

women's
fitness

30-DAY CHALLENGE

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YOUR
GOALS**
**ACHIEVE
RESULTS**

- ✓ **TOTAL BODY
WORKOUTS**
- ✓ **MEAL PLANS
FOR 30 DAYS**
- ✓ **MAKEOVER
YOUR MIND**



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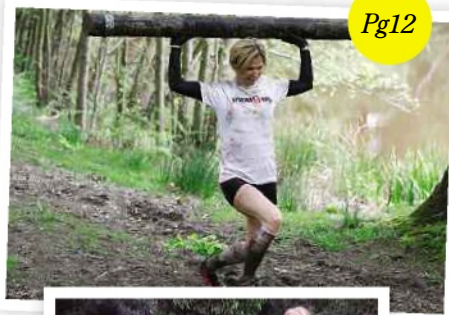
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Welcome

Thank you for picking up a copy of our magbook, and starting on your 30-Day Challenge.

You've taken the first step, now you need to make your commitments and set your goals. All we ask is you focus on your mind, on what you eat, and on your activity levels for one month. Do this and you will get results. Personal trainer and *Get Fit Inside & Out's* Fitness Editor, Kim Ingleby, has devised a programme that works on the mind first, then, food, then exercise. Her client, Sue, shares the success of her 30-Day Challenge. Good luck and don't forget to look us up on social media, using the hashtag, #GetFitInsideOut.

Fiona

(left to right)
Kim, Henry
(photography),
Sue, Kelly (our
art editor), and
editor, Fiona



30-DAY CHALLENGE

Get fit inside & out

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women's
fitness

MAGBOOK



Pilates for core strength & spinal flexibility

For warming up the core

The Hundred

While laying flat on the back, bend both knees with feet flat on the mat. Lift the head and shoulders off the mat and extend both arms parallel off the mat. Begin to pump your arms rigorously up and down while inhaling for a count of 5 and exhaling for 5. Do this for a set of 10 long inhalations & exhalations.

Alex Estornel
Los Angeles Celebrity Pilates Instructor
with Azul Yoga and Pilates Retreats

For spinal flexibility and
toning up those legs

Pelvic Lift

When lifting the pelvis be sure to lift and lower one vertebra at a time. It is important to articulate the spine and round through the lower back. This will increase the flexibility of the spine and relieve lower back pain. This will also firm up those legs and glutes!



"Pilates and yoga are the perfect combination for life long health and well being. Yoga and Pilates strengthen the body and the mind and the connection of the two brings the ultimate balance we obsessively search for in life. I love teaching Pilates because at the core of this beautiful discipline are 4 key pillars, spinal flexibility, mastery of breath, core strength, and mind-body coordination. All of these are essential in creating a harmonious healthy lifestyle."

For more tips from Alex and the rest of our well-being specialists come see us in sunny Fuerteventura Canary Islands or any of our other retreat locations.

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Based in the Canary Islands we run health, fitness and wellbeing retreats 365 days a year. We also offer retreats in Santorini Greece, and in our newest location, Southern California, USA. Nutrition and wellbeing are at the heart of our retreats, and we offer workshops and question and answer sessions throughout your retreat weeks with us, to provide you with the motivation and desire to make permanent changes to your nutrition and lifestyle back home.

Mention **MINDBODY5** when making your reservation for a 5% discount. Contact us at info@azulfit.com for more information.

For deeper core conditioning

Criss Cross

Place both hands behind head for support. Bring one knee into chest and lift the head and shoulders to twist toward the knee. Keep both elbows wide and think of reaching your armpit for your knee, rather than your elbow. Exhale to switch knees.



Meet the **trainer**

Kim Ingleby, 36, is an award-winning coach from Bristol. Kim has been in the business of fitness for over 15 years as a leading UK mind-body expert

Personal trainer, Kim, has a wealth of life experience that has helped shape how she trains her clients. Kim has always had a passion for sport and fitness. She's had some highs – and some lows, all of which helps her help others.

Kim's Toolkit

She specialises in combining a range of skills from advanced personal training and sports therapy, to nutrition, stress management, mood and Neuro Linguistic Programming (NLP) to give clients what they need for a complete lifestyle improvement.

