to feel it's worth the effort.

Jessica Ennis Hill's fitness app jennis fitness jennisfitness.com is available on iOS and android for £9.99 per month.

77%

The proportion of adults who exercise more than their children.*

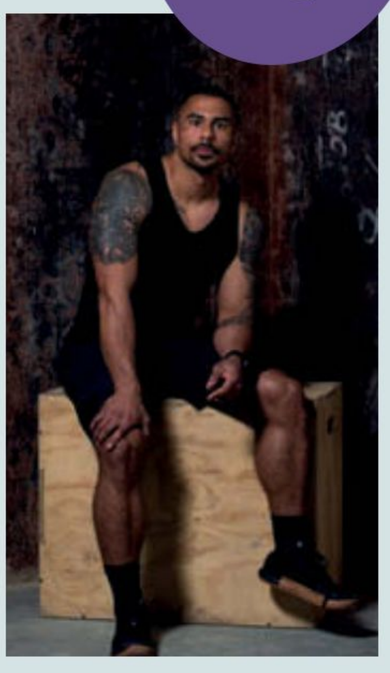
WORDS: Emma Lewis
* According to new research by sports store Decathlon; decathlon.co.uk

How to lift weights

EXPERT TIP

Pete Oakden, founder of CaveFit (cave-fit.com) explains how to get the most from your sessions.

'Book a session with a qualified professional to check you're doing it correctly and get the best results. They'll help you find out the maximum load you can lift when you do just one rep (your one-rep max), then tell you to lift a certain percentage of that amount for a certain number of reps. Technique-wise, make sure you move through your full range of motion, keep a good posture and breathe out when lifting and in when lowering.'



RESOLVE TO RUN!

The new year is a great time to kickstart healthier habits. Let RED (Run Every Day) January motivate you to move more in 2020

Another year, another chance to resolve to be a better version of yourself. But if it's greater levels of happiness and fitness you're after, there's one solution – run outside. We already know that outdoor activity is good for the body, but a growing amount of research is showing that it's great for the mind, too. Just recently, a survey of 20,000 Brits revealed that spending a mere two hours a week in nature is enough to boost wellbeing. Further data reports that being physically active can decrease a person's risk of developing a mental health problem by up to 30 per cent, while 90 per cent of people who exercise outdoors experience an improvement in mood. Activity triggers the release of endorphins that make you feel good, plus it improves sleep quality and ups energy levels. It's no wonder that starting a running regime comes high on the list of popular resolutions.

JOIN THE RED CAMPAIGN

If you want to commit to getting running fit in 2020, you needn't do it alone – RED (aka Run Every Day) January is a social movement that aims to promote the positive impact exercise can have on wellbeing. Since it began in 2016, more than 90,000 people around the country have joined the campaign. It's a month-long challenge to move every day, whether that means running, walking, swimming, cycling or doing another favourite fitness activity. There are no rules, you just commit to move daily by registering free of charge at redjanuaryformind.co.uk, then enjoy the support from the RED community. Not sure where to begin? Concerned you'll quit before the month is over? Here, the RED January community reveals its top tips for moving every day this month.

WORDS: Sarah Sellens PHOTOGRAPHY: iStock

DON'T JUST RUN

'From a six-year-old to an 82-year-old, RED January is accessible to all. RED originally stood for Run Every Day, but we evolved the concept to "get active every day to beat the blues away". We did this to ensure that RED January is fully inclusive. Any activity counts [walking, running, cycling, swimming and more]. We wouldn't recommend someone run for 31 days unless they are an experienced runner or a person who is able to listen to their body daily and rest when needed… we recommend you do what works for you and your body.'

RED January founder and CEO, Hannah Beecham

MOVE WITH MATES

'I plan regular runs with friends. I'm more likely to show up when we're all in it together, motivating each other to keep going. I also joined a running club and that has really helped increase how often I run!'

RED participant, *Dave*

CARVE OUT TIME

'Find a period in your day that works best for you. I find that putting my running kit out the night before a run enables me to jump into it first thing in the morning, and that helps to get me out of the door before my brain catches up with what I'm doing!'

RED January participant, ***Simon***

EVERYDAY ACTIVE

'RED January isn't only about running but also about getting out in the fresh air. And we're not talking running a marathon, but building activity into everyday life – take the stairs instead of the lift, get off the bus a stop early, go for a lunchtime walk or try new activities or different routes. But remember, it's important to rest, too.'

Hayley Jarvis, MIND community programme manager for sport

LOG ON

'There are lots of benefits from building up a regular physical routine through RED January – increased mood, energy and resilience, along with a new sense of belonging. Get motivated with thousands in RED community @REDJanuaryUK or Facebook, Instagram and Twitter.'

Hannah Beecham

MARK YOUR MOVEMENTS

'Listen to your body, stretching regularly and resting when needed. Downloading the RED January calendar at redtogether.co.uk/downloads will enable you to mark off each day you move and give you a motivational boost!'

Hannah Beecham

SCHEDULE YOUR SESSIONS

'Wherever you exercise, the simple act of setting yourself a daily task and getting out there and doing it will give you a great sense of achievement and make for a healthier mind. Dedicating time to yourself, even as little as 10 minutes, provides the opportunity to escape from everyday life and clear your mind. If you choose to exercise outside, this has been proven to help lower stress levels, plus you get the added benefit of increasing your vitamin D levels which will boost your immune system and help to maintain bone strength.'

Running coach, Ed Kerry

10-MINUTE TONE-UP

TONED & FOCUSED

One-legged exercises are a great way to boost your mind-body connection while firming your entire body – especially your core



HOW TO DO IT

Start with 2 minutes of light cardio and hip circles to warm up. Then perform these exercises in order. Once you've completed one circuit, rest for 30 seconds before repeating.

ONE-LEGGED DEADLIFT

Reps: 45 seconds each leg
Works: Hamstrings, quads, glutes, calves and core

- Stand with both feet under your hips (A). Shift your weight to your left leg and drive your right foot back behind you while hinging at your waist and tipping your torso forwards until it's almost parallel to the floor (B). Once your body forms a straight line begin pulling your right leg forwards while keeping it straight, then lift your torso up until you're standing.
- Repeat all reps on one side, then switch legs.







CURTSY LUNGE

Reps: 45 seconds

Works: Hamstrings, quads, glutes, calves and core

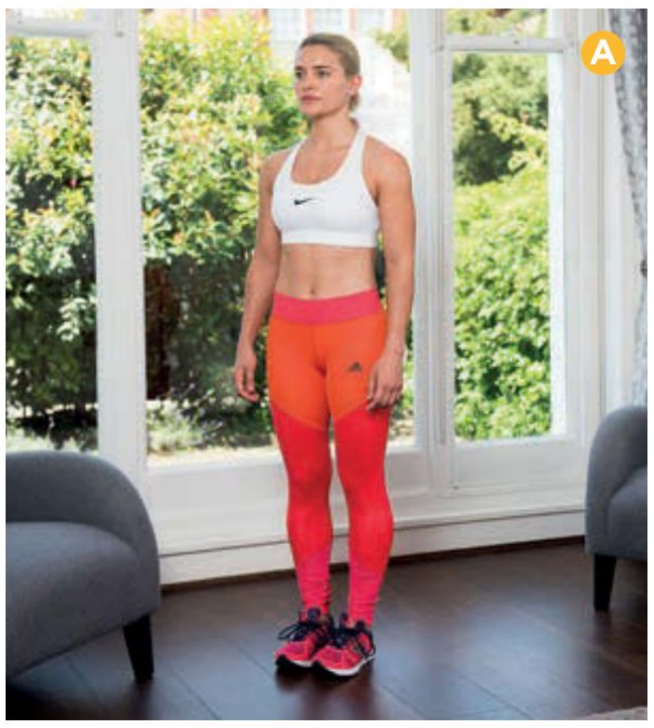
- Start standing with your feet hip-width apart with a dumbbell in each hand (A).
- Then, keeping your weight on your left foot, take a big step back with your right leg, crossing it behind your left leg, as if you're about to do a 'curtsy'.
- Slowly bend your knees and lower your body straight down until your front thigh is parallel to the floor, and both knees are bent at 90 degrees.

WALKING HIGH KICKS

Reps: 45 seconds

Works: Hamstrings, quads, glutes, calves and core

- Begin by standing tall with your feet together (A).
- Maintain this posture as you raise your left leg as high as you can (B), then step forwards, swinging your arms. Try not to round your lower back.
- Repeat with your right leg and continue to alternate your legs and arms as you walk.





These moves can also be done on the spot if you are short of space.





WALKING LUNGES

Reps: 45 seconds each side

Works: Core, abs, quads, hamstrings and glutes

- Stand tall with your feet together (A), then take a large step forwards into a lunge, bending both your knees to 90 degrees (B).
- Using your front leg, lift yourself up and step forwards with your back leg into a lunge on the opposite side. Do 15 steps, then turn around and do 15 more.

WORDS: Lucy Miller PHOTOGRAPHY: Will Ireland

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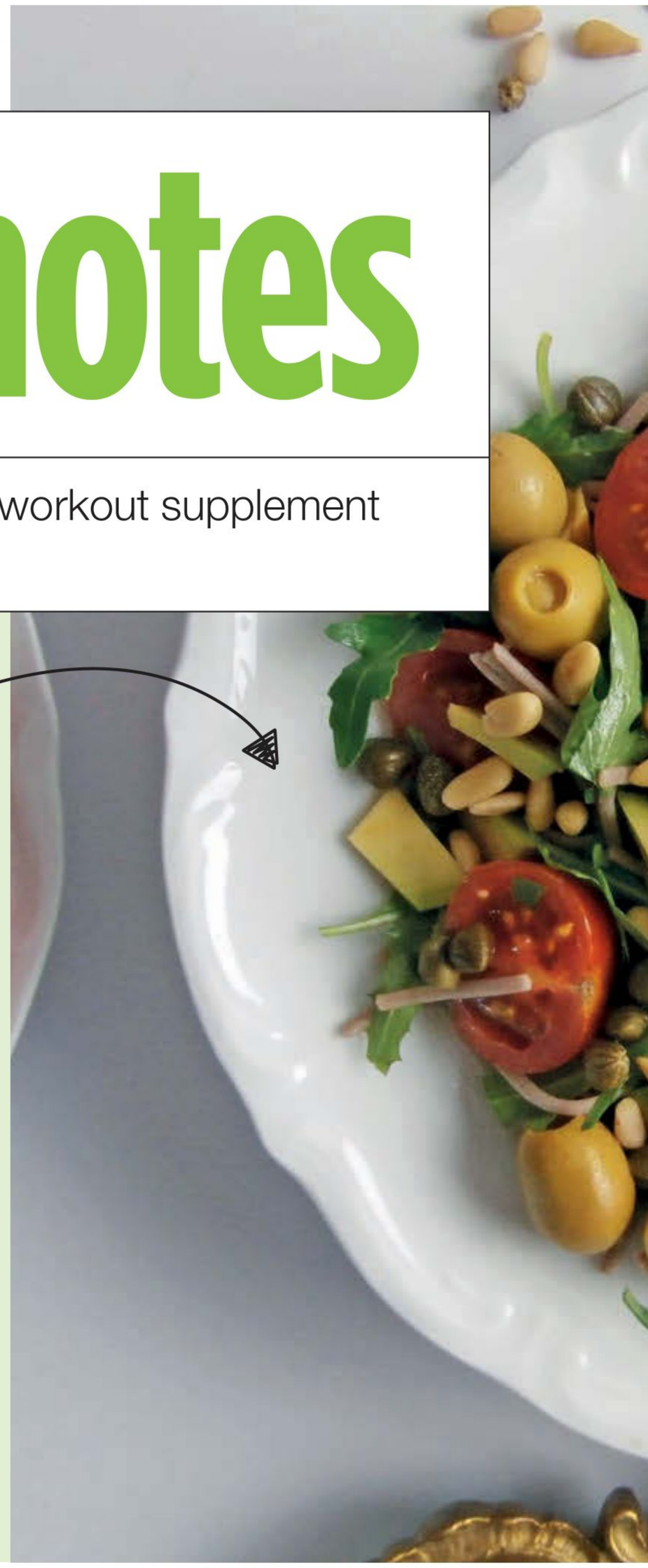
Supper before six

You may have already heard that eating earlier in the day helps you stay healthy. Now new research suggests that eating more calories in the evening may be bad for your cardiovascular health. Scientists at Columbia University Vagelos College of Physicians and Surgeons in New York, studied 112 healthy women whose average age was 33. Their cardiovascular health was measured at the start, then a year later, and the women used food diaries to track what, how much and when they ate for a week at the beginning and end of the study. In those who ate more calories after 6pm, blood pressure and body mass index tended to rise, and blood sugar control tended to be poorer. Time to switch to eating your main meal at lunchtime, perhaps?

WORDS: Emma Lewis PHOTOGRAPHY: iStock

Nutrition notes

Get snack savvy ● Fertility-boosting food ● A-list workout supplement



DEAD 'SIRT' WEIGHT LOSS?

Adele has reportedly lost three stone on the sirt foods diet, stimulating a huge surge of interest in this weight-loss plan, which advocates foods such as matcha green tea, red wine, cocoa, cinnamon, kale, olive oil and raspberries. According to advocates, these 'sirt' foods activate sirtuins, proteins that may regulate inflammation. Tempted to give it a try? Bear in mind that the diet calls for only eating 1,000 calories a day in week one, so it's likely the rapid early weight loss has little to do with sirt foods and everything to do with the fact you're taking in dramatically fewer calories. Sirtuins are currently being studied for their anti-ageing and fat-burning effects, but research is in the early stages. For now, many nutrition experts believe following a calorie-controlled Mediterranean diet for weight loss is a better, healthier and more sustainable choice over the long term.

TRY THIS!

Did you know curcumin, found in turmeric, can ease the pain of sports injuries and sore muscles? Swap your usual post-workout shake for Purition's new Golden Milk Smoothie (£24 for 550g; purition.co.uk) for 800mg of curcumin in a high-protein drink.



BEETROOTS FOR BABIES

Are you doing IVF or thinking of taking the plunge? New research suggests that drinking beetroot juice may increase the chance of your success. A study at the Fertility Medical Group in São Paulo recruited more than 300 women undergoing intracytoplasmic sperm injection (ICIS) cycles, and asked some to drink a beetroot, watermelon and ginger juice every day between an embryo transfer and pregnancy test. Compared to the control group, those who drank the juice had a higher pregnancy rate and fewer miscarriages. The authors surmise the nitric oxide in beetroot allows 'a rich supply of oxygenated, nutrient-rich blood to flow to the uterus… which may improve embryo implantation'. Of, course, there are no guarantees, but it may be a worth try.





3 OF THE BEST ... SNACK BARS

Plantastic Lemon & Turmeric (£1.35 for 51g; Tesco) Coming in four yummy flavours, these plant-based bars contain 40 per cent less sugar than standard cake bars. Perfect for your gym bag!



Boka Apple & Cinnamon (£2 for 4 x 30g; Sainsbury's) With just 88 calories and 1.4g sugar, this fruity high-fibre cereal bar has four green traffic lights and is a handy mid-morning snack.



Vive Natural Protein Peanut Butter (99p for 49g; Holland & Barrett) Dubbed 'the vegan snickers', this delicious blend of nut butter and dates, coated in Belgian chocolate, gives you 10g of vegan protein, plus filling fibre.





Celeb PT Ruben Tabares

Add some algae!

'I encourage celebs I work with to take an unusual supplement called Sun Chlorella (£21.82 for 300 x 200mg tabs; uk.iherb.com). It's a type of green algae which can be dried and turned into a supplement. Recent research showed cyclists who take chlorella increase their peak oxygen uptake, a measure of aerobic endurance capacity. This means cyclists perform better when taking chlorella than a placebo and it might help you perform better too, whether at the gym or in everyday life. Chlorella may also help with PMS.'



1/3 of fruits and vegetables tested by the Government in 2017 and 2018 contained more than one pesticide residue.*

WORDS: Angela Dowden, Mary Comber SOURCE: Soil Association / Pan UK



CRISPS

Why you crave them: Feeling stressed? Curiously, raised anxiety levels can make you crave salty foods such as crisps. ‘High levels of cortisol [a stress hormone] reduce production of a hormone called aldosterone which helps your body hold onto salt,’ explains nutritional therapist Shona Wilkinson. ‘This leads to salt cravings.’

Crush the craving: Keep stress levels in check by eating a healthy diet, packed with fresh fruit and veg, getting enough sleep and doing a couple of low-intensity workouts a week, such as yoga or Pilates.

Try this: Nibble on a couple of olives before you dive into that grab bag!

CRUSH YOUR CRAVINGS!

Can’t stop comfort eating? Discover the cause of your food fixations and take back control



BURGERS

Why you crave them: If you can’t stop thinking about that dirty burger, you could be low on iron. This trace mineral is vital for making the red blood cells that carry oxygen around your body. Low levels can lead to iron-deficiency anaemia and low energy. Red meat is rich in haem iron, the type that is most easily absorbed by your body. The average burger contains around a quarter of your daily needs.

Crush the craving: If you think your iron levels may be low, make an appointment with your GP for a check-up. Red meat is a good source of the mineral but eat it as part of a balanced diet, no more than twice a week, sticking to high-quality, lean sources. Keep your iron levels up by eating plenty of lentils, beans and green leafy veg.

Try this: Drink some orange juice with that burger – the vitamin C helps iron absorption!

FIZZY DRINKS

Why you crave them: Working your way through the Xmas mixers? You could be low on calcium. When levels of this mineral are low, your body draws calcium from your bones, and carbonated drinks help this due to their high content of sugar and phosphoric acid. In turn, this exacerbates the problem, leaving you shorter on the bone-boosting mineral. 'Fizzy drinks can leach calcium from your bones,' confirms Wilkinson. And of course, they can also add inches to your waistline and increase your risk of diabetes.

Crush the craving: Boost your intake of calcium-rich foods such as dark-green veg, sardines and broccoli and dairy products. If you're still after a fizzy hit, switch to kombucha, full of fermented goodness.

Try this: Sip on coconut water, it's lower in sugar than regular sweet drinks and full of healthy electrolytes as well.



PHOTOGRAPHY: Shutterstock



BREAD

Why you crave it: Can't get enough carbs? Your blood-sugar levels could be out of balance. Refined carbohydrates such as white bread give a quick blood-sugar level boost but soon after zap your energy levels and leave you craving another fix. They also boost levels of the feel-good brain hormone, serotonin, upping your desire for more. 'It's thought cravings for carbs can be due to poor blood-sugar levels or low serotonin levels,' confirms Wilkinson.

Crush the craving: Help your body create serotonin without overloading on carbs by eating plenty of foods rich in tryptophan such as bananas, nuts, turkey, eggs or quinoa.

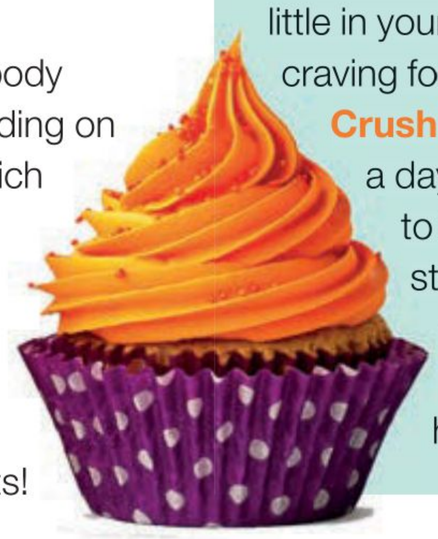
Try this: Go for wholemeal bread rather than white varieties to stay fuller for longer and get more energising nutrients!

SWEET TREATS

Why you crave them: Whether it's a warming caramel latte or the last of the Xmas selection box, sweet pleasures are a big temptation on cold January days. With shop-bought hot chocolates containing up to 23 teaspoons of sugar, many of us far exceed the recommended seven teaspoons a day. If you can't kick the craving, it could be low protein levels or a high-carb diet is leading to erratic blood-glucose levels causing you to seek a sugar high. 'Eating too much sugar is a vicious cycle,' warns Wilkinson. 'Your body releases insulin which takes glucose into your cells and can leave too little in your blood. This then triggers a craving for more.'

Crush the craving: Eat three meals a day, plus two healthy snacks, to keep blood-sugar levels steady and drink plenty of water to stay feeling full.

Try this: Get a naturally sweet hit from dates or a banana.

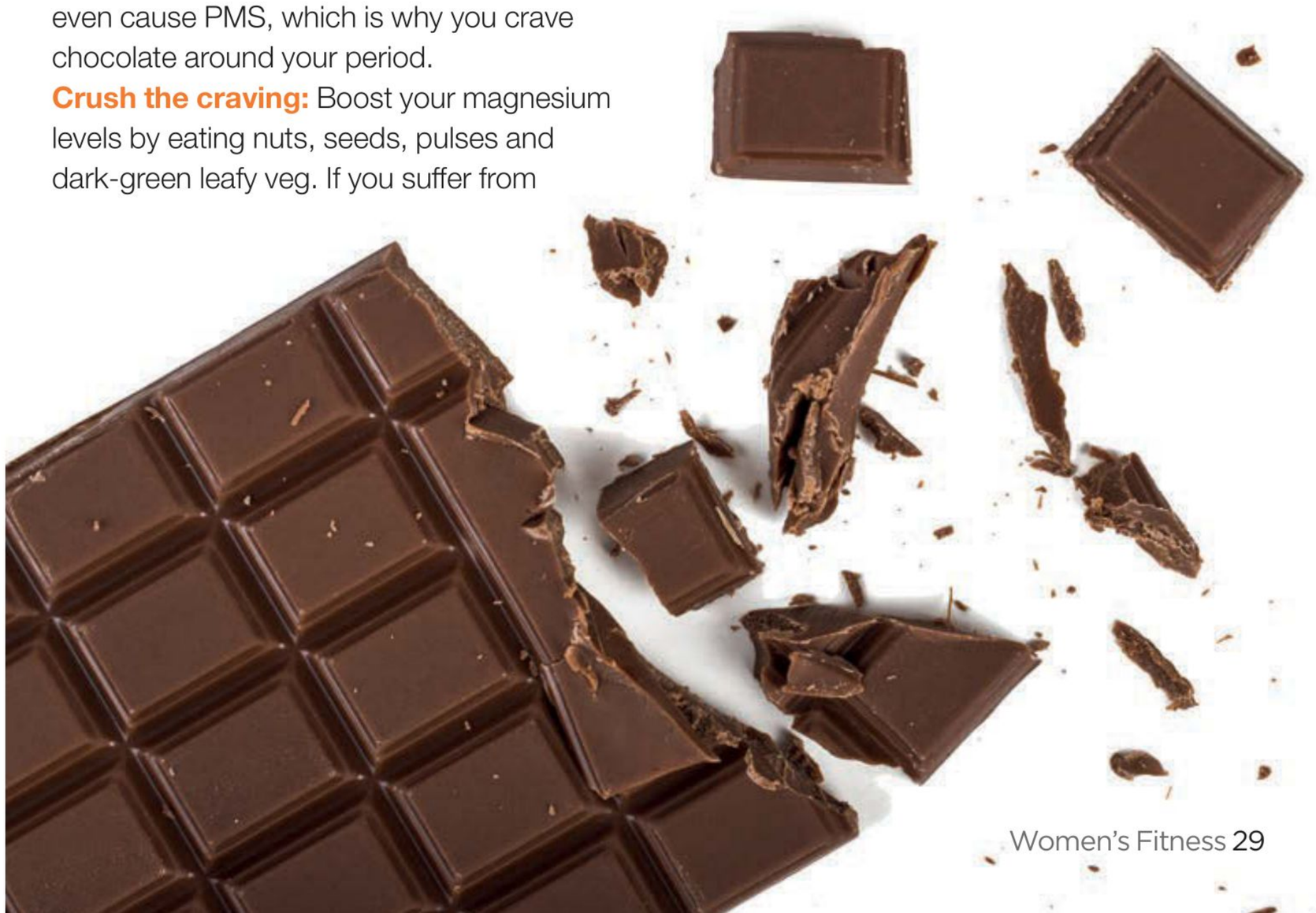


CHOCOLATE

Why you crave it: Can't stop reaching for the Quality Street? You could be short on magnesium. Cocoa is naturally rich in this vital mineral, essential for healthy bones, strong immunity and keeping stress at bay. It's thought that magnesium deficiency can even cause PMS, which is why you crave chocolate around your period.