Kim is a *Global Life Fitness Trainer*, Master NLP and Hypnotherapist and GB Team Sport Therapist. She founded *Energised Performance UK Ltd* in 2004, offering comprehensive fitness, nutrition and mental strength formulas.

Based in the UK, Kim works with her clients all over the world, from celebrities, musicians, comedians, Team GB, extreme adventurers, media, global business to individuals from 12 to 79 years old. She's dealt with GP referral cases, obesity, under-eating, body dysmorphia and more.

Kim also loves to write and regularly contributes to national magazines. She presents regularly for *Fit for Leaders* to global business, conferences and schools, and has co-presented with Mark Foster and Gethin Jones.

She is a Brand Ambassador for Sweaty Betty, Shock Absorber and Mizuno, and part of the Tabata Master Training Team with Universal Studios. As a fitness model she has represented several brands, with Physique Elite Models.

Charity Work

Giving back is something that is really important to Kim. She has raised over £37,000 for charity, completed the UK Ironman and Sierra Leon Marathon,

achieved her Gold Duke of Edinburgh, worked for Street Child and trekked from Argentina to Chile on a horse and built a school in Belize.

All-Rounder

Kim represented Scotland in three-day 'eventing' under-21 squad, and raced in the GB age group triathlon team. She has overcome Weil's disease, and now manages a complex neurological condition as a result of a beef worm in her head which causes 'funny' moments. And she's broken her nose three times!

As well as her professional training in sports, fitness and NLP, Kim has a degree in International Business Management from the Royal Agricultural College.

Kim's Mission

"To give women the tools, support, and accountability to become stronger, fitter and more confident, in body and mind, **#GetFitInsideOut.**"



*Knowledge and
Passion, Courage
and Accountability,
Kim will empower
you to be your very
best. Kimpossible...
#GetFitInsideOut*

**A public speaker,
GB triathlete,
runner and role
model. Kim
Ingleby's energy
and enthusiasm
are infectious!**



*>>>Read about Kim's
30-day mind, body
challenge on page 126.*

Kim's 30-Day Challenge

Kim practices what she preaches and regularly sets goals and new challenges. Here's how Kim planned to focus on strength and balance, and improved her health and confidence over 30 days



Kim's 30-Day Challenge

I commit to:

- ✓ Eating right to improve my health and neurology
- ✓ Increasing my muscular strength and balance
- ✓ Increasing my confidence and 'kicking ass' for the unfamiliar – on stage and at a photo shoot



Kim trains inside – and outside in every way!



Why I made my commitments?

■ The Plan: To Get Strong

I've always been an outdoors girl, and my training philosophy is about helping women become strong in the body, and happy in their mind. I combine personal training with NLP (Neuro Linguistic Programming), sports therapy and nutrition advice to give each person the *Fit Inside Out* formula for them to achieve their results.

At the end of 2013, I won the *Global Life Fitness Trainer to Watch*, a huge surprise and honour especially after being so ill. It was a weird time as the virus had challenged my confidence, skills and fitness. But in the last year I've learned more about myself, about neurology, fitness and mental strength, so much so, that I am actually really grateful that it happened. It caused me to take time out, slow down and appreciate things differently. Nowadays we spend a lot of time rushing about and we never actually fully stop. My Weils disease and its legacy caused me to do so.

■ Practice What I Teach

I like to practice what I teach, and wanted to set myself a goal that would work with my neurology, yet challenge me to become stronger and more confident again. I decided that I would do something totally out of my comfort zone and train for a stage fitness show, as well as training for a marathon in Sierra Leone. It's part of my business philosophy to give back, so our aim was to raise lots of money for charity as well and hit our £40k target in our 10th year. It is also really important in all my work that I am authentic, and continue to test myself, learning all the time.



■ The Importance of a Good Coach

Like any good trainer, I did get support from a couple of specific coaches who are masters in this alien area (Kirk Miller and Alina Andrews), and I had a stage lesson too (James Alexander Ellis). I believe to improve you always have to push yourself, make yourself accountable and learn from people who are excellent in their area. It really challenged my own self-belief, confidence and identity.

■ Finding My Confidence

From the age of eight to 14-years-old I struggled with my own self-confidence, not liking who I was, and I definitely had body dysmorphic tendencies.