Crush the craving: Boost your magnesium levels by eating nuts, seeds, pulses and dark-green leafy veg. If you suffer from PMS, try taking a daily magnesium supplement to stave off your symptoms and avoid pre-menstrual binges.

Try this: Try eating a square of raw chocolate, it contains more magnesium than the regular variety!





MADDIE HINCH

‘WHAT I ATE TODAY’

The England Hockey goalkeeper reveals the foods that are fuelling her training for the 2020 Olympics

BREAKFAST

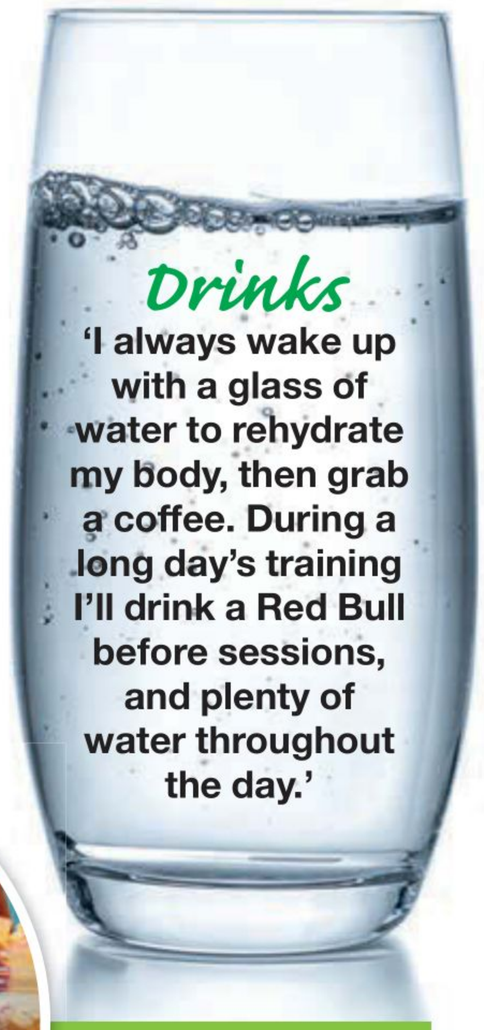
‘I tend to eat two breakfasts. Because my first training session of the day is early, I get up and grab my protein overnights oats (which I prepped the night before). After I’ve done my session, I’ll eat a second, more substantial breakfast, such as poached eggs, flat bread, salmon and spinach.’



SNACKS



‘I tend to snack on homemade super-seed cocoa protein balls and shop-bought biltong or Nairn’s Oatcakes – they’re packed with wholegrain oats and are delicious! I also snack on ready-to-eat packets of pulses or grains.’



Drinks

‘I always wake up with a glass of water to rehydrate my body, then grab a coffee. During a long day’s training I’ll drink a Red Bull before sessions, and plenty of water throughout the day.’

Supplements

‘I use two daily supplements – MSC Nutrition whey protein powder (post sessions) to promote muscle protein synthesis and aid recovery, and TRR PRO Advanced Collagen to maintain normal function of bones and joints.’



DINNER

‘My dinner of choice at the minute is chicken, chorizo, goat’s cheese, bay leaves, tomatoes and spinach, with spicy giant couscous... simple, yet delicious! I get advice from our squad nutritionist for quick and easy meal ideas and meals I can cook in bulk that will last a few days. The biggest thing I’ve learnt from the plans I’ve followed is the importance of getting food on board every two to three hours. Smaller meals throughout the day are more beneficial than three large main meals and nothing in between.’

LUNCH

‘I have to time my lunch around my second session of the day, which tends to be at lunchtime. If this is the case, I’ll just have a snack before training (such as banana and oat cakes) and afterwards have a protein shake and small lunch such as salmon or grilled chicken with a pouch of ready-to-eat Merchant Gourmet pulses and grains.’



VERDICT



From nutritionist Fiona Hunter

‘Overnight oats are a healthy start to the day. Another tip from Maddie is to have a glass of water on waking. Even mild dehydration can make you feel sluggish, so to hit the ground running, have water or diluted fruit juice first thing. Pouches of ready-to-eat grains/lentils/rice are great time-savers.’

9/10

‘I always enjoy a warm glass of milk before bed to help me sleep.’

WORDS: Mary Comber
Merchant Gourmet (merchant-gourmet.com) is an official partner of England Hockey.

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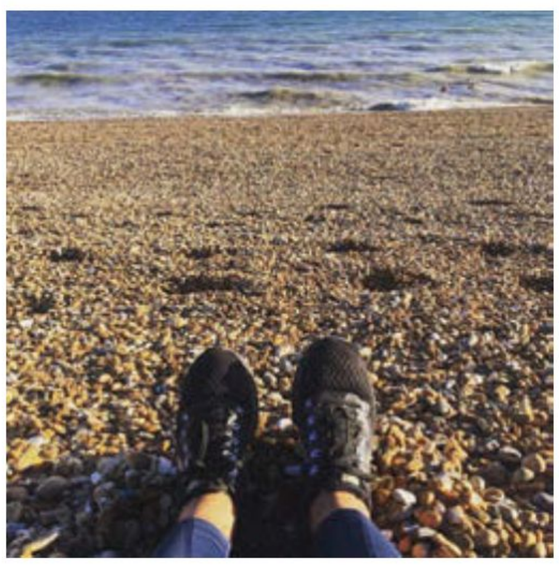
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CELEB *workout*

LIFT *with* CHLOE

Want to transform your body in 2020? Weight training is the workout you need, says personal trainer Chloe Madeley

Words: Joanna Ebsworth PHOTOGRAPHY: Sam Riley



If you're looking to get in your best shape ever, it's high time you gave weight-lifting a proper go. So says TV presenter turned PT Chloe Madeley, whose new book, *Transform your Body with Weights* (Bantam Press; £16.99) is dedicated to the abundant benefits of lifting heavy metal. Chloe picked up her first set of weights seven years ago and she still believes weight-lifting is the best thing she ever put her body to. 'Pulling off moves makes me feel mentally, physically and emotionally strong, accomplished and proud,' she says. 'My big hope it that this book will get more women into lifting weights, because it really is the greatest thing you can do for your overall wellbeing.' Want to add weights to your exercise routine but don't know where to start? Or perhaps you already lift weights but want to achieve different results? We've asked Chloe to reveal her top tips on how to get going, and share some of her favourite workout moves to try at home. It's time to feel the power!



Q WHAT MADE YOU PASSIONATE ABOUT LIFTING WEIGHTS?

'I've always been quite anxious, and weightlifting did what everything else I'd tried previously had failed to do. It made me be in the moment, because when you're lifting weights you have to be in sync and at one with your body. I fell in love with weights instantly, and within two weeks, I'd quit my TV presenter job to spend 18 months qualifying to become a PT so I could help others feel as good as I did. My husband, James [rugby player James Haskell, who Chloe married in 2018], says I've found my true calling.'

Q WHY DID YOU WRITE THIS BOOK?

'I'd always wanted to write about weight training, but my publishers thought there was more demand from people to learn about fat loss. My first two books, T*he 4-Week Body Blitz* and *The Fat-Loss Blitz* were best-sellers, but third time around, I thought it was time to do what I really wanted. Plus, my audience has come a long way in the past few years, with requests to learn more about weightlifting dramatically increasing. *Transform your Body with Weights* was my passion project, and I'm super proud of it.'

Q HOW DOES IT WORK?

'There are three, four-week workout plans for Beginner, Intermediate and Advanced, so all levels are covered. Each plan encourages you to train your upper body, lower body and back/core twice a week each, making six workouts a week, but you don't have to train that hard. Four times a week is enough to get great results as long as you train your body evenly.'

Q DO THE PLANS HAVE THE SAME END GOAL?

'Not at all. You can lift weights and still have different physique goals. I include fat-loss, muscle-building and strength-training diet and cardio instructions in the book to match your specific goal. Your results also depend on how heavy your weights are, and the number of sets and reps you do. Everything is backed by the latest science, but I've tried to keep it as simple as possible and it's all tested out on my own PT clients. It definitely works.'



Chloe's gym-bag essentials

- **'I snack on Grenade Carb Killa Protein Bars (£2.49 for a 60g bar; grenade.com) pre- and post-workout – they're tasty, filling and handy for when I'm on the move.'**
- **'I love Under Armour leggings because they're squat proof. You can get on all fours and no one will see anything! (UA Rush Leggings, £65; underarmour.co.uk).'**
- **'Puma x Selena Gomez Slip-On Training Shoes (£80; puma.com) have the perfect flat platform for weightlifting and are great for cardio too.**
- **'Batiste's Brilliant Blonde Dry Shampoo (£3.99 for 200ml; boots.com) is a must.'**

Q WHY ARE SOME WOMEN STILL AFRAID TO LIFT WEIGHTS?

'There's still this misinformed idea that lifting weights will make you masculine-looking. It makes me so angry! To say we shouldn't lift weights because it doesn't "look good" is Victorian! The best thing you can do for your body is to be cardiovascularly fit, and to have optimal muscle mass for your genetics so your body can work at an optimal level, maintain and sustain itself, and fight off disease more efficiently. Increased muscle mass is just as healthy for women as it is for men, as it is for the old and young. Thankfully, female body image is changing, and it's becoming outdated to say women shouldn't lift weights.'

Q WHAT DO YOUR OWN WORKOUTS INVOLVE?

'It depends on my goal. If I'm trying to gain muscle, I'll lift heavy weights four to five times a week over three-months, building my calorie intake up to 2,000 a day (right for my basal metabolic rate). If I'm in a fat-loss phase, I'll slowly decrease my calories to 1,400, and train six times a week with a mix of weights and cardio. I'd love to have more muscle but it isn't that easy to build muscle as a woman. When I'm in "physique shape" for photo shoots, I look tiny. I get so many women asking me how they can "tone up", but the answer doesn't lie in a fluffy pink supplement – it involves increasing your muscle mass and decreasing your body fat. Lifting weights really is the answer.'

Try Chloe's workout

After warming up, complete each exercise in the order shown. The number of reps and sets you should complete depends on your goal (see right).







KETTLEBELL SWINGS

- To pick up the kettlebell safely, stand over it, feet slightly wider than hip-width apart. Squat down and grip the kettlebell with both hands. Pull your shoulders back, engage your core and push through your glutes and hips to stand up (A).
- To start the move, squat down (B), then thrust through your glutes and hips, launching the kettlebell into the air in front of you (C).
- Aim to swing up to chest height, then allow the kettlebell to swing back down between your legs, keeping full control of your upper body while this happens.
- Repeat this movement fluidly and aggressively for the number of sets and reps.

WHAT'S YOUR GOAL?

TO BUILD ENDURANCE:
Perform 3 sets of 15 reps of each move with a one-minute rest (or less) between sets, using lighter weights.

TO BUILD MUSCLE:
Perform 3 to 4 sets of 6 to 12 reps using heavier weights with a one-minute rest between sets, until muscles exhaust.

GOBLET SQUATS

- Hold a kettlebell or dumbbell in front of your chest, against your body. Stand up straight with your feet hip-width apart (A).
- Keeping your back straight, lower down into a deep squat by bending your hips, then knees (B).
- Pushing your weight down against your heels, stand up straight again (A). Make sure your knees stay directly above your toes – they shouldn't be collapsing inwards.
- Repeat this movement for the full number of sets and reps.







BULGARIAN SPLIT SQUATS ON BENCH

- Place a bench about 50cm behind you.
- Carefully place one of your feet up on the bench behind you, resting top-down. Make sure the toes of your standing foot are pointing forwards (A).
- Standing up straight and bending only at your hip and knee, come down into a low squat (B), before pushing back up through your standing heel to standing (A).
- Repeat this movement for the full number of sets and reps on each leg, holding a kettlebell or dumbbell of the same weight in each hand once you've got the hang of it.

BENT OVER ROWS ON BENCH

- Place a dumbbell on the floor on the right-hand side of a bench. Keeping your right foot on the ground and your toes pointing forwards, place your left knee on the centre of the bench, then bend over and grip the top of the bench with your left hand.
- Keeping your back straight, slowly pick up the dumbbell with your right hand, keeping your arm tight in to your body as you do so (A).
- Bend you elbow to pull the dumbbell up into your armpit region and hold the dumbbell there for a fraction of a second (B), then slowly extend your arm to bring it back down (A).
- Continue this movement for the full number of sets and reps, then repeat with the other arm.







ELBOWS TO HAND PLANK

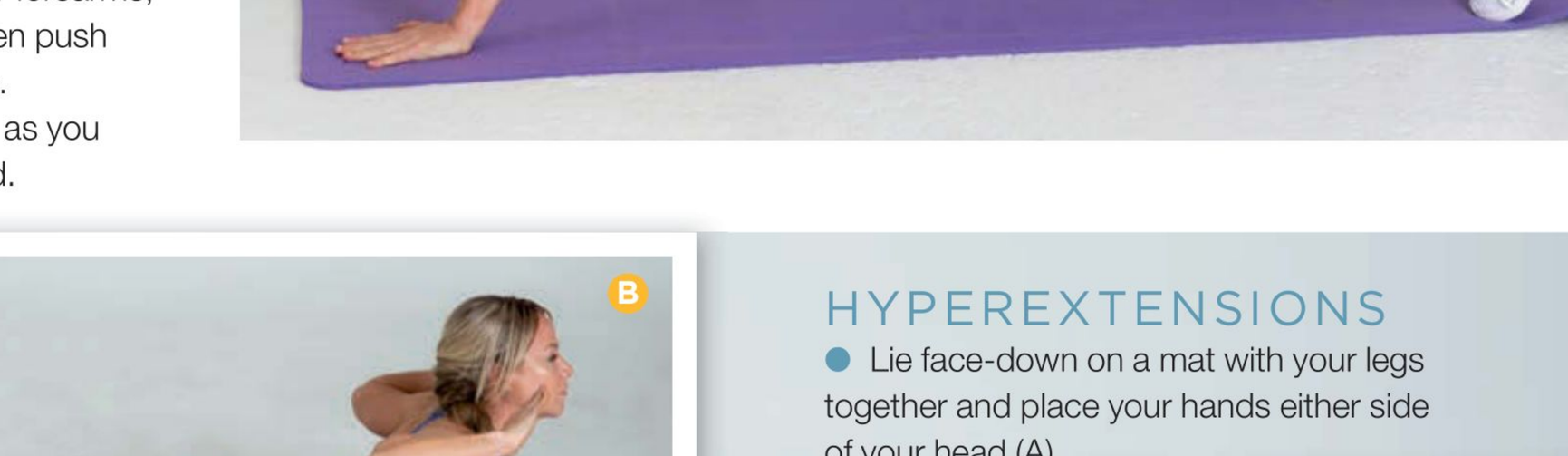
- Lie on your front on a mat with your feet hip-width apart. Come up onto your forearms and toes to a low plank position. Make sure your elbows are under your shoulders (A).
- Pushing against your toes and forearms, lift one arm at a time to rest on your hands, so you form an elevated (or 'hand') plank (B).
- Keep a straight back. Come back down to rest on your forearms, one arm at a time, and then push back up on to your hands.
- Repeat as many times as you can until you're exhausted.

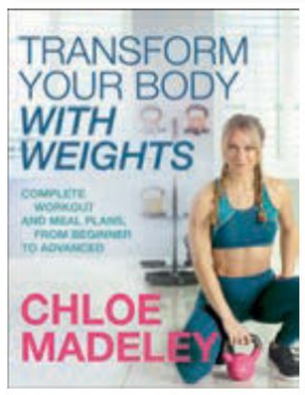




HYPEREXTENSIONS

- Lie face-down on a mat with your legs together and place your hands either side of your head (A).
- Slowly lift your upper body and legs into a lower-back crunch (B).
- Engage your glutes and core while doing this exercise.
- Hold this position for a few seconds, then repeat this movement for the full number of sets and reps.





Transform Your Body With Weights (Bantam Press; £16.99) is out now. Photography: Sam Riley



Women's Fitness TREND REPORT

HOW TO WORK OUT IN 2020

Our fitness predictions are in! Here are the top workout and wellbeing trends you'll soon be going crazy for...

WORDS: Sarah Sellens

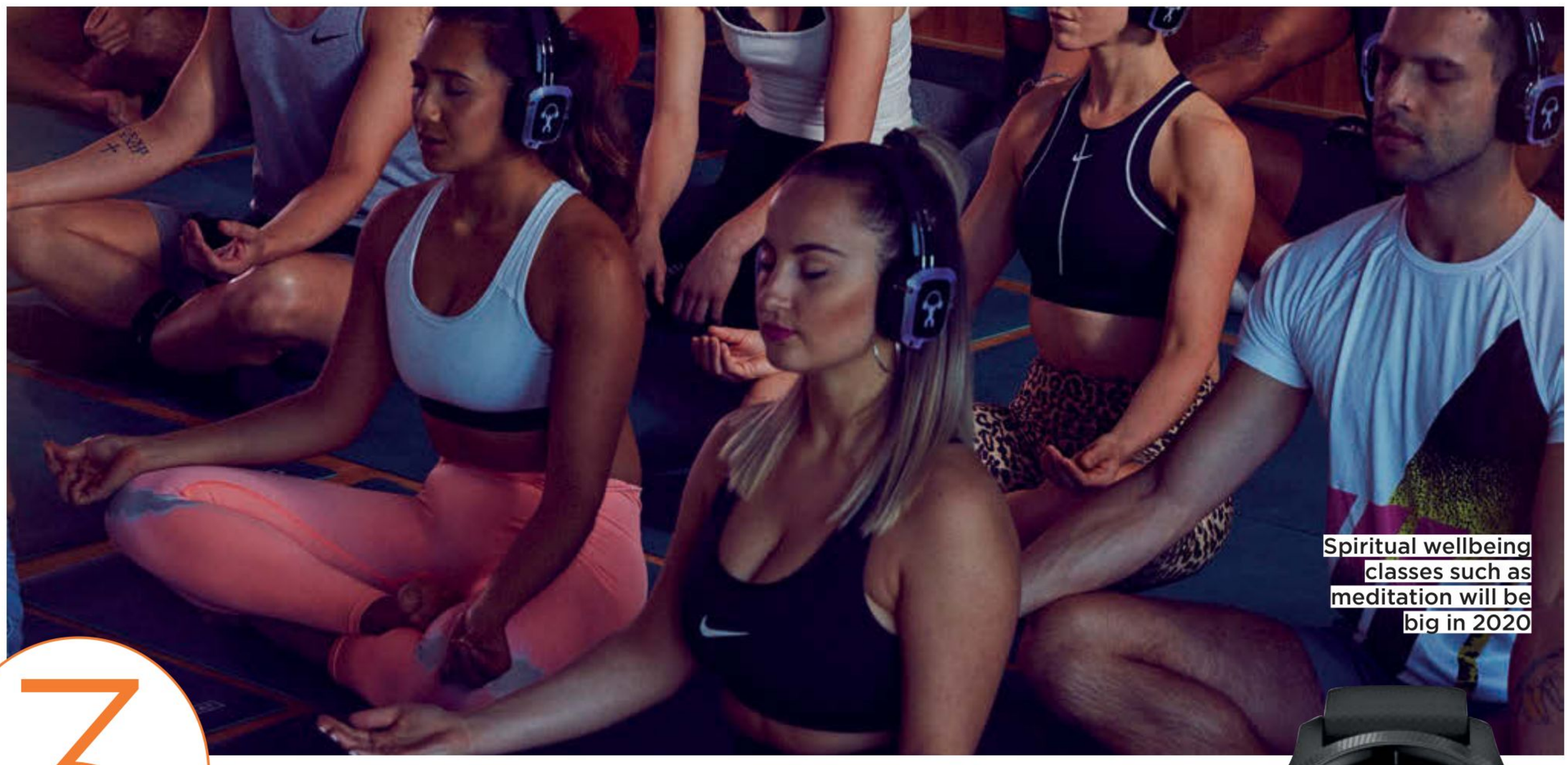
Are you ready for a new year packed with fitness? Prepare to track your training, sync your heart-rate stats to social accounts and pick up a smart device at new-age gym classes. That's the view of the The American College of Sports Medicine (ACSM), which has just released its Worldwide Survey of Fitness Trends for 2020. Top of the list is wearable technology, closely followed by HIIT and group training. But exercise industry insiders know this is just the tip of the fitness iceberg – there's a lot going on under the workout radar that will shape your gym plans this year. Perhaps you'll skip that extra Spin session and sign up to a meditation class, or maybe you'll ditch your gym membership and join the growing crowd of connected home exercisers. However you choose to make the next 12 months your fittest yet, one thing's for sure, you'll have had a taste of the following trends by next January. Here's what you can expect!

1 MULTI-CONCEPT ACTIVITIES

Variety is the spice of life and data is showing that fit folk are seeking more diverse activities to keep motivation levels high. Meditation on a Monday, HIIT on a Wednesday, at-home Spin on a Friday, boutique yoga studio on a Sunday – whatever activities they choose, it's clear that many want access to a greater array of specialist classes. Information from global fitness platform ClassPass (classpass.com) reports a growing number of consumers looking for fitness memberships that offer access to a horde of workout concepts, so much so that ClassPass is moving outside London and expanding across the UK in 2020. Gyms are also getting in on the action, with David Lloyd having announced the creation of new boutique studio, Blaze, in Birmingham this January. By running sessions on a pay-as-you-go basis, David Lloyd offers non-members the chace to work out in the way that suits them best and without committing to a long-term membership. Outdoor sports fans are also looking to try out new things, from cycling to kayaking to cold water swimming. And multisport activities are gaining pace – Quest Adventure Series, races that involve cycling, running and kayaking, saw a huge rise in participants in 2019, and early sign-ups means 2020 will be just as big.

2 WELLNESS WASHING

Fitness bigwigs are predicting a rise in workouts that put mental health first. According to experts from ClassPass, more studios than ever will prioritise spiritual wellbeing in 2020. Nestled among the gym timetable of physical workouts, there will likely be brain-training classes, such as meditation, breathwork, flotation tank sessions and even ASMR classes (autonomous sensory meridian response, which has been proven to reduce heart rate). 'We've created classes that help members recover from their workouts and find balance in their weekly programmes,' says Hannah Curtis Nunn, group fitness director at GymBox (gymbox.com), the London gym chain which has launched recovery classes such as Braingasm, Digital Detox and Gonged Out. 'In 2019, we tracked an increase in the number of people using meditation and breathing exercises. So in 2020, we'll focus on mindfulness and rehabilitation to educate members on the importance of taking care of their mental, as well as physical, health.' Other fitness centres are joining in, too. David Lloyd Clubs have teamed up with ASMR artist Sophie Michelle to become the first UK fitness club to introduce ASMR – 'a feeling of soothed relaxation… in response to certain sounds picked up by microphones'. Yoga guru Maude Hirst has also launched EnergyRise (energyrise.co.uk), a mindfulness practice offering meditation, yoga, movement meditation and theta healing. And relax…



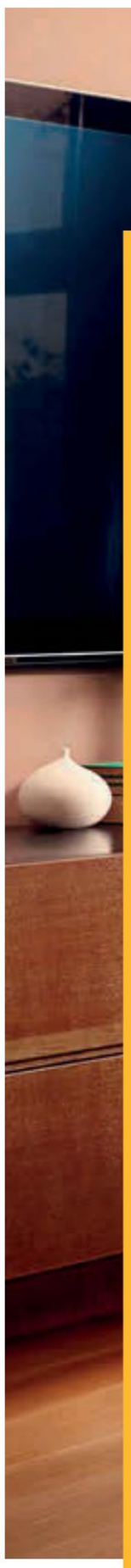
Spiritual wellbeing classes such as meditation will be big in 2020

3 NEXT-GEN WEARABLES

Six years on since the first Apple Watch was announced and you may wonder why wearables come at the top of the ACSM's Worldwide Survey of Fitness Trends for 2020, but data shows that millions of adults still use a wearable device at least every month. In fact, the global wearable device market is expected to nearly double by 2021. 'We are in an era of "consumer-expected information" during which exercise fans expect data at their fingertips,' explains Dave Wright, CEO of heart rate device Myzone (myzone.org). 'They want hard numbers that will tell them about their workout, fitness and bodymetrics.' Indeed, biometric data – which is what's at play when you use your fingerprint to unlock your phone – is so widely available that most wearable devices go beyond simple fitness tracking to offer health and wellness protocols, such as sleep quality, recovery time, hydration levels, heart rate and blood pressure. Over the coming years, you can expect wearable technology to escalate, with fitbit stating a long-term goal to improve its heart-health system so it can be used in hospitals. In the meantime, you can anticipate big advancements in fitness wearable offerings. Top of our list is the Garmin Venu GPS smartwatch (£329.99). Among its wellness functions is the pulse OX sensor (which shows you how well your body is absorbing oxygen), the respiration tracker and the menstrual cycle tracker. We also like the Bellabeat+ Membership, which syncs with the Bellabeat Wellness Coach App so users can track meditation sessions via binaural beat technology on the Leaf Crystal tracker (£157; bellabeat.com). You'll even find data-led classes, such as Cycle Connect at Gymbox, which features bikes that link to a data screen at the front of the class, or David Lloyd's Blaze class that uses Myzone heart rate monitors to ensure participants exercise in the right zone.



You'll be staying on track with wearables such as these from Garmin and Bellabeat



4 AT-HOME FITNESS

You won't need a gym membership to get in seriously good shape this year. Why? Because exercise experts are bringing the gym to you via digital kit, and the perks of working out at home are huge – zero travel time, the freedom to exercise when you want, no waiting around for equipment, and no one watching as you sweat profusely. 'The digital fitness sector is growing 10 times faster than physical fitness facilities [aka the gym market] because consumers are demanding more convenience to fit exercise around their busy lives,' explains Gede Foster, head of fitness at Fiit.tv. The connected workout world has expanded beyond the latest on-demand classes viewed via your smartphone on a workout app. 'We're seeing the next generation of digital fitness products – those that combine software [the workout app] with hardware [the exercise machine]. These move beyond the first generation of broadcast-only apps because they use the hardware to create a more social experience, and these products are only going to become bigger and more engaging.'

Indeed, in 2019 we saw the launch of America's Peloton indoor bike (onepeloton.co.uk), a static bike featuring a 22-inch screen that enables home exercisers to take part in live, immersive Spin classes. In 2020, we'll see Peloton's new Covent Garden studio open its doors where all UK classes will be filmed. And fitness giant Technogym has also joined the at-home exercise bike race, with the launch of Technogym Bike, an indoor bike with a screen that features TECHNOGYM LIVE – a global service which enables users to access classes filmed at UK gym 1Rebel. According to the brand, Technogym will present other products, integrated in the platform, including group cycling, running, bootcamp, rowing and boxing. We may also see gyms and smart machines join forces, as Technogym notes that 'the platform will allow industry operators – fitness clubs and boutique studios – to stream their own club training contents and classes to their members at home on Technogym's connected smart equipment'. Watch this space.



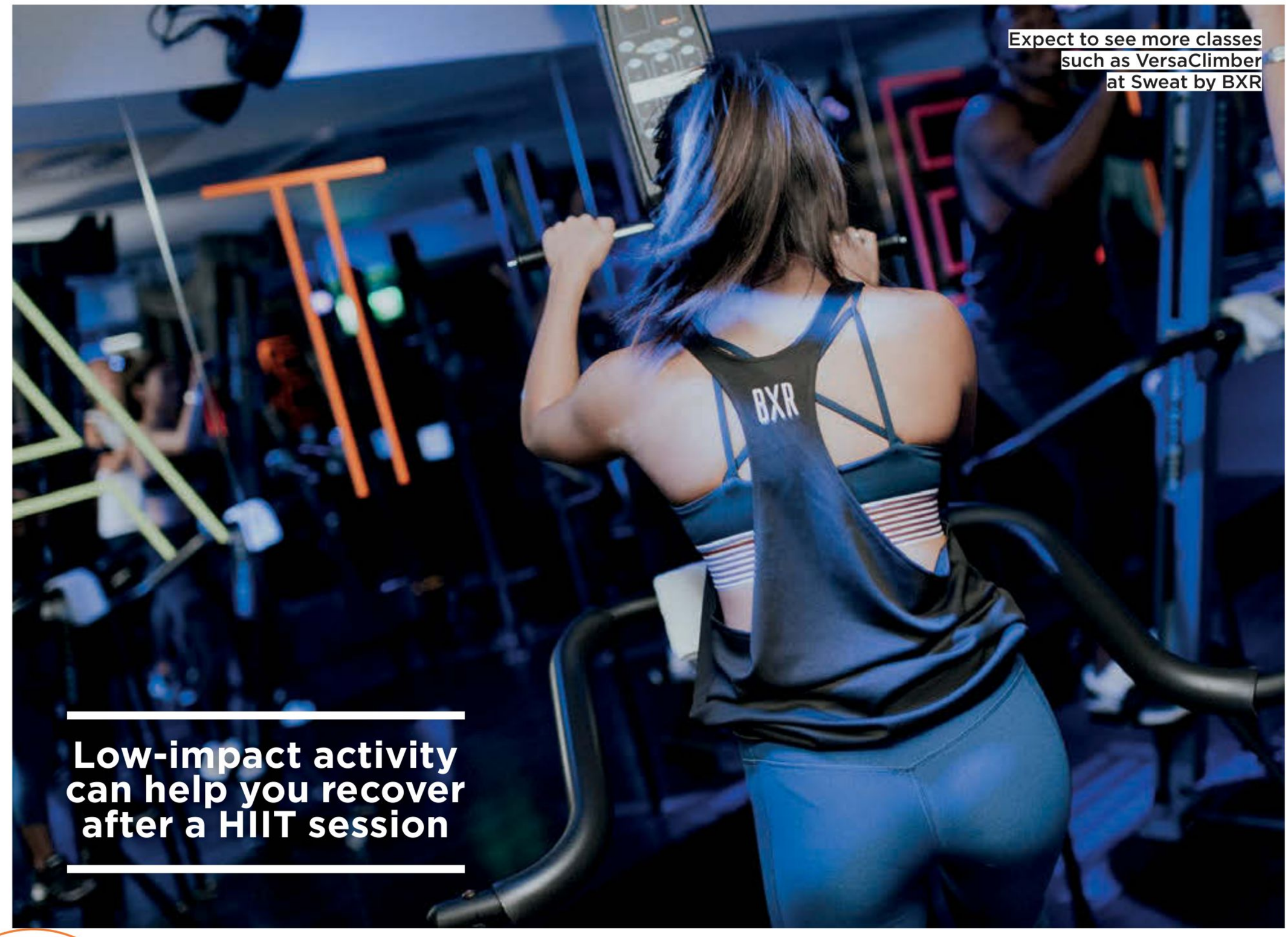
More and more people will be working out at home with smart kit

5 GYM AS A SOCIAL HUB

Remember when you went to the gym just for a sweat session? No protein shakes with mates after a HIIT class. No workout followed by emails in the gym quiet zone. ClassPass experts report a shift in the way people use fitness centres, with an increase in socialising, relaxing and co-working spaces expected in 2020. The Fore in London's King's Cross offers a free-to-use co-working space alongside two studios for personal training and group fitness classes. 'We need to help people understand that it is not the result of a single action but a lifestyle that needs a range of services to support it,' says Hannah Lanel, founder of The Fore (the-fore.co.uk). 'By integrating co-working into a wellness centre or gym we realise the value of human connections – going to a class or the gym is simple when it's in the next room to where you're sitting.' Other studios, such as Frame and Another Space, are also said to be creating 'hang-out' zones with the use of cafés and quiet spaces. Even chain gyms are seeing their members include work as well as play in their centres.



The new lifestyle gyms



6

POST-PARTUM EXERCISE

Getting back in shape after having a baby is never easy but a growing bank of post-natal exercise options is making it more achievable. ‘In 2019, the UK chief medical officer’s Physical Activity Guidelines for the first time included additional advice around being active during and after pregnancy,’ explains Jessica Ennis-Hill, former Olympian who in 2019 launched app jennis (£9.99, available on iOS and Android). ‘The generation who are engaged with fitness are starting to have babies and I think these women realise the importance of post-natal exercise.’ Indeed, the popularity of post-natal activity is not only about shedding baby weight (although that’s one bonus), but it’s also a matter of rebuilding core muscle strength and reducing the risk of post-partum depression. One review by the ACSM provides evidence that physically active women experience significantly fewer symptoms of depression during the post-partum period compared with inactive new mums. ‘There has also been a huge movement for women to talk about their post-partum bodies,’ adds Ennis-Hill. ‘For me, the most rewarding change is to see the unrealistic images of super-slim women post birth being replaced by a focus on the importance of safe activity. My jennis post-natal programme is very much about rebuilding your muscle and tendon strength in a sensible way. I’m going to be speaking a lot about the importance of me-time in 2020 – just 20-30 minutes of exercise is enough to get positive endorphins flowing and can help make you a happier mum.’ And there will be a lot of advice to choose from, as post-natal fitness plan Fiit Mum (fiit.tv) and online exercise programme MUTU System (mutusystem.co.uk) join the club.



7 LIT TRAINING

If HIIT (high-intensity interval training) is the hare in the shape-up race, LIT (low-impact training or steady-state exercise) is the tortoise – after years of reaping the rewards of high-impact, short-duration HIIT moves, such as jump squats and sprints, fitness fans are finally coming round to the idea that kind-on-your-body LIT activities, such as half-hour swim sessions or 20-minute moderate-intensity jogs, might have even more to offer. 'Low-impact training refers to exercises that include a lower volume of ground reaction forces, such as jogging [as opposed to running], cross training and versa climbing,' says Doug Tannahill, strength and conditioning coach at BXR (bxrlondon.com). 'It can be especially beneficial to people who take part in high-impact exercise, as this type of training is more intense on the body and should be balanced out with low-impact activities for recovery.'

Indeed, data from the National Electronic Injury Surveillance System in the US reveals a 144 per cent increase in injury rate between the years 2012 and 2016, related to moves commonly found in HIIT class protocols such as burpees and box jumps. Low-impact training doesn't rely on high levels of co-ordination and can be a great activity for those who haven't got good motor skills, such as exercise newbies, as well as fit folk whose movement patterns might be compromised due to a heavy week of training. You can expect to see more LIT classes, such as VersaClimber at Sweat by BXR, cropping up all over the country.

8 SUSTAINABLE GYM KIT

Your gym kit needs a makeover! Environmental issues such as plastic waste have dominated recent headlines and more fit fans than before are bagging sustainable products, so much so that research from consultancy firm Deloitte revealed that millennials globally are projected to spend $150 billion (around £108 billion) on sustainable goods by 2021. And fitness brands are starting to introduce sustainable activewear. Adidas has kicked things off with its collaboration with eco pioneer Parley, which turns plastic waste into cool stuff, including the Adidas x Parley collection that's made from 75 per cent upcycled plastic trash (adidas.co.uk). Sustainable brand Sundried (sundried.com) has fit kit made from plastic and coffee grounds. La Pochette produces Sweat Bag (£35; lapochette.co), a handy pouch made from recycled plastics that's an alternative to a single-use plastic bag for storing kit. Also on our radar is planet-friendly athleisure brand TALA (wearetala.com), which gives product transparency, from supply chain to material use, and The North Face, which just launched the Thermoball Eco Jacket that's insulated with 100 per cent recycled plastic (£180; thenorthface.co.uk). You can even expect to see sustainable gym classes. London's YourSpace Yoga Club (yourspaceldn.com) leads the way with eco cork blocks, chemical-free yoga mat spray and fresh water in glass jars.



Sundried Piz Fora Training Vest (£20, sundried.com) is made from recycled plastic bottles



Jess Ennis-Hill's post-partum exercise programme will help keep new mums fit and healthy

INSIDER SECRETS
Women's Fitness

WHAT SPORTS NUTRITIONISTS *really* EAT

Are protein shakes worth the money? Could being vegetarian hold you back? And what should you eat on race day? If you're confused by all the 'nutrition noise' out there, you're not alone. We speak to three experts to uncover everything you wanted to know about fuelling your workout – but didn't know who to ask. And we find out whether they follow their own advice, too...

Words: Jane Murphy

THE VEGGIE
ANITA BEAN

Having worked in the NHS and Dairy Council, registered nutritionist Anita set up her Surrey consultancy in 1990, specialising in sport and exercise nutrition. Her vast and varied client list has included the British Olympic Association, Swim England, Olympic athletes and celebrities. A lifelong vegetarian and former bodybuilding champion, Anita now keep fits with yoga, strength and conditioning workouts, running, cycling and swimming. Her latest book, *Vegetarian Meals in 30 Minutes* (Bloomsbury Sport, £16.99), is published on December 26.

Q WAS IT DIFFICULT GROWING UP VEGETARIAN IN THE 1960s AND 1970s?

'It wasn't easy. School dinnertime was a nightmare as I couldn't eat the same food as my friends and had to queue up for a plate of grated cheese! Vegetarianism was practically unheard of in those days and people assumed there was something wrong with me or that I was part of a religious cult. Thankfully, attitudes have changed enormously since then. I don't have to explain endlessly why I don't eat meat and I no longer struggle to find a vegetarian option on the menu.'



'There is a growing number of high-profile sports stars who have adopted a meat-free diet'

Q WHICH FOOD KEEPS YOU FUELLED?

'For breakfast, I'll have a big bowl of Greek yoghurt with fresh or frozen berries, pecans and homemade granola; lunch is salad with hummus, avocado and goat's cheese; and weekday suppers are a one-pot dish such as black bean and sweet potato curry. I love cheesecakes and make mine with quark so they're higher in protein and lower in calories.'

Q WHAT ARE THE MOST COMMON MYTHS ABOUT THE VEGETARIAN DIET AND TRAINING?

'Two of the biggest myths are that you can't perform at a high level on a vegetarian diet, and that you can't build muscle without eating meat. To dispel the first, you only have to look at the growing number of high-profile sports stars – Venus Williams, Tom Daley and David Haye, for example – who have adopted a meat-free diet.

'And then there's my personal experience as a vegetarian bodybuilder. I trained with weights for



Anita won several bodybuilding titles on a vegetarian diet





10 years without eating meat, won successive bodybuilding titles, and twice finished in the Top 10 at the IFBB World Bodybuilding Championships. Anecdotes aside, there is plenty of scientific evidence to support the efficacy of vegetarian diets for both strength and cardiovascular training.'

Q WHAT'S YOUR ADVICE FOR ACTIVE VEGETARIANS?

'You can't just stop eating meat. You need to substitute it with other sources of protein. Otherwise, you'll end up lacking in energy, struggling to recover after exercise, be prone to illness and injury, and quickly notice a drop-off in performance. So do include protein in every meal and snack. And make sure you eat enough. A spoonful of hummus isn't going to cut it for an athlete who needs 20-25g of protein per meal.'



'Include protein in every meal and make sure you eat enough'

Q DO YOU RECOMMEND TAKING SUPPLEMENTS FOR PEAK FITNESS?

'I believe you can get everything you need from food. After all, food fuelled many a world-class performance long before sports supplements were invented. In fact, the vast majority of products have little evidence to back them up and are at best unnecessary, at worst harmful. That said, there are a few products that are supported by research and, while not strictly necessary, may offer you convenient fuelling options. I take a vegetarian omega-3 supplement made from algae oil. Omega-3s help reduce inflammation so may reduce post-exercise soreness and promote recovery.'

Turn to page 82 to try some of Anita's recipes.



THE RUNNER

CHARLIE WATSON

A keen long-distance runner and blogger, Charlie has worked in the cookery department of *Good Housekeeping* and recently qualified as a dietician after becoming disillusioned with the amount of misleading nutritional information online. Despite her passion for sports nutrition, she fell in love with working in a hospital setting during training, and enjoys working with patients in ICU and trauma. Charlie's book *Cook, Eat, Run* (Quadrille, £15), is published on December 26.

Q WHEN – AND WHY – DID YOU START RUNNING?

'I signed up for my first marathon with no idea how long a marathon was! I wanted to do something big, scary and challenging to raise money for Mind in memory of my friend Vic, who suffered silently with depression and took his own life. I ran that marathon in 4 hours 54 minutes in 2012. Then I just kept on running because I'm super-competitive and wanted to do a faster time! This year, I did the Edinburgh marathon in 3.38. My goal is to get under 3.30.'

'Get plenty of sleep. It affects everything, including food choices'

Q WHAT INSPIRED YOU TO WRITE A COOKERY BOOK FOR RUNNERS?

'I loved US athlete Shalane Flanagan and chef Elyse Kopecky's cookbook for runners, and wanted to make an even more simplified British version. I also wanted to include "on the run" fuel as I get so many questions about what I eat while I run.'

Q WHAT'S YOUR EVERYDAY DIET LIKE?

'Unless it's race day, I try to pack in plenty of fibre. Breakfast might be baked sweet potatoes with banana and nut butter; for lunch, I'll have Middle-Eastern turkey burgers or Mexican bean salad; and for dinner, I love pistachio-crusted salmon or curry-roasted chicken with carrots and gravy. For "on the run" fuel, I make energy gel substitutes: my favourites include apple chia gel, made with Bramley apples, maple syrup and chia seeds; salted watermelon squares; or dates stuffed with nut butter.'

Q WHAT'S YOUR NUTRITION ADVICE FOR RUNNERS?

'Practise, practise, practise before race day – and stick to it. Too many races have been ruined by stomach issues. And remember, what works for you might not work for others and vice versa. But the advice I give to everyone is: eat "real" food, and eat what you enjoy. We don't necessarily need to swap everything in our diets for a "healthier" version. I eat chocolate pretty much every day – but I also try to eat between five and 10 portions of fruit and veg. Take in enough calories to fuel your body, stay hydrated and get plenty of sleep. Remember, sleep affects everything, including our food choices.'



'I eat chocolate every day but I also try to eat between five and 10 portions of fruit and veg'

Q DO YOU RECOMMEND ANY SUPPLEMENTS FOR RUNNERS?

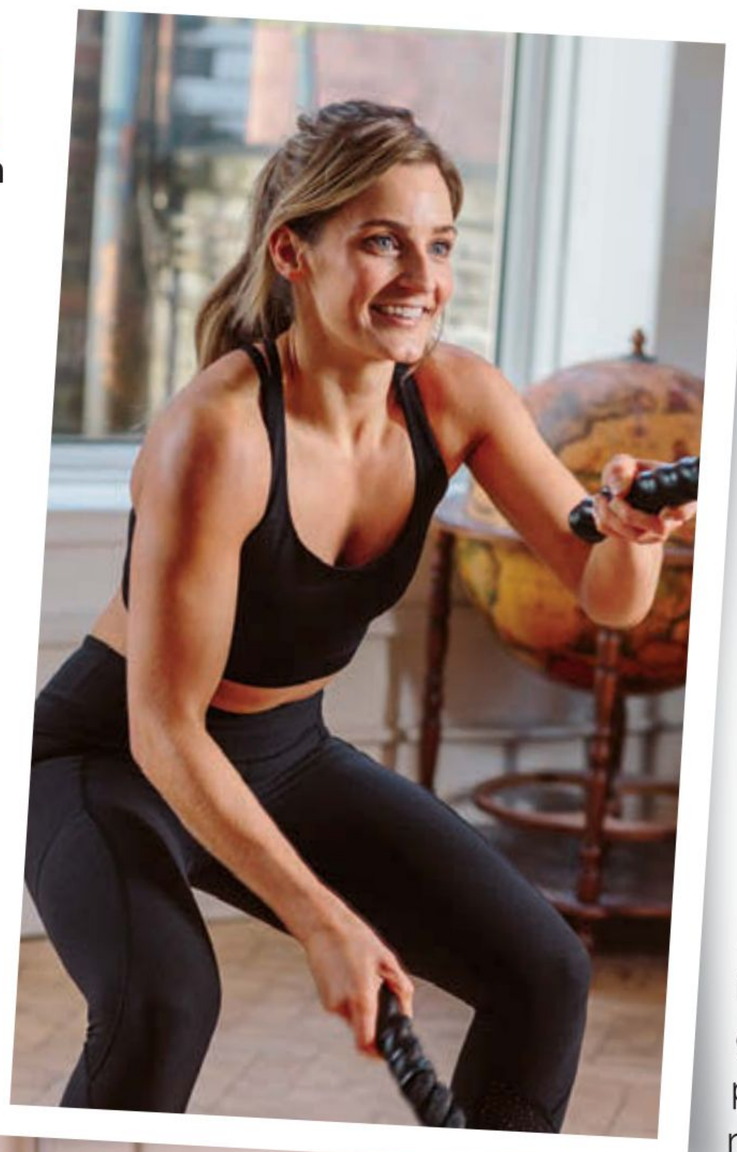
'We can get all the nutrients we need from a balanced diet. But it's worth taking a vitamin D supplement during winter. And if you're vegetarian, it's worth considering B12, iron and omega-3 supplements as it can be tricky to get what you need from a meat-free diet.'

Turn to page 78 to try some of Charlie's recipes.

THE PT

KERRI MAJOR

Freelance sports dietitian Kerri works with both individuals and clubs to help them improve their performance. She's also an NHS dietician and personal trainer. Once a keen runner, she now focuses on CrossFit and strength training. Kerri's Instagram account – @the_dietitian_kitchen – has more than 10,000 followers. Her new book, *The Dietitian Kitchen* (£19.95, Meyer & Meyer Sport), is published on January 1.



Q WHAT DO YOU EAT IN A TYPICAL DAY?

'There is no typical day! I enjoy variety. I usually have porridge oats for breakfast, but always with different fruits and mixes. I make use of leftovers a lot – so I'll make soups from last night's veggies for lunch, for example. My favourite dinner is a Mexican feast. I love spicy food. And because I'm on the go all day, I always have snacks with me – yoghurts, nuts, crackers and cereal bars – to keep me ticking over.'



Kerri believes in eating a healthy, balanced diet

Q WHERE DO MOST PEOPLE GO WRONG WITH THEIR DIETS?

'There is so much "nutrition noise" out there that people misunderstand the basics. It can all seem so complicated, but it really doesn't need to be. The trick is simply to eat a healthy, balanced diet. There's often a misconception about portion sizes – and a fear that if you reduce your portions, you're going to be hungry. But if there's less pasta on your plate, there's more room for vegetables.'

Q WHAT IS YOUR TOP DIETARY ADVICE FOR ACTIVE PEOPLE?