Even though I am a trainer, the challenge was that this was something different for me, and took me out of my own comfort zone. I had to ask myself, could I do it, could I get on stage, would I be good enough? It made me look at old thoughts and limiting beliefs that I didn't even realise were still lurking.

>>> See pg 126 to see Kim's results

Meet the editor

Fiona Bugler, 46, is a mum of two teenagers and a marathon runner. She's fit, but wants to be healthier, stronger and have a more balanced life



ABOUT FIONA

Fiona Bugler has made her passion for being active her career. At the age of six she swam her first 100 lengths, dived off the top board at eight and swam competitively for a club until she reached 13. In her teens she swam for fitness, throwing in the occasional swimathon. In her 20s, she became a journalist, smoked and enjoyed London life, but somehow kept fit with regular classes from Brixton to Jubilee Hall in Covent Garden – a stoic three-times-a-week ‘gym bunny’.

THE FITNESS INSTRUCTOR

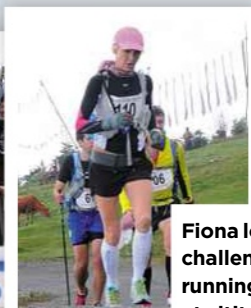
After having her first child, Frankie, in 1997, she decided she wanted to keep fit and work, and the best way was to double up as a fitness instructor/personal trainer and freelance writer. Starting with aerobics, Fiona went on to get numerous fitness qualifications including pre- and post-natal, aqua, circuits, and Les Mills’ Body Balance, before discovering running and giving up smoking after the

birth of her second child, Ciara, in 2001.

Fiona completed her first marathon in 2002, her first ultra in 2003 and has since run 18 marathons, and taken on other challenges like the Himalayan 100 in 2013, and Endure 24 earlier this year, as well as sprint triathlons in 2013/14.

SHE RUNS, SHE WRITES

Since hitting her 40s, Fiona has managed to run the magic sub-3.15 five times. She’s a qualified running coach and for seven years was director of a company that organised running weekends, during which time she launched a running club on the south coast. As a writer and editor, Fiona focused on fitness and health, starting in 1994 at *Slimmer Magazine* in Watford. Since then she’s been editor of magazines and websites, co-authored books, and now spends her time editing and directing a communications business, and chairing the *Fitness Writers’ Association*.

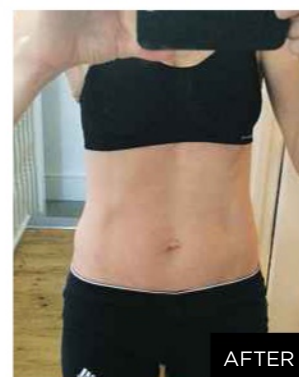
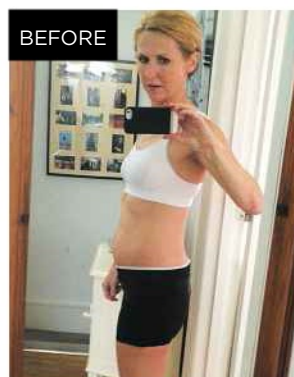


Fiona loves a challenge from running 100 miles at altitude to obstacle racing!

Fiona's 30-Day Challenge:

I commit to:

- ✓ Get strong for running
- ✓ Eat right for running
- ✓ Making running a non-negotiable



Why I made my commitments?

■ To Get Strong for Running

I believe in being fit from the inside out, both physically and emotionally. Running is very one dimensional – i.e. you point in one direction – and that, combined with its repetitive nature (the action itself can be compared to hopping on one foot), make injuries common. I want to keep running, therefore avoid injury.

A few years ago a friend asked me to be featured in a newspaper article, *How Old Are Your Bones?* And to my shock the

scan revealed I had the beginnings of osteopenia (which just means a lower than normal bone density) in my hip. By then already approaching mid-forties, I knew I didn't want it to take hold, and I know that weight-bearing exercise is one of the key things you can do to prevent brittle bone disease in later life, or osteoporosis.

Finally, I like to look strong – it's aesthetically pleasing to have strong abs and a toned body and not a Buddah belly!