'Again, get the basics right. People often think they need loads of extra protein if they exercise a lot, but you should be able to get all you need from a balanced diet. Always get your nutrition from your food first. We also have a tendency to overestimate the amount of calories we've burned, and then overeat because we've "earned" it. I feel strongly that we need to get away from this idea of "earning" food. The point of exercise is to feel better and enjoy yourself – not simply to burn calories.'

Q WHICH TRAINING FOODS DO YOU RECOMMEND?

'An hour or so before exercise, you should have a light, carb-based snack with a little bit of protein – a fruit smoothie made with milk or yoghurt, for example. If you're exercising for less than an hour, you won't need anything other than water during your workout. Any longer than that and it's a good idea to top up your carb stores with a carbohydrate gel or energy bar. Avoid on-the-go fibre as it takes longer to break down so won't give you that quick-release boost. After your workout, a combination of carbs and protein is key: you could try a Greek yoghurt with fruit, cereal and milk or a can of tuna and crackers. Nine times out of 10, you won't need supplements or protein shakes. If you can pack a gym bag, you can pack a suitable snack!'

BE A ZERO-WASTE *beauty*



In the first of a two-part feature, *H&F* writer and beauty addict Jo Ebsworth is on a mission to banish plastic from her bathroom

‘Plastic-free’, ‘zero-waste’ and ‘sustainable packaging’ were some of the biggest phrases of 2019, and with good reason. According to one study*, a rubbish truck’s worth of plastic is dumped into the world’s oceans every minute. If we carry on at the same rate, the report predicts there could be more plastic than fish in the sea by 2050. Of course, the impact of plastic isn’t only felt in our oceans – 5.5 billion plastic bottles are sent to landfill or incinerated each year in the UK alone, releasing hazardous toxins into the environment.

‘Single-use plastic is arguably one of the biggest issues our planet faces,’ says Brianne West, founder of zero-waste beauty brand, Ethique. ‘While we have the best intentions to recycle, just nine per cent of all plastic worldwide is recycled. This is why it’s crucial we try to cut plastic out of our everyday routines.’

MY PLASTIC-FREE PLEDGE

‘I started my journey to reducing my consumption of single-use plastic a year ago, after my local council reduced household refuse collections to a fortnightly basis. Forced to practise proper recycling – and seeing how much plastic my home accumulated each week – encouraged me to change my buying habits, including investing in a water bottle to carry liquids and re-hiring the milkman. But there was one room in the house that just kept giving: the bathroom. Unable to stomach shelves of plastic shampoo/conditioner/shower gel anymore, I vowed to turn my bathroom into a plastic-free zone. It’s taken six months – and testing 150 products – but I’ve almost accomplished my mission. Fancy making your bathroom more eco-friendly? Read on to discover the products that will help you achieve sustainable success!’

Cleaner cleansers

‘The average woman uses 14 jars, bottles and pots when she gets ready in the morning. Statistically, just one of those will be recycled. Happily, you can make many simple eco-friendly changes to your skincare regime, without switching all your beloved cleansers, serums and creams. First, swap ‘convenient’, non-biodegradable make-up wipes and disposable cotton wool pads (that can sit in landfills for hundreds of years) for reusable cleansing cloths, such as **Holland & Barrett Muslin Cloth** (£4.50; hollandandbarrett.com) or its **Thin Cotton Pads** (£8 for six reusable organic cotton pads with travel bag). Or try my favourite: the **Foreo Luna 3** silicone face cleanser (£169; foreo.com), which blasts away grime via sonic pulsations.

‘I found my perfect cleanser in **Ethique In Your Face** bar for Oily-Normal Skin (£14 for 120g; ethique.co.uk), with essential oils and sea salt to keep your skin spot-free. For an indulgent, deep-cleansing experience, I like **Lani Blue Mint Facial Cleanser** (£18.99 for 65g; lovelani.com) – a pale powder that changes to vibrant blue on contact with water due to the blue spirulina content.’


Blue rinse: Jo loves using the Lani Cleanser



Smooth grooves

‘The trickiest thing for me to find was an eco moisturiser, but finally I discovered **Ishga Anti-Oxidant Marine Face Cream** (£75 for 50ml; ishga.com), which smells divine and leaves my skin incredibly hydrated and plump, thanks to wonder ingredient Hebridean seaweed extract. I’ve still to find a plastic-free eye cream I like, but having discovered two amazing sustainable-living online stores – &keep (andkeep.com) and Plastic Freedom (plasticfreedom.co.uk) – I’m looking forward to continuing the search. Another exciting British skincare brand I’ve just discovered is BYBI (bybi.com), which produces amazing vegan products for all skincare needs – including natural retinol alternatives, wrapped in jewel-coloured sustainable packaging. The **BYBI Babe Balm** (£18 for 30ml), and the **Swipe Clean Facial Cleansing Oil & Makeup Remover** (£26 for 100ml), are now firm staples in my skincare regime and I’ll be trying more. Finally, a big ‘well done’ to the UK’s favourite skincare brand, Simple (simple.co.uk) – the entire, affordable range is now packaged in 100 per cent recycled plastic, so I’m delighted I can still use **Simple Eye Make-up Remover** (£1.90 for 125ml; boots.com) and **Micellar Cleansing Water** (£3.49 for 400ml; boots.com) in good conscience.’

BE AN ECO WARRIOR

‘Statistics from a recent Recycle Now campaign highlight that while we recycle 90 per cent of our kitchen packaging, we only put around half of our bathroom waste – including shampoo and conditioner bottles – into recycling. Couple this with research that shows our haircare regimes produce the largest carbon footprint of all beauty rituals (think using significant amounts of water and energy to wash and style our locks), plus the fact that many traditional shampoos and conditioners contain hidden plastics, petroleum and crude oil derivatives that can be harmful to marine life when washed into waterways, and it’s clear haircare is a significant cause of harm to our planet. Thankfully, there are simple steps you can take to help. It’s an obvious one, but taking shorter showers really helps. And you can halve your time in the shower by swapping in-shower conditioners for leave-in versions. Allowing your hair to dry naturally saves energy, as does washing your hair less frequently and using dry shampoo in between washes.’

3 OF THE BEST...DEODORANTS

1 ‘Handmade in small batches in the UK by green sisters Eve Carnall and Suzanne Loudwill, **Fit Pit Woman Ethical Deodorant** (£10 for 100ml; thegreenwoman.co.uk) smells lovely and works extremely well. Packaged in glass jars, the creamy, organic, vegan formula is free from aluminium salts, parabens, BPAs and palm oil.’

2 ‘I put **Ethique Botanica Solid Deodorant** (£11 for 70g; ethique.co.uk) to the test on a week-long bootcamp, and have completely converted to it. Featuring bamboo, which absorbs 200 per cent of its own weight in sweat and oil, this bar is easy to use, lasts for months and keeps my pits comfy, dry and fresh all day long.’

3 ‘**Pit Putty Natural Deodorant** (£9.95 for 65g; pitputty.eu) is made from a blend of plant oils, butters, naturally mined powders and pure essential oils. Housed in reusable aluminium tins, the vegan, soft, waxy formula claims to absorb “mild sweating”, and it certainly performed very well for day-to-day use.’



*Undertaken by the World Economic Forum, the Ellen MacArthur Foundation and McKinsey & Company

Haircare hero

‘Plumping for vegan, organic, sustainably packaged haircare products makes a real difference – the hard bit is finding the right ones for your hair type. I hit the jackpot when I tried **Ethique Hair Sampler** pack (£14; ethique.co.uk), with three mini shampoo bars and two conditioner bars. Despite being sceptical about solid bars, I found the perfect combo for my greasy, itchy scalp and dry ends in the **Heali Kiwi** shampoo bar (£12 for 110g), and Wonderbar conditioner (£14 for 60g) for oily to normal hair. My boyfriend – who has naturally curly, long hair – swears by the **Frizz Wrangler** shampoo (£12.99 for 110g) and **The Guardian** conditioner (£14 for 60g). We bought full-size versions of these three months ago and they are still going strong, thanks to the super concentrated formulas which are also vegan, organic and palm oil-free.



Ethique claims each bar of shampoo is equivalent to three liquid shampoo bottles, while the conditioner bars equate to five liquid conditioner bottles. And the products work amazingly well – my hair feels super soft, lightweight and manageable, and I’ve waved goodbye to my itchy scalp, too.’

Caring conditioner

‘In the name of research, I tried many other solid haircare bars, including the range of ‘naked’ shampoo and conditioner bars from Lush with zero packaging. But for me, they just didn’t work as well, so I’m sticking with Ethique, although I recommend **Lush Damaged Hot Oil Treatment** (£7.50 for 25g, uk.lush.com) which restored the condition of my hair after a full head of highlights. Can’t bear the idea of solid bars? Fear not! Aveda (aveda.co.uk), the first haircare brand to use 100 per-cent recycled plastic packaging, ensures over 85 per cent of its bottles and jars are made from post-consumer recycled materials. Other eco-friendly brands include Biolage (lookfantastic.com), Davines (cultbeauty.co.uk), and Maria Nila (sallybeauty.co.uk).’

NEXT MONTH...
In part two, discover how to say no to plastic in your make-up and gym bags.

YOUR FITTEST YEAR **EVER**!

There's nothing like an event on the horizon to keep you in peak condition. Here's our pick of the best to sign up for this year

Words: Hannah Ebelthite







PHOTOGRAPHY: OSS photographer Jess Ross

Whether you're new to fitness or a pro with many seasons under your belt, there's always a good reason to have a few races and events to look forward to. Perhaps you're all about smashing a PB in 2020, or trying a new distance or terrain. Maybe you just love the camaraderie and togetherness races bring – or like to play 'fitness minibreak' and visit new parts of the UK. You might have a fundraising target for a cause close to your heart. Or are you a first-timer, nervously stepping out into the world of races or dipping your toes (literally) into a new discipline such as adventure racing or outdoor swims? Here's what's piqued our interest on the fitness calendar this year.

THE BWRLWM BERMO/ HURLY BURLY 10K SWIM

Where: Barmouth Beach, north Wales
When: September 19

This late summer event is organised by The Outdoor Swimming Society which describes it as the most beautiful swim they've ever found. With colder air and water it attracts an experienced, fit crowd up for a challenge. You swim under the iconic Barmouth Bridge and up a wide, sandy estuary with mountains on either side, then go through the 'narrows' and more sheltered, pastoral landscape. The whole swim is on a fast, incoming tide that works like a bore to assist your stroke (so long as you complete it within two hours before the tide turns!). If you fancy more of a challenge, you can run 11K before the swim. It ends at Penmaenpool where you'll find fire pits, hot tubs and hot food to help you warm up and celebrate your achievement.

Enter here: outdoorswimmingsociety.com/bwrlwm-bermo-hurly-burly
Entry cost: £110 for the swim; £129 to run-swim; £24 just to run

DULUX LONDON REVOLUTION

Where: Lee Valley Athletics Centre, north London
When: May 9-10

Cyclists of all ages and fitness levels can enter this two-day sportif. You'll pedal a 185-mile loop of the capital, before travelling through the North Downs, Thames Valley and Chiltern hills. Ride it in one day or stay at basecamp overnight after the first 100 miles.

Enter here: helpforheroes.org.uk/give-support/challenges/dulux-london-revolution/
Entry cost: £39 with a £450 fundraising target





QUEST WALES ADVENTURE RACE

Where: Snowdonia National Park, north Wales
When: June 20

Quest describes itself as 'the original and best' multi-disciplined adventure race in the UK. If you fancy trying something new, adventure racing is like the off-road, countryside version of a triathlon. It comprises trail running, cycling and kayaking (you don't need to have kayaked before). It's accessible to all fitness levels and abilities, and you can choose from the 23km Challenge, 38km Sport or 50km Expert distances. Take your own bike but kayaks are provided. Training plans can be downloaded from the website.

Enter here: questadventureseries.com/race/quest-wales
Entry price: from £70 per person



RED BULL NEPTUNE STEPS SWIM

Where: Glasgow
When: March 21-22

Could this be the UK's toughest open-water event? Now in its fifth year, the Red Bull Neptune Steps takes place through Maryhill Locks, in the Forth and Clyde Canal in Glasgow. It combines a 420m sprint swim with seven obstacles to get over at each canal gate. Obstacles include cargo nets, ropes, ladders and a climbing wall and the water temperature can be as low as two degrees. You can also enter as part of a pairs relay, so you each complete half of the gruelling course. One thousand entrants compete in waves across two days, with separate male, female and pairs competitions. The highest placed swimmers from each round move onto the semi-finals and eventually the final.

Enter here: redbull.co.uk/neptunesteps
Entry price: from £45



ASICS LONDON 10K

Where: Westminster, London
When: July 5

A fast, flat course that takes you on a tour of some of Westminster's most iconic sights, including Big Ben, the London Eye and of course the River Thames. The theme is 'Run United', in celebration of London's diversity. Plenty of live bands and DJs en route, as well as post-race festivities, make this a great summer event, whether your goal is a PB or just a fun day out in the capital. The race route is plastic-free – runners are hydrated with 100 per cent recyclable cups and hot water bottles.
Enter here: virginsport.com/London
Entry price: from £45

WINGS FOR LIFE WORLD RUN

Where: Cambridge
When: May 3

This is a race with a difference, designed to raise money for a cure for spinal cord injuries. The USP? All participants start at the same time and there's no finish line. Pro athletes, fun runners, wheelchair racers, complete novices all set off, then, 30 minutes after the start time, a Catcher Car sets off in hot pursuit. How far you run or roll depends on how far you get before the car catches up with you. There are 5,000 entries in the UK but 100,000 worldwide – with 13 identical events taking place around the globe. Last year, the run raised €3.5 million after 1,103,276km were covered by more than 120,000 participants.
Enter here: wingsforlifeworldrun.com
Entry price: £35, all of which goes to the charity





CONTI THUNDER RUN 24-HOUR TRAIL RELAY

Where: Catton Park, Walton on Trent, Derbyshire
When: July 17-19

The Thunder Run has been going for more than 10 years and is just as popular as ever. You can enter solo or as part of a relay team of two to eight people, keeping up a constant effort around the 10K course. The terrain is a mix of technical woodland trails, fast gravel tracks and everything in between and you'll be running whatever the weather, through daylight, dusk and darkness until dawn. If you're not the one running? Then enjoy the events and camaraderie in the campsite.
Enter here: tr24.org
Entry price: from £62.50

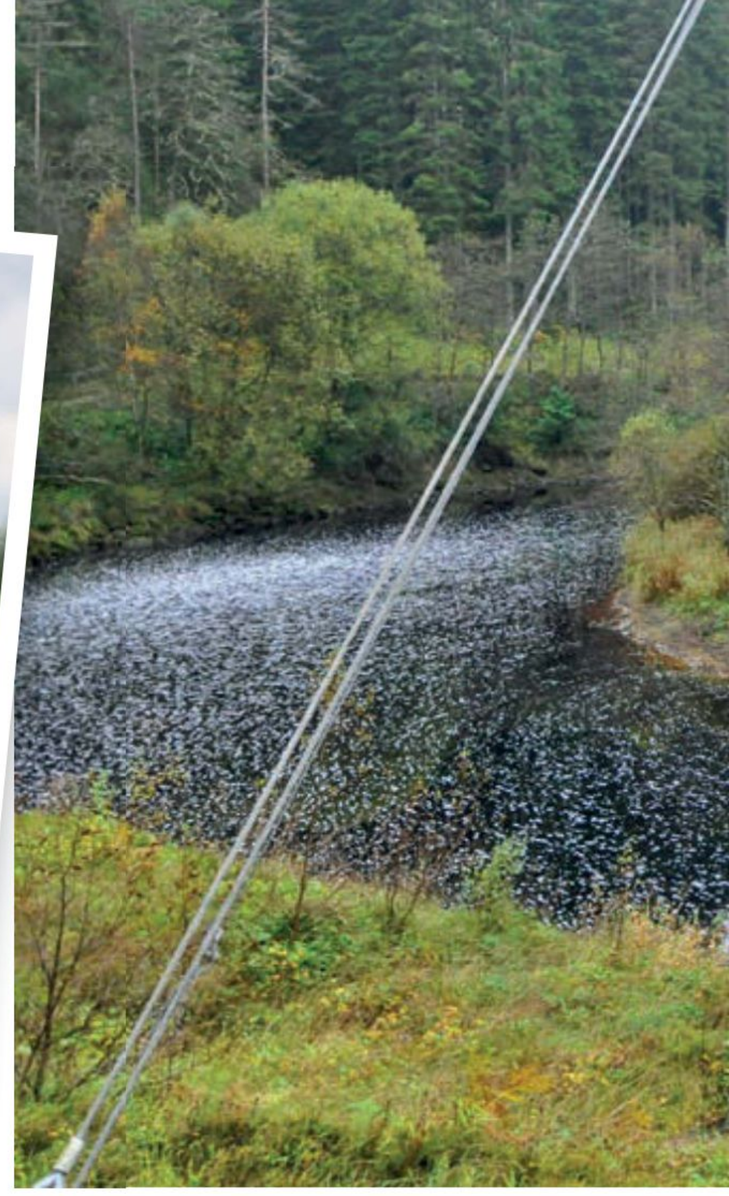
LAKE DISTRICT CHALLENGE

Where: Kendal, Lake District
When: June 13-14

You can choose a 25km, 50km or 100km route; walk, jog or run it over one day or two. Base camp is in Kendal, from where you start the 100km loop anticlockwise, taking in tough hills, Ambleside, meet Lake Windermere halfway, then continue through forests and nature reserves. Ultra Challenge Series events are well marshalled with food, drink, rest and medical stops, and options to camp or stay in YMCA rooms.

Enter here: ultrachallenge.com/lake-district-challenge
Entry price: from £79 to £198







CASTLE TO COAST TRIATHLON

Where: Windsor to Brighton
When: July 2

This epic, one-day point-to-point triathlon stars with a 1.2m swim in Dorney Lake, Windsor. From there you hop on your bike to ride 67 miles to Hassocks, with an emphasis on enjoying the ride as a sportif rather than racing. And then it's just a 13.2 mile run to the coast, where the event village awaits you on Brighton Seafront. Last year this event had to be cancelled due to high winds, so expect lots of participants this year. You can also enter as a team.

Enter here: fullste.am/castle-to-coast
Entry price: from £144.50

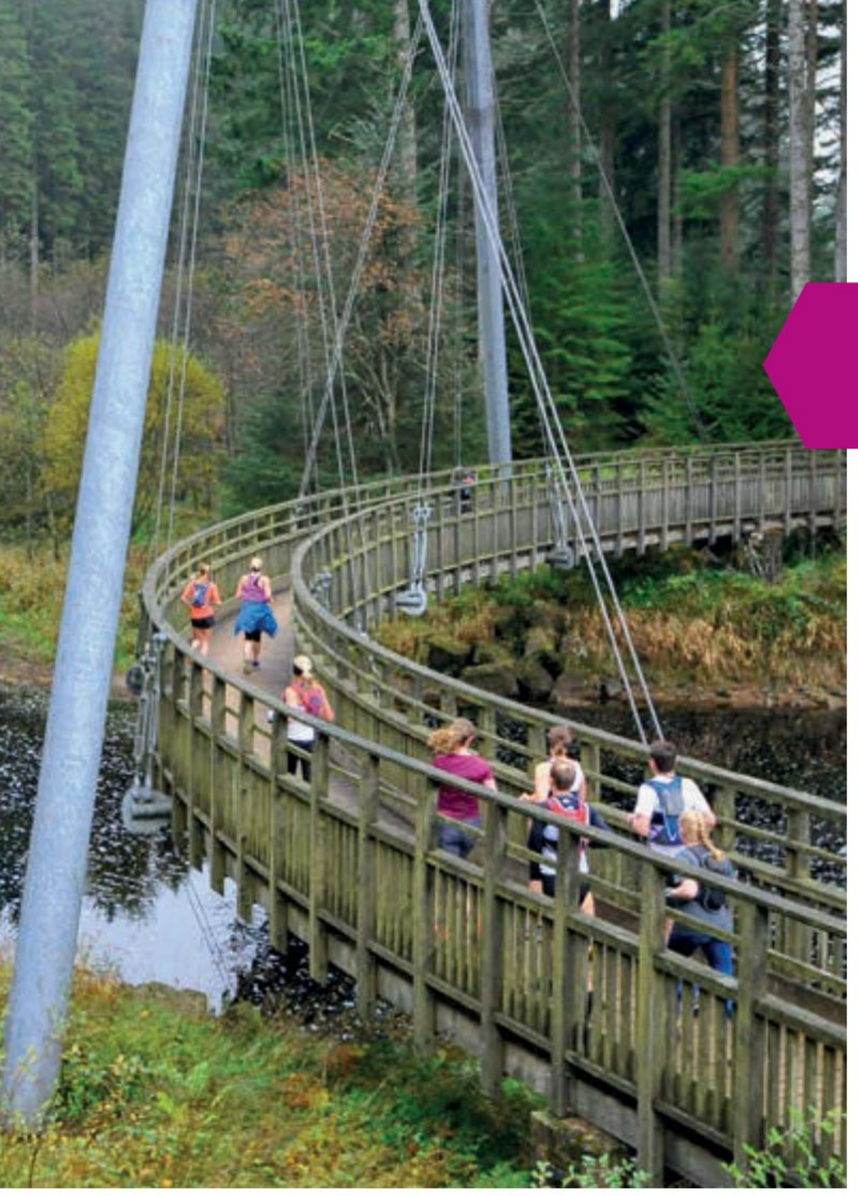


RIDE THE TRAFALGAR WAY

Where: Falmouth, Cornwall to London
When: June 27-28

This epic cycle sportif is in its second year and is sure to be the experience of a lifetime for hardcore cyclists. The 500km Audax ride (with 6,795m elevation) must be completed in 33 hours 20 minutes, visiting control points along the route as proof of passage. At some points, you'll find a snack and warm drink. Ride through villages, town and cities and along the Jurassic Coast. For the sleep stop, bring your own compact sleeping mat and sleep on the floor, or book a B&B or hotel.

Enter here: ridethetrafalgarway.com
Entry cost: £28 for Audax UK members; £31 for non-members



KIELDER MARATHON

Where: Northumberland
When: October 4

If you want a break from pavement pounding, how about a marathon deep in a Northumberland forest? The Kielder Marathon, at Kielder Waterside, follows an almost entirely off-road scenic course around northern Europe's largest man-made lake. If you don't fancy the full 26.2 miles, there's also a 10K or a run-bike-run event the day before, or a half marathon and junior races on October 4, so it's a great excuse for a mini break in a stunning location with friends and family.

Enter here: kieldermarathon.com
Entry price: £38 for marathon distance





GET RACE READY!

Georgie Okell, personal trainer, has these tips to get you in shape

- It can help to sign up to a race with a friend or group of friends – you'll keep each other accountable and the training sociable.
- If you want to keep getting fitter then a new distance or sport will keep challenging you and your body. But there's nothing wrong with finding something you enjoy and sticking at it purely because it feels good. You don't have to pressure yourself to get faster, stronger, fitter constantly if that doesn't make you happy.
- Training plans are a super useful tool to track your progress and make sure you're moving in the right direction. You don't have to make your own – ask a coach or PT or there are loads available online. Most races you sign up to will have some you can download.
- The key is to give yourself a good long lead up to the event. Build slowly and make sure you focus on warming up and cooling down around sessions, to avoid injury.
- Don't get stressed if your training doesn't always go to plan. Sometimes we get injured, sick or have a busy week or two and that's OK. Just jump back into it where you can, and if you miss a workout or don't hit the targets you had set for that week, let it go – you're only human!
- Pay attention to your body first – if you're feeling ill or exhausted, pull back. The main thing is to get to that start line feeling fresh and ready for the challenge.