■ Eat right for running

As someone who eats on the run, I can be very lax with my diet. I don't really put on weight that easily, so there's not much incentive to cut out the cake, crisps, chocolate and wine. But in 2012 I found I was struggling to run, and was falling asleep at my desk, and feeling completely exhausted. A blood test revealed my iron levels were low. At the same time I discovered whilst writing an article that my vitamin D levels were also low. I knew to perform well and to boost bone health I had to up my vitamin D (see our article on page 52) and that I needed to pay more attention to my diet. As I'm permanently short of time, I'm not good at getting all my nutrients – so I've invested in a Nutribullet (see page 47).



Running is very important to me so it matters that as I get scarily close to 50, I stay strong, eat right and always find a way to fit it into my busy working and family life

■ Making Running a Non-negotiable

My friend and running buddy, Julia Chi Taylor (www.runningconscious.com), has given me this one for my 30-day plan. I'm always, always, always too busy for anything – and it's very easy to fall into the trap of thinking I'm too busy for running. But, for 30 days, I made running a non-negotiable, like brushing my teeth. Why? Because I love to run, I love the feeling of fresh air, and pushing my body. I love the way I feel after – and when I train well, I love nothing more than achieving a personal best! If you need help planning and deciding what your own non-negotiable goals are going to be turn to page 20.

Meet the client

Sue Hendry, 48, from Bristol works in marketing. After a relationship break-up and years of bad habits she wanted to change. Her goal? Be smaller and be happy

ABOUT SUE

I started working with Kim in July 2013 so have invested over a year on my mind and body, working in 30-day blocks of change, with the latest block completing the process of getting me fit, inside out.

It all started with a *Race For Life 5K* event. I was entered as part of a work team, and included in the package was Kim, as our team trainer.

I was really unfit and I had some problems with my achilles. On the first training session I burst out crying and said, 'I can't do it!' Kim took me to one side, told me to walk away from the others, take a breath and re-start.

A NEW APPROACH

Rather than just being told you need to lose weight and get fit, Kim had the approach of getting my mind in shape first. I needed to do this. I had just come out of a long-term relationship, but more than that, over the years I'd put on more and more weight.

When I hit 40, I was diagnosed with an

underactive thyroid and my weight spiralled out of control. I spent the next six years starting every week thinking, 'it's a whole new me, a whole new life' – but it was all unsustainable. I had to start work from the inside out.

STEP ONE: THE MIND

The first thing I did with Kim was an *Inside Out Mind Body* course. I was given a lot of support through phone calls and meetings with Kim. We would talk through what I needed to change, how I was dealing with stress, work issues, etc.

Kim works in 30-day blocks and we set goals for each block. Okay, so this whole process has taken more than 30 days, but my first meeting with Kim was only 10 minutes that changed my life.

The 30-day programme I did in August was the 'Summer Hot Bod' – it's the course we follow in this magbook. Like all the programmes, I made three 30-day commitments and recorded how I got on. *Turn to pg 36 to get your mind in shape.*



"From my first 5k to my first triathlon – what a journey!"



Sue's 30-Day Challenge:

I commit to:

- ✓ Make less alcohol a way of life
- ✓ Eat a more balanced diet – all the time
- ✓ Be active all day long – don't just save it for classes



Why I made my commitments?

■ Make Less Alcohol a way of Life

I used to enjoy a glass of wine most nights, but a few months ago I decided it would be good to cut down on alcohol. I noticed that even a couple of glasses made a 6.30am training start a lot harder.

The 30-day programme coincided with a two-week holiday which was spent with family and friends. This meant that my

normal routine and ability to control my food choices were going to be a challenge, but I wanted to be able to continue to be healthy even when my normal routine was gone.

I decided I would enjoy red wine and the occasional glass of cider or lager with friends during my time off work, and not get cross with myself when I did drink.

I resolved to eat a little more wholesome food – and also to enjoy the occasional ice cream and cake

■ Eat a more balanced diet – all the time

Rather than have extremes and an all-or-nothing diet, I resolved to eat a little more wholesome food - Kim said I wasn't getting enough calories - and also to enjoy the occasional ice cream and cake. In the run-up to the 30-day programme, I had noticed that processed foods didn't give me energy, if anything they made me sluggish. Kim has spent time teaching me how to switch the way I view 'treats' (chocolate, cakes, wine) from something I'd get cross about and feel a failure if I included in my diet, to something I have occasionally and really enjoy.



Healthy eating is easy with planning see pg 32

"I stopped thinking exercise had to be structured and done inside a gym"



■ Be Active All Day Long. Don't Just Save It For Classes

I had the attitude that I had to workout at the gym or in a class, but Kim helped me realise that I need to be active all the time. And going on holiday doesn't mean downing tools and doing nothing – a walk and choosing to do active things all help, as does watching less TV and getting out in the evening.

HOW TO USE THIS BOOK

The 30-day challenge focuses on making small changes – that will have a massive impact on your life! Read on and find out how to use this book so you get the results YOU want

THE BOOK IS DIVIDED INTO THE FOLLOWING SECTIONS:

- **Healthy Mind**
- **Eat Right**
- **Workouts – strength, cardiovascular (CV), stretch and relax**

AT THE START OF EACH SECTION USE THE WORKSHEET TO WORK OUT:

- **Your goals**
- **Your 30-day review guide**
- **Top 30-day planning tips**

AT THE END OF EACH SECTION, KIM SHARES HER TOP TIPS FOR IMPROVING YOUR MIND, EATING HABITS, AND BODY:

- **Kim's Mind tips**
on page 29
- **Kim's Eat Right tips**
on page 53
- **Kim's Strong tips**
on page 86
- **Kim's CV tips**
on page 104
- **Kim's Stretch and Relax tips**
on page 112

PLUS We've got shopping advice, features and our stories to inspire you too!



MAKING YOUR 3 COMMITMENTS

■ As you'll have read in the previous pages, trainer, Kim, editor, Fiona, and client Sue, have all chosen the things they are going to commit to during their personal 30-day challenges.

■ Now it's your turn. Choose your three top-line commitments for the next 30 days. It can be anything from weight loss to singing on a stage – a fit and healthy mind and body will help you achieve your dreams.

In the next 30 days I commit to:

- 1.....
- 2.....
- 3.....

1 GOALS

Setting goals and making commitments are vital if you want to succeed. The standard way to set goals is to think SMART. This means goals that are:

■ **SUSTAINABLE** Set goals you know you'll be able to stick at, that fit with your lifestyle now and in the future.

■ **MEASURABLE** Simple measurements will motivate, from inches to dress size, to heart rate – and even happiness.

■ **ACHIEVABLE** Don't aim to run a sub-three hour marathon in three months' time if you've only ever run a 25 minute 5K!

■ **RELEVANT** Do you need to learn to swim if you don't enjoy it, or your long-term goal is to run 10K? Make sure that the 30-day goal matches up with all your other goals.

■ **TIMED** Give yourself a timescale – 30 days is perfect!

2 REVIEW & RECORD

Regularly reviewing your goals will help you to stick to them. Keep a journal and ask yourself objective questions: 'How am I feeling?' 'What have I learnt or achieved?'. These are the kind of questions a coach might ask.

A famous 1979 study of an MBA Harvard group found that writing down goals has a big impact on success. Of the group, three per cent had written goals and plans, 13 per cent had goals but they weren't in writing, and 84 per cent had no goals at all. Ten years later, the 13 per cent of the class who had goals but did not write them down were earning twice the amount of the 84 per cent who had no goals. The three per cent who had written goals were earning 10 times as much as the other 97 per cent of the class combined.

Vision boards are also a good tool. Cut out images of what you wish to 'be' and stick them on a board. They were made popular by people who follow the 'law of attraction', i.e. if you clearly see what you want, the universe will provide. But it's also worth bearing in mind research from the University of California (Pham and Taylor) which found that individuals who wanted to achieve in sport did better by visualising themselves training, rather than winning – so add some action to your vision!

3 PLANNING TIPS

We'll help you help yourself with worksheets and planning tips so you can produce your tailor-made 30-day challenge. Follow advice for success.

WHY 30 DAYS?

- One month is a manageable timescale.
- Small time blocks mean it's easier to set smaller goals. And small steps can make the difference that changes your life for good. For example, giving up wine during the week, exercising one extra day a week will have a long term impact on your life.
- 30, 60 and 90-day time blocks are used in the world of sales as timescales for achieving goals.