LET'S GO FLY A KITE

Lucy Miller heads to Morocco's coast to try kitesurfing

'Wetsuit and life jacket on – check. The sea's cold and rough so you'll need some buoyancy. Safety harness on – check, helmet on – check. OK, pump up your kite up so it catches the wind. You attach the steering handle to the kite, which attaches to your safety belt so the kite can pull you over the water. You then get on the board and off you go!' says instructor Hamzem from kitesurfing company KiteWorldWide.

'Where's the brake?' I ask as the kite catches the wind and viciously drags me along Essaouira's long and very windy beach. 'Just let go of the handle!' Hamzem shouts after me. There's a lot to take in!

Kite surfing started back in the late 1970s. I hadn't heard of it until the news that it will be added to the Paris 2024 Olympic Games. The wind-powered watersport uses a kite and a board to propel you across the water. Despite the name, it doesn't have to involve wave surfing – it can be done on mirror-flat lagoons, as well as in choppy seas or big waves and is especially popular in countries such as Cape Verde and Sri Lanka where the wind is high and the sea is rough. The sport has grown massively in recent years and even more so with women, according to holiday company



Kite surfing is an adrenaline junkie's dream sport



Participants learn skills on land before taking to the water

KiteWorldWide (kiteworldwide.com), founded by enthusiasts York Neumann and Jürgen Sievers.

HOW TO DO IT

The adrenaline-filled sport, which works your upper body, core, balance and quads, is first taught on the beach, where you learn to set the kite up safely, then learn the rules of how to fly and control the kite. As the kite lifts into the air and starts blowing left, you have to pull gently on the right of the handle, and as the kite blows right, you pull left. Pull the handle down towards you to brake. If the kite hits the water and starts dragging you through the sea, you simply let go. The kite is attached to your safety belt so it won't float away.Once you can control the kite on dry land, you can head into the sea. And as I walk in, attached to this huge piece of material by my safety belt, I feel nervous and slightly overwhelmed.

First, you learn to bodydrag. It sounds scary, but you lie on the board on your tummy and let the kite drag you along while you control the kite's direction. 'Pull, left, right, left, right – keep your head above water…' shouts Hamzem. I'm up and down like a yo-yo, but slowly I gain control of the kite and it clicks. The adrenaline and satisfaction as I steer the kite and keep my head out of the water is incredible! Although I'm exhausted and full to the brim with nose-dives, face-plants and sea water by the end of my first day, the sense of satisfaction is like nothing I've ever experienced before!



The beach at Essaouira is very long, with no rocks to get in the way!



Lucy (left) learns the ropes on land before progressing to the sea

RECOVERY TIME!

Luckily, Essaouira has some amazing places to rest and recuperate after a tough day in the sea. I stayed in Le Jardin des Douars (jardindesdouars.com), a luxury hotel that consists of five villas, each with private swimming pool, kitchen and en-suite bedrooms. Just 10 minutes' drive from the beach in one direction and the old medina with its vibrant shops, restaurants, cafes and bars in the other, it's very well placed.

Equipped with heated emerald pools, a hammam and spa, serene gardens, and even its own peacock, the hotel is a wonderfully relaxing place. The décor is truly Moroccan with tadelakt plasterwork, beautiful open doorways, bursts of colourful vases and Berber rugs and even wicker, egg-shaped swings around the outside bar!

'I'm up and down like a yo-yo, but gradually I gain control of the kite and it clicks'

There are plenty of activities to try in Essaouira apart from surfing, too, including camel or horse-riding, rooftop yoga, quad or mountain biking. Ease those aching muscles with a massage, or head to the shops for some retail therapy with everything from hand-carved chess boards, spices, fruits and carpets to leather goods, pottery and clothing. Or simply stroll and take in the artistry and craft – everywhere you look, there's a pop of colour of both traditional and modern bohemian.

TIME TO HEAD HOME

My trip to Morocco was just four days – was it enough? Absolutely not – but as I head to the airport (a handy 15 minutes away from the hotel), I'm looking forward to the three-and-a-half-hours of rest on our flight back to Stansted. My body is exhausted, but my skin is sun-kissed and I'm so proud of what I achieved. I may well be back soon to hone my skills – I definitley feel like I've caught the kite-surfing bug!

TRAVEL FILE

Lucy travelled with KiteWorldWide. KiteWorldWide's beginner package at Jardin Des Douars, excl. flights, starts from £1,275, based on two sharing, and includes: seven nights B&B in a double en suite room; daily transfer to and from the beach; 12-hour group kite course; kite rental; a launch, landing and rescue service; SUP and surf usage; a Moroccan dinner and a BBQ on the roof terrace with the team and all KiteWorldWide guests; room tax. Ryanair (ryanair.com) flies direct from Stansted to Essaouira from £9.99. Airport transfers £21 each way for four.

MAIN IMAGE: Tom Court

MAIN IMAGE: Adam Hughes Photography

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

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FitSoul

Wellness news
Health advice
Beauty tips

Live longer

Want to live to a ripe old age? Yet another study points to exercise as the key. Researchers at John Hopkins Bloomberg School of Public Health in Baltimore, US, studied almost 3,000 adults aged 50-84 to find the best predictors of death risk within the next five years. Participants wore an activity tracker for seven days, and researchers found that total daily physical activity was a better predictor than smoking-related behaviour or stroke or cancer history. In fact, total daily physical activity was the strongest mortality predictor, followed by age, then the time spent doing moderate to vigorous physical activity. Time to rejoin the gym?

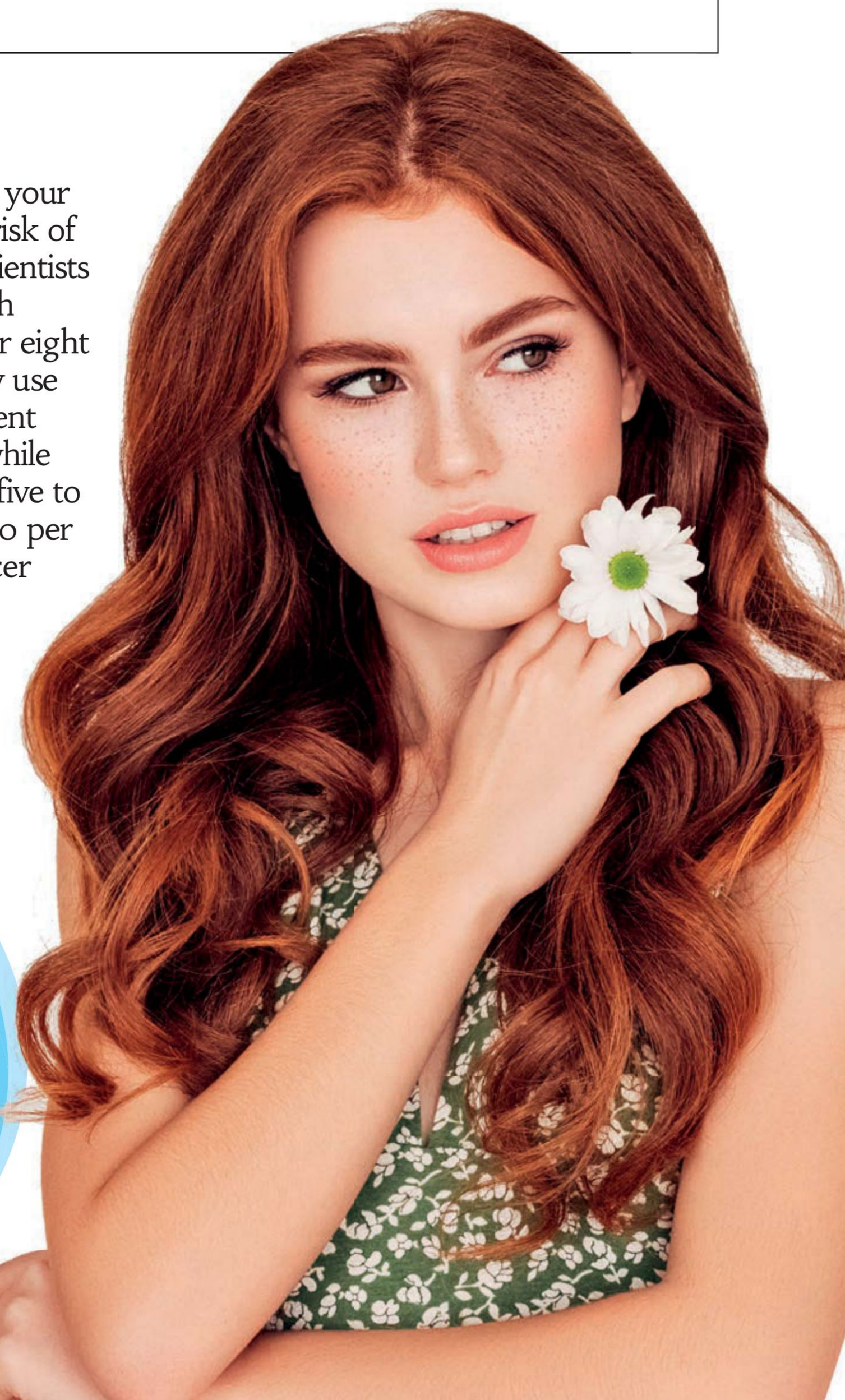
WORDS: Eve Boggenpoel PHOTOGRAPHY: iStock

Wellness notes

Relax and recharge ● The best healthy reads ● High-tech way to clean teeth

HAIR TO DYE FOR

Do you dye or chemically straighten your hair? You could be increasing your risk of breast cancer, says new research. Scientists from the National Institutes of Health tracked around 50,000 women over eight years and found those who regularly use permanent hair dye were nine per cent more likely to develop the disease, while chemically straightening hair (every five to eight weeks) increased that risk to 30 per cent. While the causes of breast cancer are complex, you could switch to using temporary or natural hair dyes such as henna, and smooth out curls with heated tongs to reduce exposure to chemicals.



AND INHALE...

Don't underestimate the power of the scents you breathe in. A recent study, published in *Scientia Pharmaceutica*, used EEG brain scans to find out how natural essential oils affect your brain and cognitive functions. The scientists found that geranium oil significantly lowers anxiety, while rose oil calms the adrenaline-fuelled flight or flight response by 40 per cent. Find both oils in eym's all-natural HOME candle, (£39 for 220g; eymnaturals.com). Ahhhhhhh…



DITCH TOOTHPASTE!



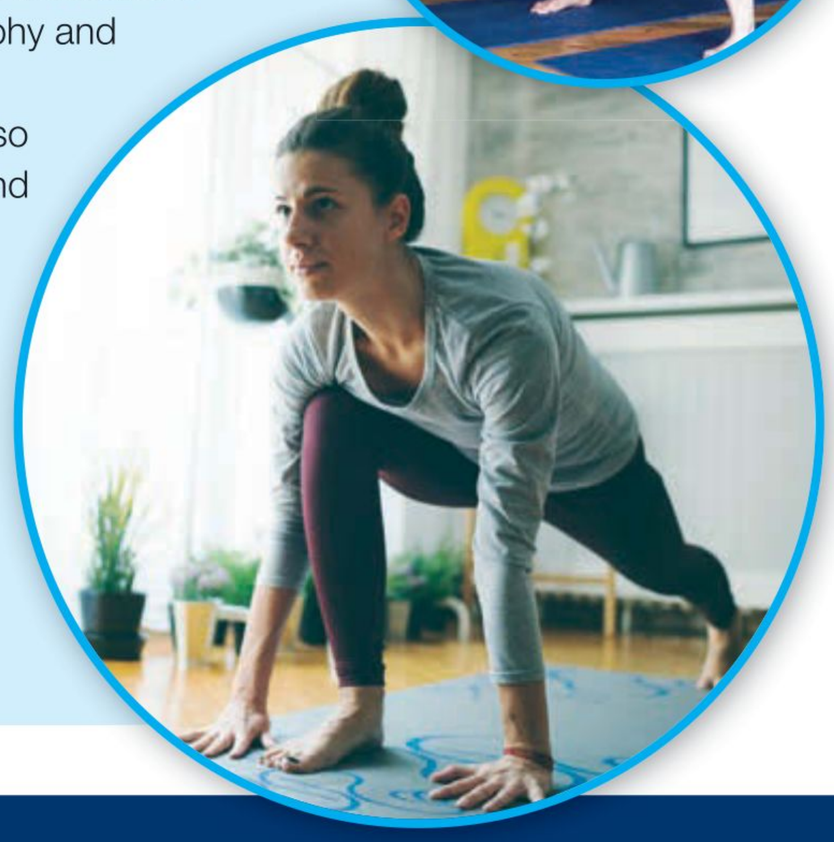
Worried about all those toothpaste tubes going into landfill? You could try a toothbrush that doesn't need toothpaste to keep your teeth clean. While most electric brushes remove some of the plaque and harmful bacteria through the brushing action, ION-Sei's chemical reaction actually suppresses the growth of the enamel-attacking bacteria.

Here's the science bit: an ultraviolet (UV) LED light in the brush reacts with a titanium dioxide bar in the brush handle to create negative electrons that suppress plaque-causing bacteria. These ions travel through your saliva to your teeth, zapping the bacteria. The brush also attracts bacteria from your teeth onto the brush. Sounds pretty clever! The ION-Sei costs £129.99 from amazon.co.uk. Find out more at ion-sei.com.

DO A STAY-HOME YOGA RETREAT



Sign up to yoga streaming site The Fat Yogis' high-quality, free Home Retreat programme for the new year (January 3-5). It includes an invigorating class in the mornings, soothing yin yoga in the evenings, guided chakra meditations and a couple of philosophy and anatomy lectures. 'This fulfilling yoga practice also stimulates our brains. And finding the space to sit quietly touches the heart, which leaves us filling nourished and complete,' say founders Anat Geiger and Marcel van de Vis Heil (pictured).' Visit thefatyogis.com.



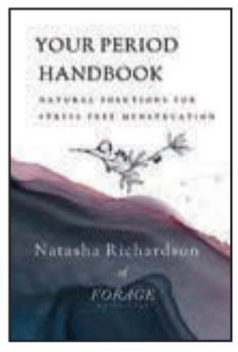


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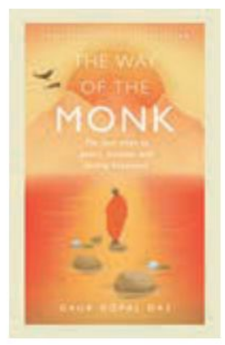
3 OF THE BEST NEW YEAR BOOKS



Radical Compassion: Learning to love yourself and your world with the practice of RAIN **by Tara Brach** (Rider Books, £14.99) When Tara Brach speaks, her voice resonates with wisdom, depth and compassion, easing tension. In her new book, find out how to connect to your source of love, understanding and forgiveness, and ease fear and stress, using a four-step meditation practice Recognise, Allow, Investigate, Nurture.



Your period handbook: Natural solutions for stress-free menstruation **by Natasha Richardson** (Aeon Books, £14.99) Does your menstrual cycle interfere with your training? Medical herbalist Natasha Richardson explains which herbs bring relief to symptoms from PMS to migraines, and offers treatment plans for PCOS, fibroids and more. Try recipes for herbal teas, restorative tinctures and bath potions.



The Way of the Monk **by Gaur Gopal Das** (Rider, £12.99) Have you ever wanted to exude that inner calm you see in long-time meditators? Here, Gaur Gopal Das, the world-renowned motivational coach and former businessman who became a monk in Mumbai 22 years ago, offers precious insights to guide you, whether you want find your purpose, strengthen relationships, or change your outlook on life.

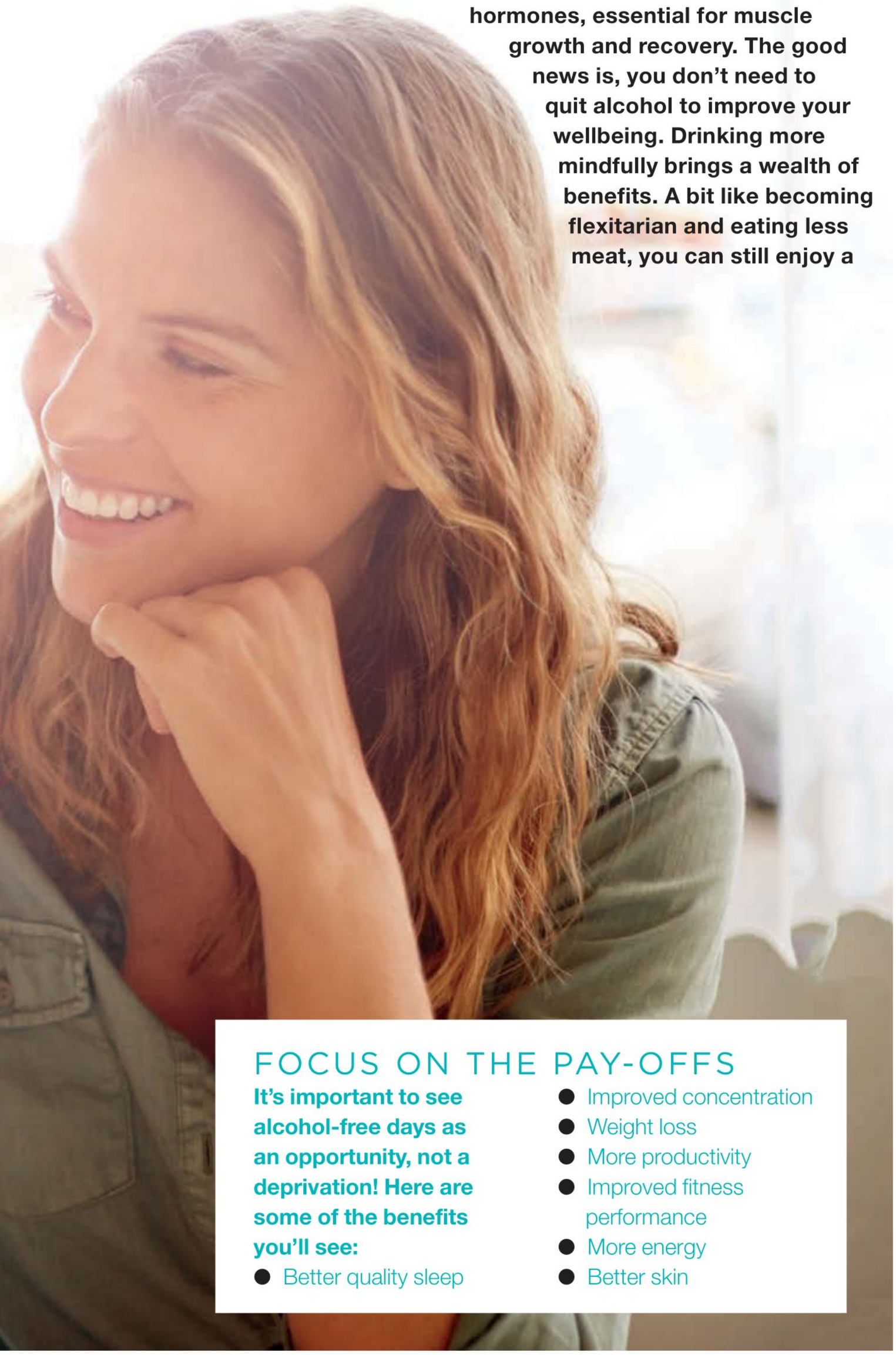
30% of people don't realise poor muscle health is directly related to tiredness. Sleep more for better gym results!*

7 WAYS TO A DRY-ISH NEW YEAR

Do you try and fail – every year – to stay alcohol free for Dry January? These tips will help you cut down on your booze intake



Whether you've sworn to quit drinking after a boozy Christmas or you're fed up missing workouts due to a hangover, January is the perfect month to review your alcohol intake. Not only will your liver thank you, your fitness levels will benefit, too. Alcohol causes dehydration and limits your body's ability to produce glucose for energy, both of which reduce your performance. It can also disrupt sleep and the release of growth hormones, essential for muscle growth and recovery. The good news is, you don't need to quit alcohol to improve your wellbeing. Drinking more mindfully brings a wealth of benefits. A bit like becoming flexitarian and eating less meat, you can still enjoy a drink or two – just not every day. Follow these mindful drinking tips from Fiona Beckett, author of *How to Drink Without Drinking* (Octopus, £15.99) to get started.



1. MAKE A PERSONAL GOAL

Make it realistic. Two alcohol-free days a week is doable for most of people, most likely after the weekend. Three is better still – preferably in a row.

2. SET YOUR LIMITS

On some of your drinking days, have only one drink, sipped slowly and mindfully. Try limiting yourself to one (modest) glass with dinner or resolve not to drink when alone! Be honest with yourself about what you drink. An app can help you keep on track.

3. TELL FAMILY AND FRIENDS

One of the biggest battles you'll face is friends who press you to drink. Don't be embarrassed to explain why you're cutting down, making it clear you're serious. You may even need to change your social circle or find a non-drinking pal to go out with.

4. DON'T TEMPT YOURSELF

On days you're dry or cutting down, avoid your boozy haunts. Don't make having a drink the main reason for going out – unless it's for coffee. It may be worth taking the car to give you an excuse not to drink. If you're embarking on a longer period of abstinence, clear out booze from your cupboards and fridge. Stock up with alcohol-free alternatives.

5. BRING YOUR OWN

If you're visiting friends and are not sure if there will be alcohol-free drink, take it with you. Alcohol-free beers are a good bet as they won't make you stand out from the crowd. Or take a bottle of an alcohol-free spirit and some tonic to your hosts.

6. PAIR FOOD WITH DRINKS

You're more likely to crave wine with food from wine-producing regions. On your non-drinking nights go for Indian or Thai. Pair cuisines with non-alcoholic drinks. For Japanese, try kombucha; for Thai, try a non-alcoholic mojito; for Indian, try a lassi; and for French, try a citron pressé. For red wine, alternatives are pomegranate or sour cherry juice with a dash of balsamic vinegar. Replace white wine with elderflower cordial or sparkling water.

7. LEARN TO LOVE WATER

Don't drink because you're thirsty, drink for the taste. Serve water cool, fresh and flavoured with fruit, cucumber or herbs. Fruit with a high-water content, such as strawberries and melon, work particularly well, and so do citrus slices.

FOCUS ON THE PAY-OFFS

It's important to see alcohol-free days as an opportunity, not a deprivation! Here are some of the benefits you'll see:

- Better quality sleep
- Improved concentration
- Weight loss
- More productivity
- Improved fitness performance
- More energy
- Better skin

ADDITIONAL WORDS: Mary Comber
PHOTOGRAPHY: iStock

Beauty notes

Gym-bag essentials ● New ways to glow ● Workout hair solution

3 OF THE BEST ... WAYS TO EXFOLIATE

Monat Berry Refined Scrub, £54 for 87ml; monatglobal.com
This 2-in-1 facial scrub mask with cranberry seeds plus 17 botanical oils gently buffs away dead skin cells to reveal a more radiant complexion.



Clarins Comfort Scrub, £26 for 50ml; clarins.co.uk
Sensitive skin still needs exfoliating. Wild mango butter, rich in essential fatty acids, nourishes, while sugar microcrystals from beetroot remove dead skin in this gel-in-oil formula.



Bubu Exfoliating Sheet Mask, £7 for 21g; bubuskincare.com
Banish shine and dulling debris with a fusion of kaolin and charcoal, plus orange and lemon extract in this fibrous sheet mask, #stripitoff.



EXPERT TIP

'For workout hair, make two low ponytails at the nape of your neck. Twist them into a chignon, then, after your cardio sesh, unravel it into bouncy waves.'

ROBERT EATON, HAIRDRESSER OF THE YEAR



CELEBRITY MUST-HAVE

'I use Charlotte Tilbury Magic Cream – a good moisturiser that you can't go wrong with!'

Mollie King

Charlotte Tilbury Magic Cream, £70 for 50m; charlottetilbury.com

DO THE ROUNDS

Did you know? Sterilising and reusing glass bottles is far more energy efficient than recycling. Check out reBYBI, the new circular recycling scheme from 100 per cent natural beauty brand BYBI (bybi.com). From now on, all BYBI products in glass bottles will come with a free Royal Mail returns label so they can be reused rather than traditionally recycled. Well done BYBI!





GET IN THE GROOVE

When you're training hard, the last thing you want to worry about is your appearance. So we were pleased to discover new exercise-friendly skincare brand Skin in Motion. 'Your gym skincare and make-up should be different from your regular products, as they need to work harder for your skin,' says founder Gia Mills (skininmotion.com). Skin in Motion products are non comedogenic, so they don't block your pores, meaning there's less chance of breakouts. Want a natural glow? Work It Tinted Moisturiser (£25 for 30g) is breathable, sweat-proof and contains fast-drying ingredients. Post-workout, spray on Cool It Mist (£20 for 20g) to replace your usual moisturiser. It contains hydrolysed hyaluronic acid to hydrate, natural mint to cool and liquorice extract to calm skin, so you can head back to the office post-lunch break without everyone knowing where you've been!

WORDS: Eve Boggenpoel PHOTOGRAPHY: iStock, Shutterstock



Moisture miracle
Try Aveda Nutriplenish Leave-in Conditioner (£27 for 200ml, aveda.co.uk), with organic pomegranate oil and sand ginger, to hydrate, revitalise and detangle in a 98 per cent natural formulation.



Pukker up
Available in 12 shades, Dear Dahlia Dream Velvet Lip Mousse (£25 for 6ml; feelunique.com) has a soft, glide-on texture that moisturises, conditions and protects winter lips with antioxidant dahlia variabilis flower extract.

Skin saver
Combat the effects of blue light exposure with radiation-resistant algae in One OceanBlue Light Protection +Hydration Mist (£46 for 100ml, net-a-porter.com).





Vitamin shot
Give your regular moisturiser an upgrade with a shot of Vitamin C Super Booster (£9.99 for 30ml, superdrug.com). It helps even out skin tone and revives your complexion.

BEAUTY BAG

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



Sleeping beauty
Nourish mind and body with LLIO Beauty Amethyst Sleep Bath and Body Crystoil (£45 for 100ml; llio.love) – a blend of essential oils of lavender, rosewood and geranium charged with amethyst crystals.

Beat pollution
Use Skin Regimen Cleansing Cream (£26 for 150ml; libertylondon.com), a gentle foaming cleanser that's nearly 90 per cent natural origin ingredients, to wash away pollution and toxins as well as make-up, SPF and post-workout sweat.

Save your blushes
Want an instant glow? The gel-to-watercolour formulation in Iconic London Sheer Blush (£18 for 12.5ml; iconiclondon.com) blends seamlessly to lift and sculpt your cheeks.

WORDS: Eve Boggenpoel ADDITIONAL WORDS: Emma Lewis

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† Advanced Collagen contains collagen, turmeric, ginger, hyaluronic acid, glucosamine, and copper which contributes to the maintenance of normal connective tissues and vitamin C which contributes to normal collagen formation for the normal function of bones and cartilage.

‘MY LIFE IN A DAY’

Faye Edwards

The celebrity trainer and fitness expert (fayeedwards.co.uk) runs us through her busy working day

Work

‘I start my day with scrambled egg and avocado for breakfast four times a week. It’s too much really, but I love it! Then I head to work. Until April, I was the group exercise manager for the Third Space gym in Tower Bridge, London, and because it’s open from 6am to 10pm, no two days were the same: teaching classes, devising and managing the timetable of 210 classes a week across five studios, plus studio maintenance and the recruitment and training of 80 instructors. I’m now doing the same role for a new Islington Third Space, opening in January, and I’ve had an exciting few months seeking out the best instructors and classes so members can have the best experience. I’m ready to smash it!’

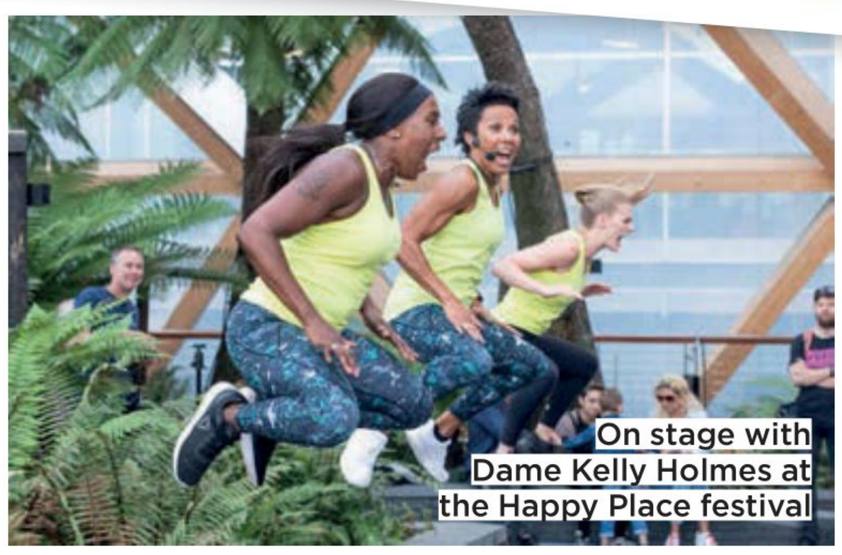
‘My passion for fitness grew in my early 20s, after deciding that I needed to overhaul my lifestyle. I was drinking, smoking and partying hard – the opposite of how I live now – but I’m living proof positive change is possible. I signed up to a gym, got addicted to classes and soon qualified as a Zumba instructor, teaching on top of my day job as a youth and community worker. I went full-time in fitness eight years ago, and the rest is history.’

‘My mission in life is to make fitness accessible to everyone. One way I do this is through my dance creation F.I.T JAM – a dance hall/Caribbean-style dance class where you learn a choreographed routine set to urban music. It’s so simple, even people who think they’ve got two left feet can do it. I’m so proud to have built a community of people spanning all ages, abilities and backgrounds that I get to inspire and motivate.’

‘The best part of my job is interacting with people. It’s so rewarding to guide people to better health – and being surrounded by people always on a high from endorphins is a bonus! I spend some evenings and most weekends with F.I.T JAM; presenting at wellbeing festivals; working with amazing people such as Dame Kelly Holmes and Davina McCall to create fitness content; and running my own fitness and empowerment events. People always ask how I fit it all in, but it helps when you love what you do.’



Faye teaches choreography at one of her F.I.T JAM classes


On stage with Dame Kelly Holmes at the Happy Place festival


Leading a class at Third Space Gym

WORDS: Jo Ebsworth Faye Edwards is a Live Well London Ambassador. Live Well London 2020 Takes Place Feb 28 – March 1, 2020, at Old Billingsgate, 1 Old Billingsgate Walk London, EC3R 6DX.

Life

‘As a night owl, I work out in the evening after a dinner of fish and vegetables. I had lost my fitness mojo after competing in body building – exercising because I had to rather than because I wanted to – but I’ve got a new goal now, training in Olympic Weightlifting. It’s been an exciting and eye-opening journey, and my coach has bullied me into competing in December!’

‘To chill out after work (I might not get home till gone 10pm), I’ll do hot yoga, or you’ll find me watching TV, listening to podcasts or practising mindfulness before bed. Even though I might not go to bed til midnight, it’s imperative that I get eight hours sleep to rest and recover!’

‘The fitness industry has a long way to go before it’s fully accessible to people of all shapes, sizes, races, ages and financial status. I’m trying my best to bring change, but I’m a speck in the industry. We need big brands to do much more by collaborating with all types of people. So I’m proud to be an ambassador for Live Well London (livewelllondon.com) – the most inclusive wellbeing, health and fitness festival. They stand by my ethos that being healthy isn’t just about fitness, it’s about taking a 360-degree approach to wellbeing.’

FAYE’S WELLBEING TIPS

- ‘Find workouts or gyms that are welcoming and create a community vibe – fitness should be about having fun and making friends, not just getting ripped.’
- ‘Fuel your body with great foods and listen to what it needs. I never skip breakfast and practise intuitive eating so I know what makes me feel good.’
- ‘Be balanced in your lifestyle. If you’re working and training hard, it’s also important to let your hair down once in a while and indulge in a treat if you want one.’

Faye is training in Olympic weightlifting

18+

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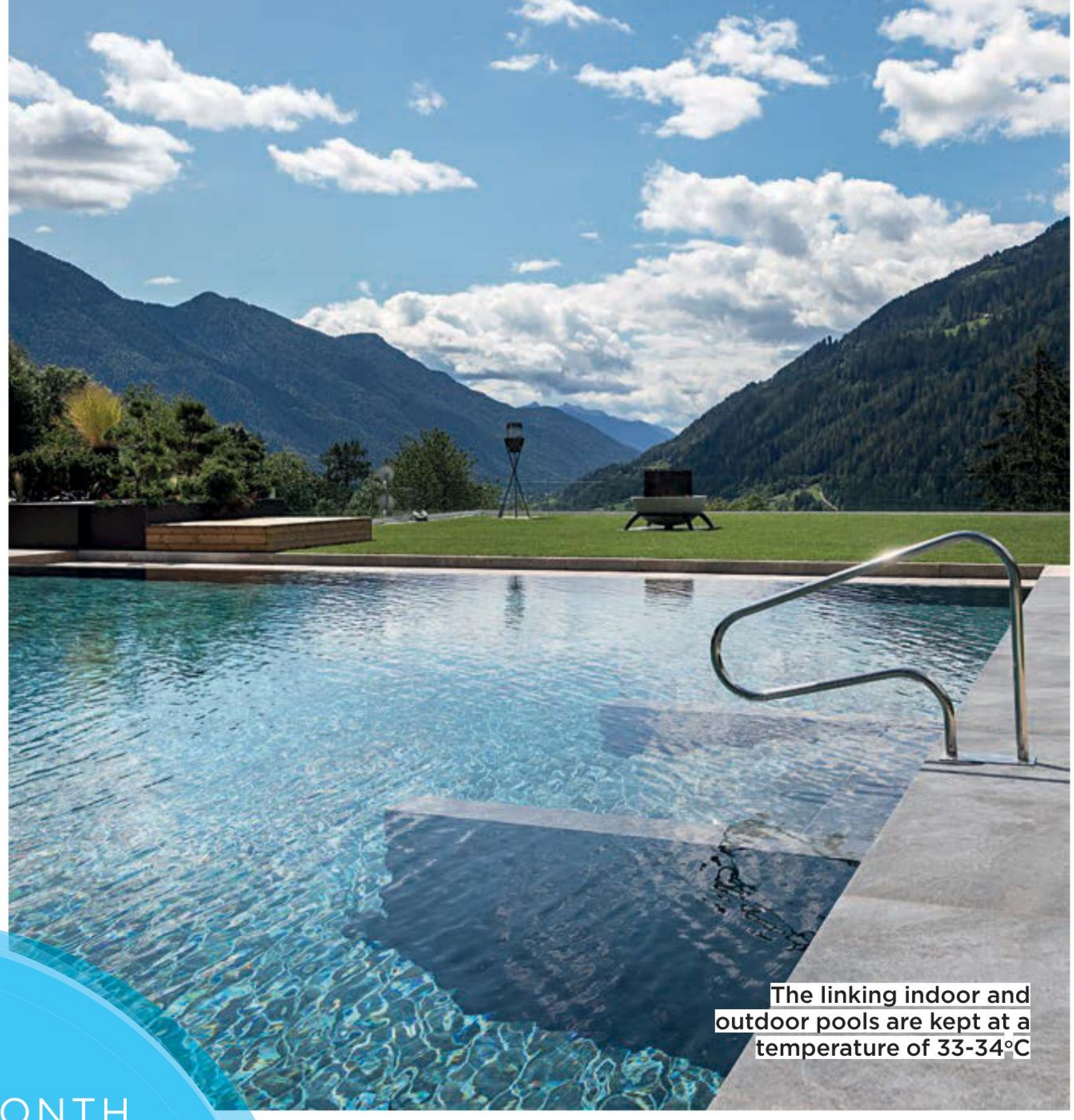
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Even the lounge/lobby has stunning views of the mountains



The linking indoor and outdoor pools are kept at a temperature of 33-34°C

SPA OF THE MONTH

Mountain high

Lefay Resort & Spa Dolomiti, Dolomites Italy

WORDS: Sharon Walker



Relax as you soak up the ambiance through floor-to-ceiling windows

‘I arrive at luxury eco-resort, Lefay Resort & Spa Dolomiti with a hacking cough. Fortunately, they have a sauna for that. As they do for stress or agitation and even ‘too much joy’. As Marco, the spa’s head honcho explains, everything here is designed to bring you back into balance, with an East meets West framework of Chinese medicine.

THE SPA

‘This most incredible spa, 5,000 square metres of heated saunas and bubbling hydrotherapy pools, is designed to reflect the seasons. We can work our way around them in order. Or, we can simply jump straight in and head to the sauna and season to which we feel drawn most. For me it’s Autumn or the White Tiger (the Chinese name) that beckons, with its eucalyptus-infused steam room working magic on my lungs.

‘Even the relaxation rooms each have their own spin. Spring bursts with life offering a “forest” of actual trees and sound track of birdsong. Summer bewitches with a wispy smoke-effect fire. It’s magical stuff. The full through-the-looking-glass of spa experiences.

‘But it’s only when I slip into Winter, a darkened room with curtains of twinkling crystals, that I really find my season. This surprises me as I am, ordinarily, a summer girl, drawn to blue skies and sunshine. As I hunker down in the dark salt cave, reclining on a tiled chaise long, every ounce of tension leaves my body. And then it’s time to slide into the inky water of the salt lake.

‘Floating on my back in the shallow pool, I drift around like a Dead Sea mermaid in a dreamy meditation, as a disco of coloured lights flickers across the curtain of crystal icicles over my head. It’s the Studio 54 of spa experiences.’

THE RESORT

'This incredible spa world is the central hub of new eco-resort Lefay Dolomiti, the sister hotel to the awarding-winning wellness and weight-loss spa Lefay Resort & SPA Lago di Garda. Set in the tiny ski resort of Pinzolo, the new spa focuses on relaxation. Here they ease you back into balance with qi gong, soothing spa treatments and healthy mountain hikes.

'It's a gorgeous hotel. A beautiful, bold building whose glass atrium soars cathedral-like into the sky, cleverly designed to make the most of the incredible mountain scenery, with a wall of windows that stretch from ceiling to floor. Set in the splendid scenery of the Dolomites (a protected national park and UNESCO World Heritage site), there is jaw-dropping beauty everywhere you look: as you swim through the mists in the lake-like indoor-outdoor pool; as you lie in the relaxation area gazing out at the view; even as you sweat it out in the 90-degree glass-walled Finnish sauna, you are never far from a pine-covered panorama.'

ECO CRED

Lefay is also a hotel that's deep into eco. Local is its watchword. Local materials; local staff and, of course, local produce. So you'll find local river trout on the menu as one of the healthy options and even incredible organic ribeye steak, from the neighbouring valley. The hotel produces its own energy by burning leftover waste and wood. And what they can't produce they off-set. In the spa, the Lefay SPA products draw on the therapeutic benefits of local minerals, mud and plants from the forest.

GET ACTIVE

'I'd happily come here at any time of year, but if you visit between December and April, you can ski. The hotel has its own ski-hire shop and the cable car, just 200 metres down the road, connects you to 150km of slopes. It's possible to ski from Pinzolo to Madonna di Campiglio, the swish neighbouring ski area, on one lift pass. I wasn't here during the ski season but there were other fitness activities to keep us busy including Pilates, e-bikes, gym and guided hikes.

'Our guide Marco, one of the hotel's fitness instructors, led us past the signs for bears – thankfully he's yet to encounter one – through the Val di Genova, onto the dramatic Nardis waterfall and back through the pine forest on our hike. By the time we returned to Lefay, our fitbits told us we'd covered 12km. Some of us could feel it in our legs the next day, but there's nothing too taxing about the programme at Lefay Dolomiti, other than, perhaps, the willpower required to negotiate the breakfast buffet, with its tables of freshly baked cakes and pastries.'

THE FOOD

'I managed to side-step the sweet temptations, opting for the most delicious Bircher muesli followed by the smoothie station where you whizz up your own juice, but when I was offered a glass of Ferrari, the most exquisite local fizz at cocktail hour, my willpower crumbled.

'At this point, I invoked the 80:20 rule, adopted by the most sensible wellbeing gurus, on the basis that if you're good 80 per cent of the time, the odd glass of wine is no biggie. And if one glass turns into three, then where better to detox in the morning?'

A stay at Lefay costs from €320 a night, including breakfast. All the rooms are suites; dolomiti.lefayresorts.com.

Breathe away stress

Try these Eastern breathing techniques from Lefay SPA director, Fabrizio Castellani.

They ease anxiety, boost circulation, strengthen immunity, improve digestion and increase energy. Try practising them early morning, midday or early evening, away from meal times.

Abdominal breathing: Lie on a mat with your knees bent, feet on the floor. Place your hands on your abdomen. As you breathe in and your diaphragm contracts, allow your belly to expand and your hands rise. As you breathe out and your diaphragm relaxes, feel your hands lowering. Now inhale, hold your breath for a few seconds and exhale. Continue for five minutes. **Benefits: Massages abdominal organs, relaxes solar plexus, activates circulation.**

Thoracic breathing: Bring your hands to the sides of your ribs and direct your breath into your chest to feel a sensation of openness and lifting, without forcing. After each inhalation, hold for a few seconds then exhale thoroughly, lowering and closing your chest. Continue for three minutes. **Benefits: Energising and stimulating.**

Complete breathing: Now, place one hand on your abdomen and the other on your chest and combine the abdominal and thoracic breathing. Continue breathing slowly and evenly for 10 minutes, lengthening your breaths, especially the exhalation. **Benefits: Boosts your respiratory system without wasting energy.**



The prestige junior suite is designed with local materials

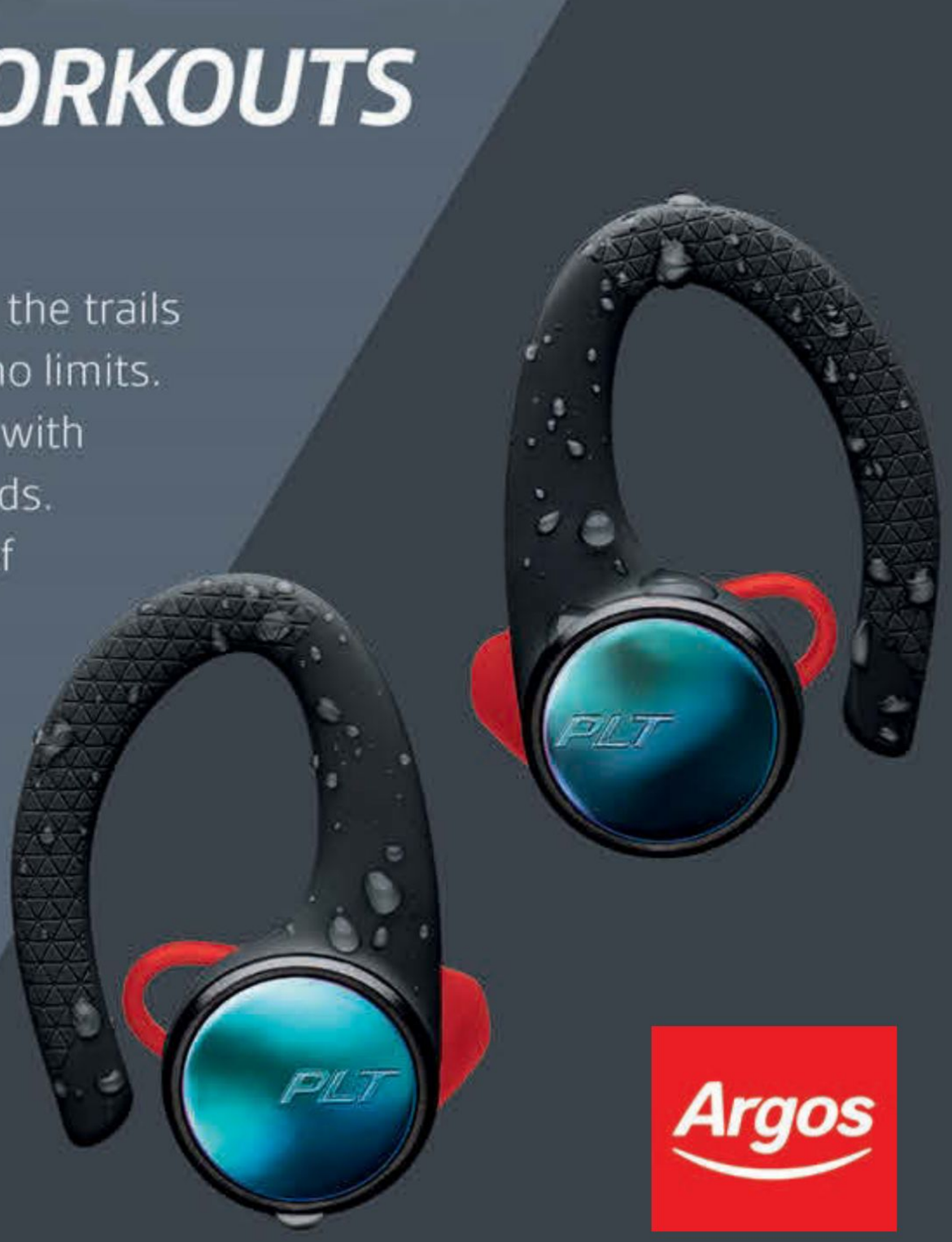
WORDS: Sharon Walker
PHOTOGRAPHY: Mattia Aquila Photography

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Fit Food

Healthy recipes
Training foods
Cooking tips

Vegan start

Going plant-based for Veganuary? Treat yourself to these tasty protein-packed Blueberry and Lemon Pancakes from vegan fitness influencer Stefanie Moir (@naturallystefanie). Blend together 100g oats, 35g protein powder, 1 ripe banana, 1tsp baking powder, juice of 1 lemon and 200ml almond milk to form a smooth batter. Add 150g blueberries. Pour into a lightly greased, non-stick pan until the desired pancake size is reached. Cook until the surface begins to bubble and edges turn brown, then flip and cook on other side (4-6 mins). Transfer to your plate, top with blueberries and lemon zest and enjoy! Check out Stefanie's new book *Naturally Stefanie: Recipes, workouts and daily rituals for a stronger, happier you* (Black & White Publishing, £16.99) for more recipes and weight-training tips.

WORDS: Mary Comber PHOTOGRAPHY: Image from *Naturally Stephanie: Recipes, workouts and daily rituals for a stronger happier you*

FUEL YOUR RUNS!

Power your running legs with these energy-packed breakfast ideas from sports nutritionist and runner Charlie Watson



If you're in a hurry, microwave the sweet potato for 5-10 minutes, or bake it the night before and reheat before your run.

WORDS: Emma Lewis PHOTOGRAPHY: Maja Smend

Running makes you hungry, whatever level you are. But, as author of new book *Cook, Eat, Run*, Charlie Watson (aka @therunnerbeans) found out the hard way, you have to fuel yourself properly – eating a packet of biscuits after runs made her put on weight.

Smarter training and eating followed, as did significantly quicker marathon finishing times, and Charlie, who's recently qualified as a dietician, has now created her own recipe book with sections on pre-run fuel, post-run fuel, snacks and 20-minute meals, plus useful information on how much of each food group to eat and what function they have.

Try the following recipes and leave those biscuits on the shelf!



This wrap is ideal pre-long-run fuel for chilly winter miles. It also makes a great afternoon snack before a big workout.



BREAKFAST PIZZA

SERVES: 2
330 calories, 12g fat (3g saturated fat), 44g carbs (16g sugar), 5g fibre, 9g protein, 0.6g salt

- **1 eating apple (I use Braeburn), thinly sliced**
- **1 tbsp sultanas**
- **Juice of ½ lemon**
- **Pinch of brown sugar or ½ tsp honey**
- **1 tsp ground cinnamon**
- **A little butter or oil, for greasing the pan**
- **2 tortilla wraps**
- **1½ tbsp almond butter**
- **½ tsp chia seeds**

1. In a bowl, toss the apple slices and sultanas with the lemon juice, sugar or honey and ½ the ground cinnamon.
2. Warm the butter or oil in a large frying pan over a medium heat, add the apple mixture and cook for 8-10 minutes until softened. Remove from the pan; set aside.
3. Place a wrap into the pan to heat through and crisp up slightly. Repeat.
4. Spread the almond butter over the wraps and top with the apple mix. Sprinkle the chia seeds and remaining cinnamon.

BREAKFAST BAKED SWEET POTATOES

SERVES: 1
404 calories, 11g fat (2g saturated fat), 63g carbs (29g sugar), 10g fibre, 8g protein, 0.3g salt

- **1 medium sweet potato, thoroughly cleaned**
- **1 tbsp crunchy peanut butter**
- **1 medium banana**
- **1 tsp cacao nibs or chia seeds (optional)**

1. Preheat the oven to 200°C/gas mark 6.
2. Using a fork or skewer, poke a number of holes into the sweet potato. Lay it on a baking sheet and roast for 45 minutes to 1 hour, or until the insides are soft and a skewer can be easily inserted.
3. Remove the potato from the oven, slice in half and dollop the peanut butter into the middle, then close it up slightly while you cut the banana to let the peanut butter melt.
4. Cut the banana into slices and lay them on top of the potato halves, then top with a sprinkling of cacao nibs or chia seeds, if using. Serve immediately.



BROCCOLI AND SWEETCORN FRITTERS

SERVES: 4
475 calories, 21g fat (7.5g saturated fat), 44g carbs (7g sugar), 6g fibre, 25g protein, 1.2g salt

- **340g can sweetcorn, drained**
- **200g long-stem broccoli**
- **150g baby spinach**
- **1 small red onion, finely chopped**
- **175g self-raising flour**
- **6 large eggs (if using)**
- **250g full-fat Greek yoghurt, or dairy-free alternative**
- **1 tbsp vegetable oil**
- **Finely grated zest and juice of 1 lemon**
- **Small handful fresh mint, finely chopped**
- **Salt and freshly ground black pepper, to taste**

1. Preheat the oven to 150°C/gas mark 2.
2. Reserve about 40g of the sweetcorn and set aside. Place the remaining corn in a blender and blitz, then add the broccoli, spinach, onion, flour, 2 of the eggs, 3 tablespoons of the yoghurt and plenty of seasoning. Process until smooth, scraping down the sides from time to time, to ensure it is well combined. Stir in the reserved corn.
3. Heat a little of the oil in a large non-stick frying pan over a medium-high heat. Dollop 2 tablespoons of the batter into the pan and spread out slightly until about the size of your palm. Repeat to make 2 more fritters, leaving space between them. Cook for 2-3 minutes until golden around the edges, then carefully flip with a wide spatula and cook on the other side for another 2-3 minutes, until golden.
4. Keep the fritters warm in the oven while you repeat with the remaining batter to make 12 fritters in total, adding a little more oil as necessary if the pan seems dry.
5. Meanwhile, poach the remaining eggs in a pan of boiling water for 4 minutes or until the yolks are still soft. Lift out with a slotted spoon; drain on kitchen roll.
6. In a small bowl, mix together the remaining yoghurt with the lemon zest and juice, and stir in the chopped mint. Serve 3 fritters per person, topped with a poached egg and a dollop of the yoghurt sauce.

Per serving:
Carbs 6.3g
Sugar 5.3g

APPLE CHIA GELS

MAKES: 14 SERVINGS

- **2 Braeburn apples, peeled and roughly chopped**
- **75ml unsweetened apple juice**
- **1 tbsp fresh lemon juice**
- **1 tbsp maple syrup**
- **2 tbsp chia seeds**
- **Pinch ground cinnamon**
- **Pinch salt**

1. Put the apples into a large saucepan, cover and cook over a medium heat, stirring regularly, until they start to break down.
2. Remove from the heat, add the apple juice, lemon juice, maple syrup and chia seeds and blend.
3. Season to taste with cinnamon and salt, and chill for up to a week in the fridge or in the freezer for up to three months. To use, place in small, lidded containers and eat with a spoon, or decant into soft gel tubes to eat on the go.
4. Experiment with different ingredients, such as blueberries and raspberries, to switch up the taste and vary the nutrients in your gels.

RUN FOR IT

Forget expensive sports gels or rehydration drinks – these two recipes will keep you nicely powered up



Per serving:
Salt 0.5g

GRAPEFRUIT ELECTROLYTE DRINK

SERVES: 2

- **1 tbsp raw or manuka honey**
- **100ml fresh grapefruit juice (about ½ grapefruit, squeezed)**
- **Pinch of sea salt or Himalayan salt**

1. Bring 3.5 tbsp water to the boil. Stir in the honey until dissolved, then the grapefruit juice. Add 350ml cold water.
2. Stir in a pinch of salt and chill until ready to drink. It'll keep for up to three days in the fridge.



Cook, Eat, Run by Charlie Watson (Quadrille, £15) is out now. Photography by Maja Smend

Fitness fuel

SUPER SMOOTHIES



In the first of a series, sports nutritionist Anita Bean shares a speedy recipe specially designed to boost your workouts. This month it's a trio of smoothies



PRE-WORKOUT MOCHA SMOOTHIE

'When you need a pick-me-up before working out, this smoothie is the perfect drink. It's made with coffee to give you a bit of an energy boost. Caffeine increases stamina and alertness, and reduces the perception of effort, making exercise feel a little easier! The cacao powder provides that rich dark chocolate taste and some bonus antioxidants.'

Serves: 1
Preparation time: 2 minutes
Per serving: •189 calories •10g protein •2g fat (1g saturates) •31g carbs (29g total sugars) •2g fibre

- **50ml milk (any type)**
- **125ml plain yoghurt**
- **1 shot espresso**
- **2 tsp cacao or cocoa powder**
- **1 banana, peeled and chopped**
- **Pinch of cinnamon**
- **A few ice cubes**

Blitz all the ingredients in a blender or food processor until smooth, then pour into a tall glass.





BANANA AND OAT POST-WORKOUT SMOOTHIE

'Perfect for breakfast on the go, this creamy smoothie also makes a great post-workout drink. It's high in protein, carbohydrate, vitamins, minerals and fibre. Adding oats and nut butter helps slow down the absorption of sugar from the fruit into your bloodstream, which gives you longer-lasting energy. I like to use frozen blueberries, but feel free to use any other berries you like.'

Serves: 1
Preparation time: 2 minutes
Per serving: •337 calories •13g protein •10g fat (1g saturates) •45g carbs (32g total sugars) •6g fibre

- **175ml milk**
- **1 banana, peeled and chopped**
- **1 tbsp oats**
- **½ tsp cinnamon**
- **1 tbsp almond butter (or any other nut butter)**
- **75g blueberries (fresh or frozen)**

Blitz all the ingredients in a blender or food processor until smooth, then pour into a tall glass.

ENERGISING GREEN SMOOTHIE

'This smoothie is an easy way to get three portions of fruit and veg into your morning. Bananas provide carbohydrate, while flax and chia seeds give you your daily requirement for omega-3s, which helps to reduce inflammation after intense exercise. By incorporating spinach, you provide your body with iron and folate and, when combined with sweet-tasting pineapple and banana, the spinach is virtually tasteless.'

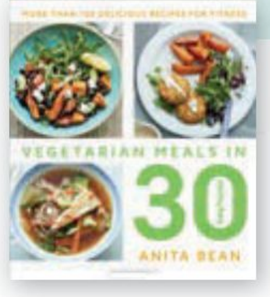
Serves: 1
Preparation time: 2 minutes
Per serving: •233 calories •7g protein •9g fat (1g saturates) •27g carbs (25g total sugars) •8g fibre

- **250ml almond milk or coconut water**
- **2 handfuls of baby spinach**
- **75g pineapple**
- **1 banana, peeled and chopped**
- **1 tbsp ground flaxseed or chia seeds**
- **A few ice cubes**

Blitz all the ingredients in a blender or food processor until smooth, then pour into a tall glass.



'Caffeine increases stamina and alertness, and reduces the perception of effort, making exercise feel a little easier'



Vegetarian Meals in 30 Minutes by Anita Bean (Bloomsbury Sport, £16.99) is published on December 26.

lavera
NATURKOSMETIK

Face the facts *for a great* skincare routine

For sensitive skin, keep your everyday beauty routine uncomplicated and simple. With the increasing number of environmental elements, we are exposed to daily, it is no wonder that so many of us suffer from sensitive and irritated skin. Environmental effects and pollution clog the skin and block it from functioning at its best. And to add to it we have the harsh winter wind and the cold weather that affects our skin, drying it out and causing irritation and sensitivity. To help protect, care and pamper your skin it is best to keep your skincare routine simple with our favourites from lavera.



1 Basis Sensitiv 2 in 1 Cleansing Milk

Start the day with a fresh and clear complexion with this nourishing 2 in 1 Cleansing Milk. It will gently cleanse the skin for a rejuvenating burst of freshness. Enriched with organic goodness and plant extracts of calming aloe vera and shea butter that provides moisture and protects the skin from drying out.

2 Basis Sensitiv Rich Moisturising Cream

Keeping your skin nourished and hydrated is essential. Smother your skin in the Rich Moisturising Cream twice a day to beat dehydration, itchiness and sensitivity. Enriched with organic aloe vera and jojoba, the natural formula of the Rich Moisturising Cream is quickly absorbed into the skin, delivering intense moisture and hydration that guards against dryness and counteracts any tight feeling.

3 Basis Sensitiv Regenerating Night Cream

Our skin still needs TLC during the night. This Regenerating Night Cream provides intensive hydration to support the overnight regeneration process. The indulgent creamy formula with organic shea butter and skin soothing aloe vera deeply moisturises and boosts nourishment while you sleep, wakening with a rejuvenated, soft and supple complexion. This cream also doubles up as a face mask to pamper your skin, simply apply generously as a mask and give your deserving skin the care it needs.

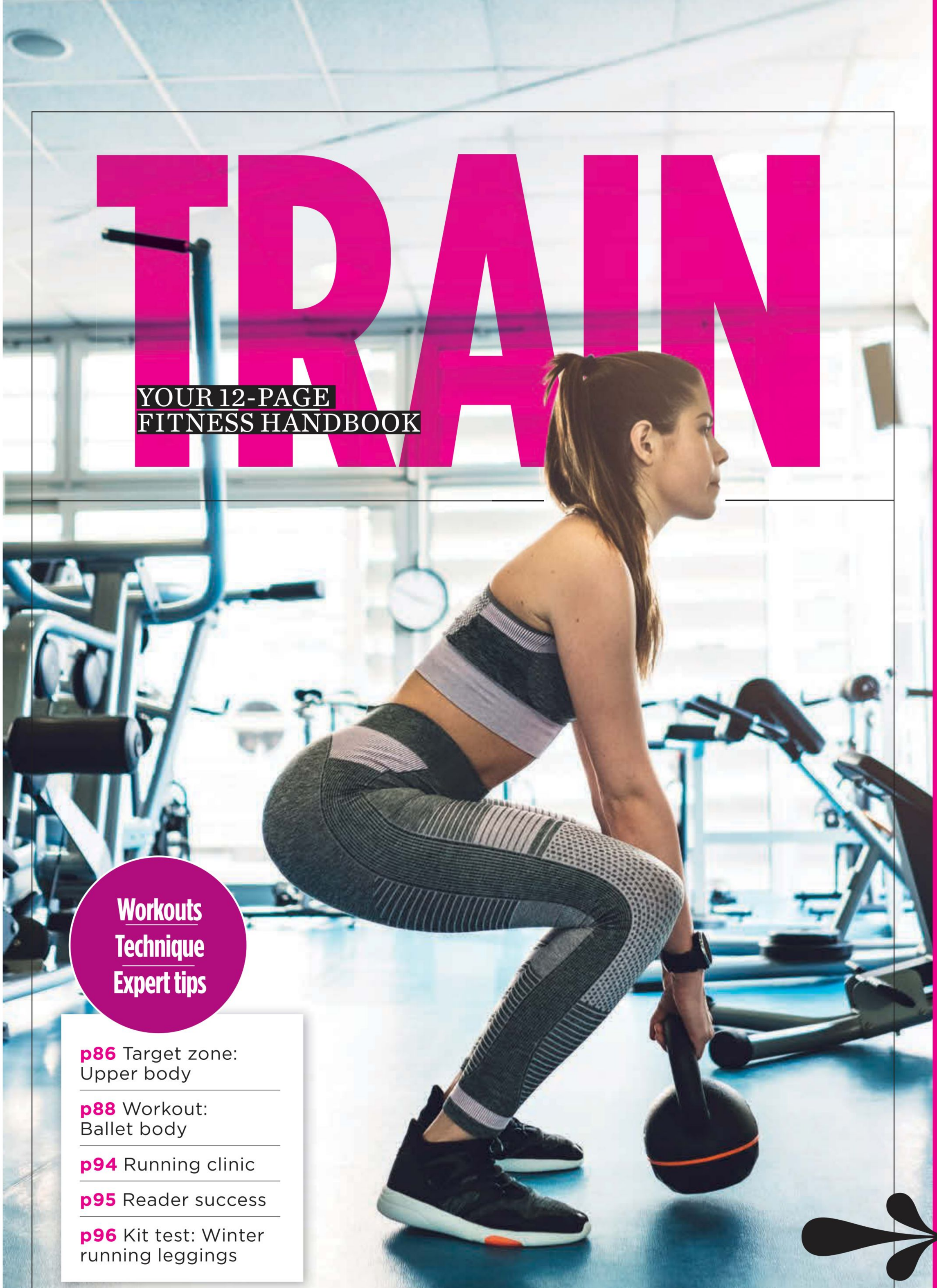
Available from health stores and online.
www.laverauk.co.uk

100% certified natural personal care

lavera. natural. effective. beautiful

TRAIN

YOUR 12-PAGE FITNESS HANDBOOK



Workouts
Technique
Expert tips

p86 Target zone: Upper body

p88 Workout: Ballet body

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PHOTOGRAPHY: iStock

Target zone

UPPER BODY

Alternate these double- and single-arm moves to strengthen your upper body and core, while fending off injury

The key to a strong upper body is to combine moves that work your shoulders, back, biceps, triceps and core. This workout will hit these muscles from all angles by combining compound, double-arm moves that allow you to lift a heavier weight and really get your heart rate up. The isolated, single arm moves are great for improving any imbalances and will also work your core and those tiny stabilising muscles, too.

HOW TO DO IT

Ideally, aim to do this workout three to four times a week on non-consecutive days for the next four weeks. You may not be able to lift a heavy weight with these moves – but don't worry, you'll still feel and see the effects.





INCLINE SHOULDER PRESS

Reps: 15

Benefits: This move will work your shoulders, chest and triceps. The more inclined the bench the more it will work your shoulders.

- Sit on an incline bench while holding a dumbbell on each hand. Lean back so your dumbbells are resting by your shoulders with your arms bent, palms facing each other (A).
- Push the dumbbells up above your shoulders and pause at the top (B). Then lower your shoulders down slowly, bringing the dumbbells back to the starting position.

WORDS: Lucy Miller PHOTOGRAPHY: Will Ireland





SINGLE ARM UPRIGHT ROW

Reps: 15 each side

Benefits: This move will work your shoulders, upper back, arms and obliques.

- Grab a dumbbell in your right hand and come up to a squat with your arm extended in front of you with a slight bend at the elbows (A).
- Driving your elbow up, use your shoulder to lift the dumbbell so it's nearly in line with your chin while standing up straight at the same time (B).
- Lower the dumbbell back down slowly to the starting position (A) and repeat.





SQUAT TO PRESS

Reps: 15

Benefits: This move will work your shoulders, arms, core, legs and glutes.

- Hold a pair of dumbbells next to your shoulders, palms facing in, and stand with your feet shoulder-width apart.
- Squat down until the tops of your thighs are parallel to the floor – or as low as you can comfortably go (A) – then push your body up from the squat as you press the dumbbells directly above your shoulders. Your biceps should be by your ears (B). Lower the weights as you lower back into a squat (A) and repeat.

SINGLE ARM ROW

Reps: 15 each side

Benefits: This move will work your shoulders, upper back, triceps and obliques.

- Hold a dumbbell in your right hand and stand with your feet shoulder-width apart. Lower your torso until it's almost parallel to the floor, keeping your back flat and knees slightly bent and letting your right arm hang from your shoulder (A).
- Leading with your elbow, pull the weight to the side of your chest (B), pause, then lower the weight back to start (A).





BALLET BODY

Step up to the barre in this ballet-inspired workout that helps you build strength and sculpt a lean dancer's body





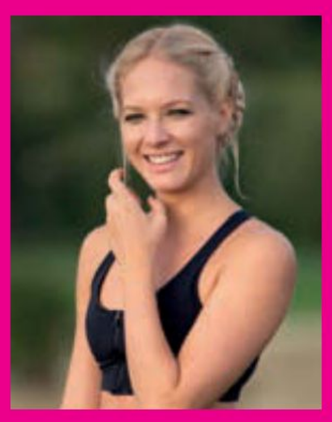
If you want to know how to hone a lithe, supple body, who better to ask than a dancer? With a decade of experience as a pro ballerina in some of the world's most renowned ballet companies, Mercedes Schindler knows first-hand the results you can get at the barre and beyond.

At her new Notting Hill studio, Physique London (physique-studio.co.uk), Mercedes teaches a unique fitness fusion of barre, yoga and Pilates, as well as pre- and post-natal workout programmes, where her core belief in the connection between mind and body helps students move with strength, grace and understanding so they can face whatever challenges life throws at them.

GET A BALLET BODY

As ballet activates all the major muscle groups in your body, Mercedes' signature ballet-style exercises boost your strength, sculpt your figure and improve your posture, balance and alignment. But the benefits don't stop there; you'll also discover improved coordination and sharpened cognitive function – not to mention the positive mindset and reduced perception of pain, stress and anxiety, that comes from releasing all those endorphins.

Over the following pages, Mercedes shares her top nine moves to do anytime, anywhere. Based on the Physique philosophy that your mind and body are intrinsically linked, she believes building strength in both these areas will make you happier and healthier. Simple and effective, these moves work the most important muscle groups in your body for the supple, sculpted and slender physique of a ballerina. Get ready to dance like no one's watching!



MEET THE TRAINER

Mercedes Schindler is a former ballerina and founder of Physique, offering ballet-based workouts for better mind and body (physique-studio.co.uk). She has a diploma in classical ballet, has worked with renowned ballet companies such as English National Ballet and has worked in the fitness industry for 10 years.

WORDS: Eve Boggenpoel



In place of a ballet barre, use a kitchen table top, chest of drawers or windowsill at hip height. If you don't have dumbbells, use filled water bottles and if needed, rest for 3-5 seconds between sets.



SECOND POSITION PLIÉ WITH RISE AND PULSE

Benefits: Works core, glutes and all leg muscles. It also helps correct posture.
Reps: 8

- Place both hands at the barre. Position your feet wide, your toes pointing outwards.
- Bend your knees, keeping your upper body straight. Your tailbone should point towards the floor, shoulders over your hips, ankles in line with your knees and knees directly over your toes (A).
- Inhale to rise onto your toes. Exhale to lower your heels, draw your navel towards your spine and squeeze your glutes to feel the resistance. Always lower your heels slowly with control.
- Hold the last raise and pulse up and down with control. Add a balance at the end, reaching your arms overhead and rising onto your toes (B). Hold for 5 seconds.



ARABESQUE RISE WITH ARM PULL-UP

Benefits: Works the glutes, knees, calf, back, shoulders and biceps.
Reps: 8 **Sets:** 3

- Place both hands at the barre, and stand with feet parallel. Raise your right knee towards your chest without tucking your tailbone under – keep your spine long (A).
- Reach your right leg straight back into arabesque while bending your left knee, and pull away from the barre (B).
- Engage your core and bend your elbows, squeezing your shoulder blades together while pulling yourself up, bringing your knee back towards your chest.
- Rise up onto your left toes at the end, with equal weight in all toes to ensure correct ankle alignment.

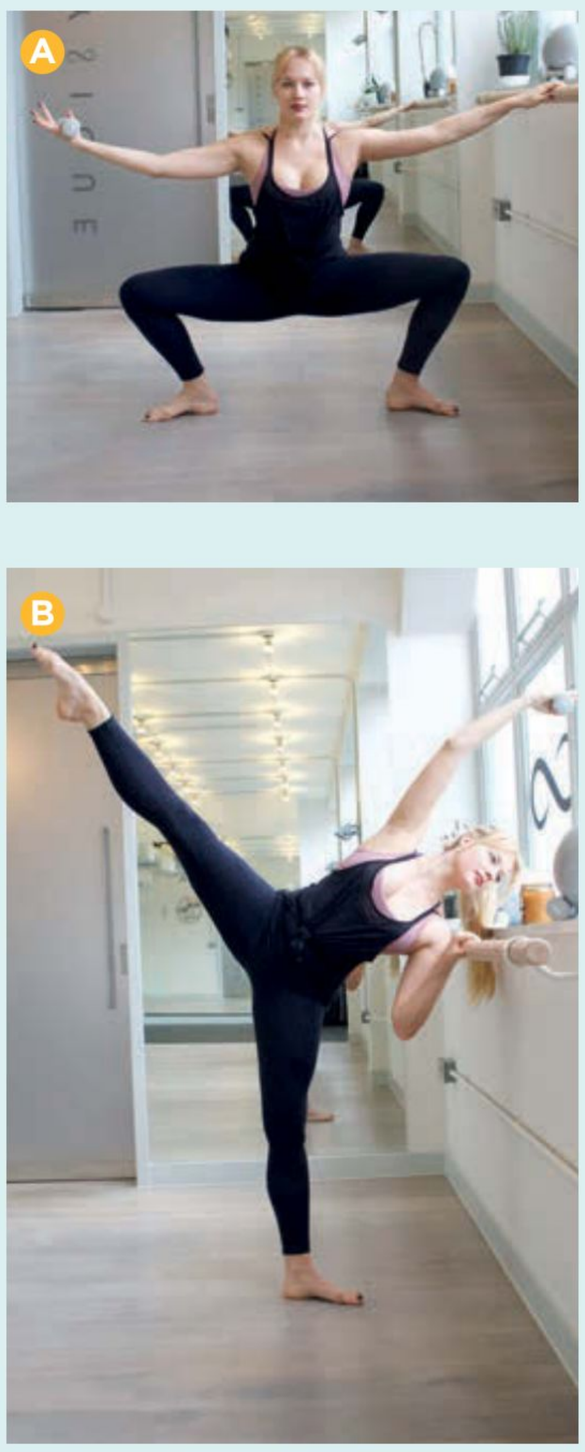


3 SECOND POSITION PLIÉ WITH SIDE LEG LIFT

Benefits: Works all of your leg muscles, obliques (side abs) and back muscles.

Reps: 8 **Sets:** 3

- Stand with one hand at the barre, and take your feet wide apart to second position, toes pointing outwards. Take your other arm out to the side, and bend your knees deeply into a plié (A).
- Rise up while lifting your right leg and bending your upper body towards the barre as you move your free arm over your head (B).
- Lower back into a plié in second position.



Add light weights to work the arms at the same time.

4



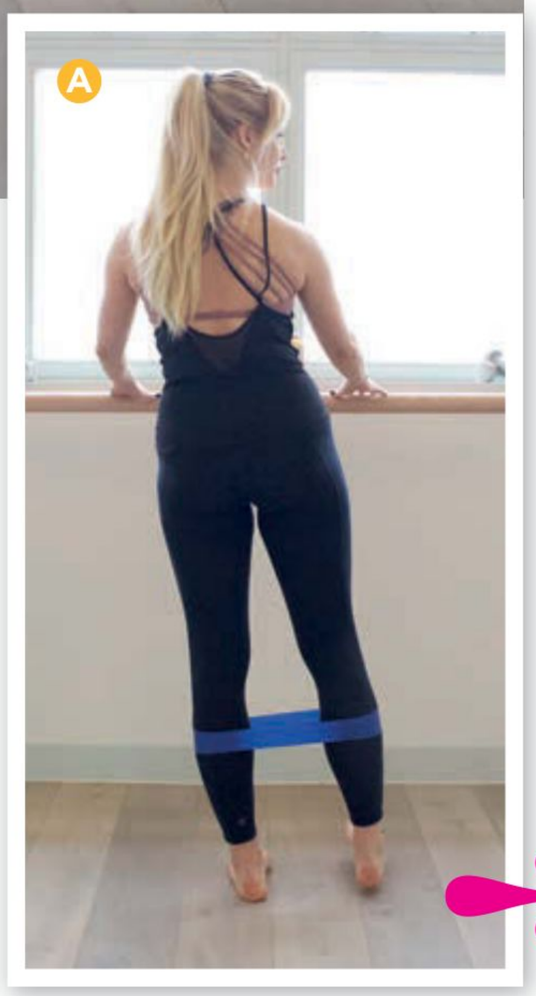
The resistance band gives the move more impact, but you can do it without a band as well.

LEG LIFTS WITH RESISTANCE BAND

Benefits: Works your bottom muscles, IT band and calf muscles.

Reps: 8 **Sets:** 4

- With both hands on the bar and feet parallel, place a band under tension half way up your lower legs (A).
- Open your right leg as far as possible on an inhale (B), close as you exhale. Make sure you keep the band under tension at all times.
- Keep your hips and shoulders square – avoid turning your hip out by thinking of lifting your leg from your heel and outside of your foot, rather than leading with your toes.









5 PLANK AND SIDE PLANK WITH ARM CIRCLES

Benefits: Works the entire body and is the perfect stabilising exercise.
Reps: Hold for the count of 10; repeat on the other side

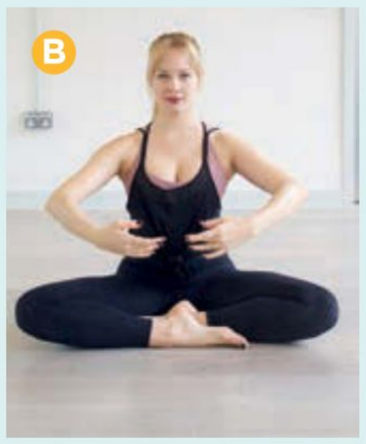
- Start in a high plank, with your wrists directly under shoulders, elbows slightly bent and rotated outwards. Squeeze your shoulder blades together and draw your shoulders away from your ears.
- Engage your bottom and inside thigh muscles. Draw in your ribs to avoid arching your spine.
- Come onto your toes as much as possible and hold for a count of 10 (A).
- Place your left hand in the middle of the mat and roll into side plank, pushing off from the outer edge of your left foot rather than putting weight into your ankle.
- Reach your right hand towards the ceiling (B) and start four slow controlled circles with your arm, inhaling to reach over your head (C), exhaling to circle up, lifting your hips a little higher every time.
- Place your right hand back onto the mat into plank position and hold for the count of 10, then repeat on the other side.

6 PORT DE BRAS

Benefits: Creates beautiful, toned ballerina arms.
Reps: 10 **Sets:** 5

- Sit on the floor with a straight spine and take your arms to the sides, in 2nd position (A).
- Bring them into a round ball (1st position, B) in front of your navel, open out to the sides and then lift above your head into an O shape (5th position, C), then open back out to the sides again (A).
- Repeat this continuous movement 10 times then hold arms towards the side for the count of 5. Stretch your elbows as much as possible.
- Repeat the whole thing 5 times to feel the burn.





Perform at a fast pace, keeping your upper body still, engaging your core and squeezing shoulders together and down.

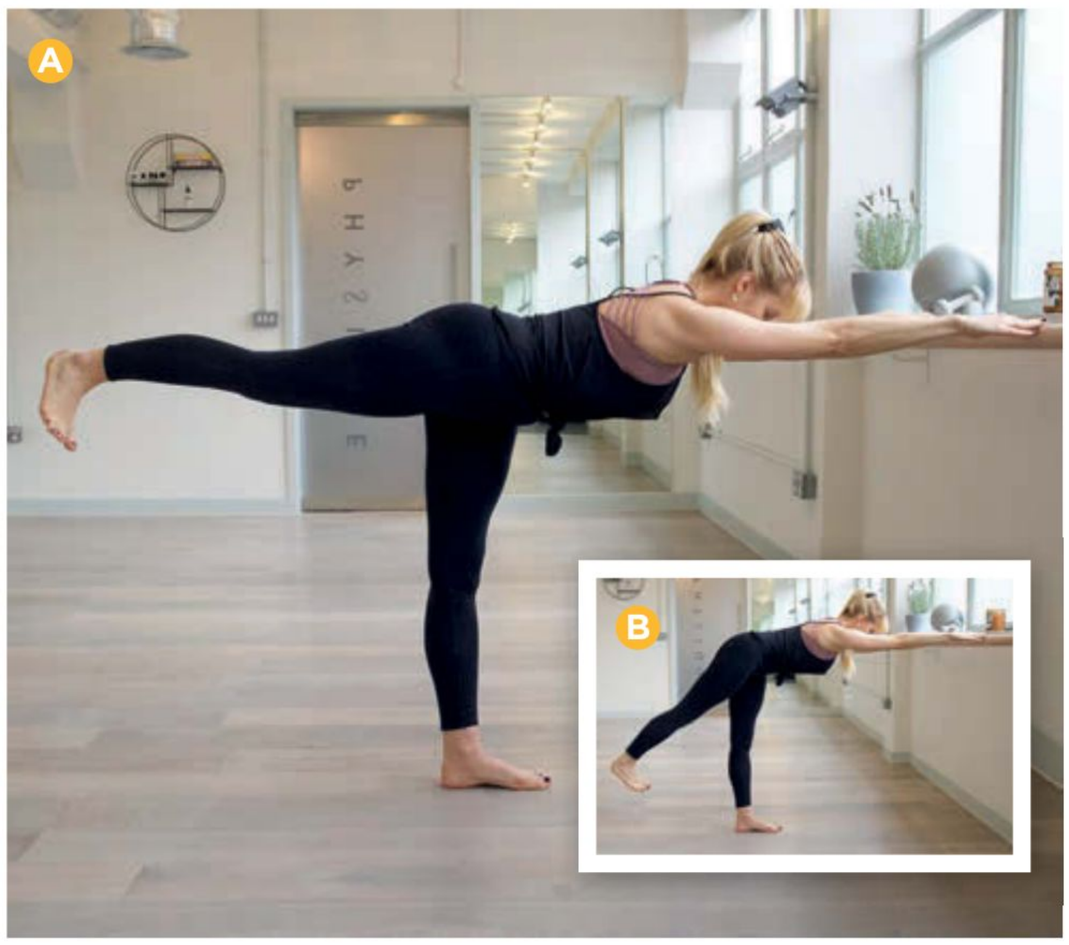


7 WARRIOR 3 LEG LIFTS

Benefits: Works all your back muscles and glutes. Improves ankle, knee and hip stability.
Reps: 8 **Sets** 4, alternating legs without a break

- Start with both hands on the barre and pull away, bringing your shoulders and hips parallel to the floor.
- Extend your right leg and raise it to 90º or as high as possible without opening your right hip upwards. Flex your right foot so the toes point down towards the floor (A).
- Lower your leg half way (B) and lift 8 times back to (A), holding the last one and extending your arms towards the barre to reach into a balance.
- Keep your core engaged and upper body still and stable throughout.
- Swap legs and start again straight away.

Add ankle weights or perform on a wobble board to increase the intensity.







8 ABS EXERCISE

Benefits: Works your abs.
Reps: 8 **Sets:** 8

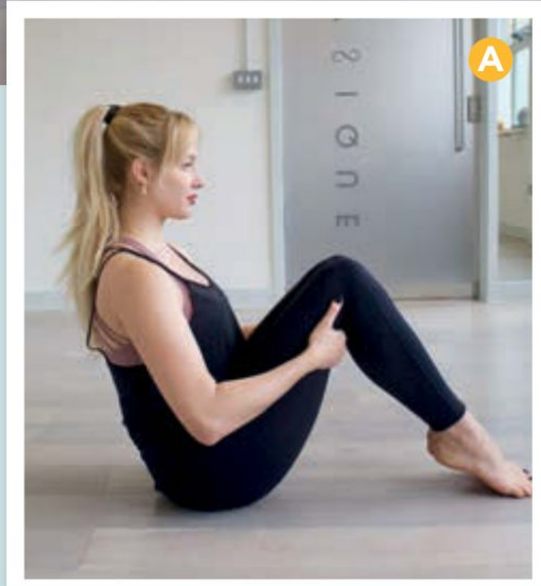
- Lie on the mat and lift your right leg towards the ceiling, flexing both feet and reaching your fingers towards your toes (A).
- Inhale, then as you exhale, raise your shoulders and head off the mat and keep your lower leg grounded into the mat (B).
- Repeat 8 times, holding the last raise and hovering your left leg 5cm off the ground. Repeat four times continuously, then switch legs.



9 BOAT POSE

Benefits: Works your core and strengthens the deep hip flexors.
Time: Hold for 5 deep breaths.

- Sit tall onto your sit bones and draw your knees to your chest. Lengthen your spine by holding on to the back of your knees (A).
- As you exhale, lift your feet off the ground and have your hands by the side of your hips, palms facing up, to engage a rotated squeeze in your shoulders.
- Straighten your legs as much as possible without compromising a long straight spine (B). Hold for 5 deep breaths.



SURVIVE WINTER RUNS





In the colder weather, keep your body warm and injury free with these tips from Nick Anderson, Polar UK head coach and coach at Running With Us

Try starting with a five- to 10-minute easy jog that builds in effort, then do some dynamic (moving) stretches, before continuing with your planned session. Make sure you do dynamic stretches rather than static ones at this stage to help keep your muscles warm and your body ready for running by keeping your heart rate up.

STRETCH IT OUT

I'd recommend doing at least the four dynamic stretches opposite to make sure you've warmed up the most injury-prone parts of a runner's body. After your run, make sure you stretch again. Stretching daily, especially after easy and general training runs, definitely seems to lead to fewer injuries. Your body needs to be massaged, fibres stretched out and adhesions and knots stripped out of tired and damaged muscles, and stretching post-training can really help with this process.

You're definitely better to cut a run short by five to 10 minutes and get in the key stretches to realign your muscle fibres and encourage re-oxygenated blood full of nutrients into the muscle. Just running and never stretching is taking a risk and slowing recovery.

Do static stretches after runs to help bring your heartrate back down to normal – you can do the moves inside on cold days. Target your glutes, hamstrings, lower back, hip flexors and calves – find stretches at runningwithus.com/stretching. Hold the stretches for 10-12 seconds each.

HOW TO DO IT

Do three sets of these exercises for 15-30 seconds each, increasing the pace. Do a walk-back recovery in between.*

1 ANKLING

Benefits: For Achilles, calf, plantar fasciitis or shin issues. Walk fast with small steps, landing on your toes first, rather than heels. Keep your foot strike under your body and push your toes into the ground.

2 STRAIGHT-LEG KICK-OUTS

Benefits: Helps loosen hip flexors and hamstrings. Keep your legs straight and squeeze your glutes as you kick your legs out in front, keeping your torso upright. Land on your forefoot and drive with your arms.

3 HIGH-KNEE SKIPS

Benefits: For hip flexors, glutes, quads and calves. Drive with your arms and alternate lifting each knee high. Stay tall and land your foot under your body, pushing off strongly and pointing your foot upwards.

4 HAMSTRING SWEEPS

Benefits: Stretches hamstrings. Step one leg out in front. Bend your back leg and sit back. Sweep your hands up in front of you from your front heel up to shoulder height. Jog a few steps after each rep and switch your leading leg.

INTERVIEW: Emma Lewis PHOTOGRAPHY: iStock * Visit runningwithus.com/drills for videos showing how to do these moves and more

'Fitness isn't always running on a treadmill'

From roller derby to the World's Strongest Disabled Woman, Lucy Dunstan-Beasley, 37, reveals how a skating accident changed her life





Lucy won three events in 2018



Her training suits her disability

Strength training and determination are the roots of Lucy's success

'I haven't always exercised. After leaving school, I did very little training at all, but did enjoy roller derby. It's a bit like rugby but on quad roller skates, and I played it with the London Roller Derby team. I was a pretty average skater, but my height made me a good blocker and so I was lucky enough to travel all over Europe competing.

'In February 2013, I was training with my team as normal, and did a move I'd done a million times before – turning front to back – but my right foot didn't turn with me. It was a freak accident and I ended up with spiral fractures through my ankle – a serious break but one I should have recovered from. However, the fracture healed badly, and I was left with post-traumatic arthritis.'

RECOVERY ROAD

'I couldn't skate and that was incredibly hard to accept. Skating was my physical outlet and the source of my community, so my fitness went out of the window. I could do very little – I couldn't even bear weight for 15 weeks. To start with, my only ambition was to walk again. However, a year after the accident, I took up swimming, throwing myself into the sport and eventually swimming the Channel in 2015. I quickly learnt that the key was to adapt and keep moving – that was the secret of my success.'

GAINING STRENGTH

'Initially, I wanted to see how far swimming could take me, but relocating to Hither Green in south east London meant that I joined a local Anytime Fitness* gym. Walking into the gym on that first day I was so anxious. I was extremely unbalanced and worried I'd be told to just "get on a treadmill". My ideas about paths to fitness weren't very progressive or informed, so I had no idea about strength training. Then I met a personal trainer named Joe who listened to my fears, adapted a programme to cater to my disability, and showed me that fitness doesn't always mean running on a treadmill. I was hooked! Suddenly gym fitness, a world I thought had closed to me forever, opened up again and became full of possibilities.'

LUCY'S TOP TIPS

'Don't be afraid to start by training with light weights. You don't need to break records in your first week! Starting with just the bar and really nailing technique will keep you injury-free.

'Ask a coach for help. There's usually someone at the gym who can help with powerlifting technique and who is really happy to assist.

'Find your tribe. You'll meet lots of people in the same boat, and you can share knowledge and encourage each other. You can do it!'

COMPETING AGAIN

'I entered a novice powerlifting meet and, while training for that, Joe suggested I look into disabled Strongman competitions. There was a competition three weeks' away – England's Strongest Disabled Woman 2018. I went along totally green and to my surprise I won. Then I did Britain's and the World's Strongest Disabled Woman 2018 events and couldn't believe it when I kept winning! Strength training helped me immeasurably. I'm often surprised by what I can do when I put my mind to it, and that determination is something that I carry with me in all aspects of my life.'

WORDS: Sarah Ivory *Anytime Fitness prides itself on supporting its members at any stage of their fitness journey. If you're inspired by Lucy's story and want to get started with a free pass, find an Anytime Fitness club near you at anytimefitness.co.uk/2019.

Kit Test

WINTER RUNNING LEGGINGS

WF's running writers put the latest leggings through their paces in some chilly weather

MEET THE TESTERS



EMMA LEWIS
Women's Fitness writer and sub-editor



MARGARET BARTLETT
Freelance writer and sub-editor



Emma tests the Gore Windstopper tights on a frosty morning run

Women's Fitness BEST BUY

GORE R5 WOMEN GORE WINDSTOPPER TIGHTS, £114.99; GOREWEAR.COM

'I slipped these high-waisted tights on easily and found them super-comfy with a lovely, wide waistband (with flat pullcord). The leggings work really well in the elements, too, as they're windproof, water-resistant and highly breathable, keeping me warm from the start, even on a frosty morning. There's a reflective logo on each side and a couple of small strips on the back, but no reflective bits on the front. I found it marginally easier to get my phone in and out of the zip pocket on the back of these than the one on the 2XUs. Flat-lock seams helped prevent chafing, and the tights also come in all black, or black and yellow. I wouldn't give these top marks for style, but their comfort and performance in adverse conditions, including light rain, were excellent, making them our favourites for the winter months.'

PERFORMANCE: ● ● ● ● ●
STYLE: ● ● ● ● ●



Buying tips

1 Cold muscles don't perform well and fatigue faster, so look for a fabric that insulates against the cold but also allows your skin to breathe.

2 Wind-chill can lower your body temperature quickly, so windproof leggings will add an extra degree of comfort. Water-resistance helps, too.

3 It's important to be seen on darker mornings and evenings; reflective strips or panels will make you visible.

4 Compression tights are designed to help reduce muscle movement and fatigue, as well as help you recover faster from your workout.

5 Secure pockets are essential for your phone, keys, gels on longer runs, or perhaps stash gloves or a hat you shed as you warm up.

Best for budget

ADIDAS ALPHASKIN SPORT CLIMAWARM LEGGINGS

£42.95; adidas.co.uk



'These super silky, tight-fitting leggings felt amazingly supportive and comfortable and kept me cosy on my morning run; I think they're better suited to mild winter weather than freezing temperatures, though. The stretchy, quick-drying, double-knit fabric is designed to reduce muscle vibration and I did feel I could go a longer distance than usual in these. There's no drawstring at the waist for adjustability, but the wide, soft, elasticated waistband was just right for me. Stretchier panels on the knees and calves aid flexibility and ease of movement. However, a lack of pockets means they lose points for practicality; there are also no reflective strips to aid visibility. They're a great budget option, though.'

PERFORMANCE: ● ● ● ● ●
STYLE: ● ● ● ● ●

Best for warmth

SUNDRIED ESCAPE LEGGINGS

£50; sundried.com

'These stylish and super-soft fleece-lined thermal leggings are perfect for staying warm while training outdoors on really cold days. The high, elasticated waistband is incredibly comfortable and soft, and I found it helped conserve my body heat while cycling in the cold, too. Worn running, the tights felt supportive and were effective at keeping my muscles warm, which could help reduce injury risk. The leggings didn't feel restrictive in any way when I exercised either. My only bugbear with the design is the lack of any pocket to stash keys or a phone. However, these leggings are great value and the blue colour makes a pleasant change from the many black pairs out there (though there is a black option too). I also approve that this company's kit is created ethically and sustainably.'



PERFORMANCE: ● ● ● ● ●
STYLE: ● ● ● ● ●

Best for support

2XU WIND DEFENCE COMP TIGHTS

£105; 2xu.com/uk

'It was a slight wrestle to get the foot holes over my feet, thanks to the compression that's tighter lower down the leggings to help send blood back to your heart to be oxygenated. But once on, the tights made my legs feel really supported and springy. On my runs, the leggings kept me warm – thermal, water-resistant panels on the thighs kept the chill out well. I struggled to get my phone in and out of the pocket at the back of the waist (and I found the waistband a bit restrictive to wear), but the phone stayed put well while I ran. Little reflective Xs on the lower legs, plus the logos, help you be seen from all angles in the dark. The flat-lock seams mean these don't chafe, and Polygiene helps keep the tights smelling fresh. I felt I could run for longer without tiring as quickly as I would normally. These came a very close second.'



PERFORMANCE: ● ● ● ● ●
STYLE: ● ● ● ● ●

Best for pockets

NIKE EPIC LUX LEGGINGS

£104.95; nike.com

'Made from super-flexible DRI-FIT fabric and with a tight, supportive fit, these leggings are warm enough for a chilly, but not freezing, day. They're not fleecy on the inside, so if it's frosty, you'll feel the cold, but they were fine for my lunchtime runs in December. They lack reflective strips, but the high, adjustable waistband and flatlock seams make them instantly comfortable. A sweat-resistant zipped pocket on the back of the waistband was good for keys but a tight fit for the phone; my iPhone was perfect in the roomy hip pocket though. I'm only 5ft tall so the length was ideal for me, just covering my ankles, but taller runners might prefer a longer length in winter. The eye-catching design is stylish, with two other colourways.'



PERFORMANCE: ● ● ● ● ●
STYLE: ● ● ● ● ●

WE'RE TALKING TO...

BEVERLEY KNIGHT MBE

The British singer and actress talks about how staying fit inspires her performances



Being fit and healthy has helped with a busy schedule in 2019

YOU'VE HAD AN AMAZING YEAR. WHAT WERE THE HIGHLIGHTS?

'The BK25 tour and album came about because I wanted to celebrate 25 years of making music – it's a big deal for a soul artist like me to have a career that's still going! Singing the songs that reflected my music and theatre career with the Leo Green Orchestra at the Royal Festival Hall in May was a highlight, as was meeting Stevie Wonder properly at Hyde Park, and receiving an award for my musical endeavours.'

WHAT'S THE SECRET OF YOUR LONG CAREER?

'I've stayed true to the vision of what I think I should do. The music industry didn't know what to do with me as a degree-educated black woman who didn't drink, smoke or take chemicals. They couldn't market me as the "badass chick from the streets", so I had an uphill struggle. But I knew who I was, and I ploughed on. And I'm still here! I encourage all women to believe in themselves and be strident in their views. Love and accept yourself as you are.'



Doing it her way: Beverley says staying true to herself is the key to her music success

HAS KEEPING FIT AND HEALTHY ALWAYS BEEN IMPORTANT TO YOU?

'I was sports mad at school and uni, but for about two years – when my career was taking off – I let everything go. I looked at myself and thought "who are you?" So, I decided to get back into fitness, and that's where I've been since. I get tons of creative ideas when exercising – it keeps me focused and driven. I train four or five times a week with interval and strength training. I also love rebounding, which I found via my friend, Jason Vale, whose juice retreats I often go to.'



WOULD YOU HAVE GOT THROUGH 2019 IF YOU WEREN'T SO HEALTHY?

'No way. I would have got ill and been one of those people cancelling performances all the time, but I'm not about that. Being able to deliver live is essential, and to do that well, and sustain it, you've got to take care of your body and be all over your fitness. Two years ago, I underwent a total abdominal hysterectomy and was cut right open because I had massive fibroids, but I ate clean and moved around during my recovery, and six weeks later I was running on a beach on holiday. That's not to say I'm superwoman. But it shows that you can shrug things off so much easier if you're already fit, well and strong.'

ARE YOU GOING TO TAKE THINGS EASIER IN 2020?

'I've got lots of shows and festivals lined up, and in the summer, I start rehearsals for a new musical called *The Drifters Girl* in the West End. I'm starring as the woman who managed the group and brought them to worldwide acclaim. That will be my life for eight months, so no slowing down! People have come up to me and said I should be the Celine Dion/Whitney/Aretha/Tina of our modern times, but it hasn't happened because I've done things the way I wanted to. That's my sacrifice, but I believe it will happen one day.'

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