Fitness IT'S ALL IN THE mind

Kim Ingleby explains why a healthy mind is the starting point of the Fitness Inside Out 30-Day Challenge, and shows how to get your head round a new mindset

You can achieve amazing results in a short time by doing fitness sessions, but it's not enough for long-term habit changes. For that you need to change your thoughts and behaviour too.

When I first started coaching, I was always surprised, if not a little sad, at how many of my clients still didn't feel really confident or happy inside, despite their tremendous changes and looking great. While researching why this might be, I discovered Neuro Linguistic Programming (NLP).

When I work with any individual I find the best in them – what makes them tick, the positive bits that make them a wonderful person. It's my job to help them see this too to remove any self-imposed limitations that prevent them from being, feeling and looking how they want to, and helping them find the courage to achieve their goals.

It's quite easy to start making the physical changes, but if our identity – how

we feel and think about ourselves – our values and beliefs stay the same, the changes are unlikely to last.

Ask the Right Questions

And write down your answers on a postcard that you carry with you:

- Why do you want to change?
- What will you gain if you lose weight and get fit?
- How will it add value to your life?

MAKE YOURSELF ACCOUNTABLE

Tell your family or friends what you are planning to do so they can keep you accountable, support and encourage you. Maybe they would even like to join you? Get in touch and tell us on social media #FitInsideOut for more support.

Put Your Training Head on

Switch your phone off, get your 'training head' on and go do those sessions. Make them happen, embrace sweating and getting hot, feeling uncomfortable, as trust me, you will be okay. This is where the changes really happen. I love the training part! When you get the motivation and fuel right it will really help you to commit to the challenge, and achieve tremendous results.

Pick the Right Date

I would recommend taking a week (or

even two) before starting the 30-Day Challenge (see the Worksheet on pg 20). This will give you time to plan what you need to do, buy, or change before you even begin. Then, pop the date you are going to start in your diary and, if it helps with your commitment, share it on social media. And stick to it.

Be Kind to Yourself

Become your own best friend, the sort of person who would be honest with you and hold you accountable. Learn to find something positive to celebrate every day, something that you did, said, or felt and also something that you learned. Being kind, but giving yourself a gentle, motivating kick when it's needed will encourage you to make changes, leaving behind any negative existence, empowering you to become your best.

#Fitinsideout

Some days will feel tough, but this is perfectly normal. If you get it 'wrong' for a day remember, it's just a day don't beat yourself up, get back on track. If life takes over, be it work, family, hormones, simply extend your finish date by a few days. But stay totally committed. On the days that feel great, when you get it all 'right', celebrate and learn from what you do.

Be kind, kick ass and commit to discovering that inner, stronger, fitter, happier you – inside and out.

Finding your personal motivation, your focus, your reason for setting your goals will make it easier to stick to them

Kim's rules:

- ✓ Avoid comparing to others – we're all different
- ✓ Observe excellence in yourself and in others
- ✓ Celebrate success and all your progress
- ✓ Commit to making your body stronger



Healthy **mind**

WORKSHEET

The focal point for change in the 30-Day Challenge is your mind explains Kim. Change your attitude and mindset first, then your eating and exercise habits



Kim's **planning tips**

✓ **Keep a 30-day journal – you will be amazed by the progress you make, and it will highlight any problems or patterns that you want to change.**

✓ **Score your daily energy levels out of 10, aiming to get around 7/10 most days. If there is a pattern of much lower energy, look at how you are managing your food, sleep and recovery.**

✓ **Write down how many hours sleep you get and the times you are sleeping. How do you feel?**

✓ **Track your mood – note down out of 10 how happy and positive you feel. If it drops below five, think about what you could change. But keep it simple.**

✓ **Find some good each day to celebrate and feel positive about.**

✓ **Be aware of and note down how fluctuations in your hormonal cycle make you feel. What changes could you make to your food, sleep and hydration to make it better? You may not always know, but try different things.**

✓ **Hydration – record how much you drink, water and other liquids.**

1 Chat with your family and friends, people you are with daily, to make sure you have the time, space and support to really do your best.

2 **Choose a time to do it when you have the space to commit to it fully. Life is busy so there may never be a 'right' time, but for it to work you must have the time to commit to making it one of your three main priorities for the 30 days.**

3 Take a week before beginning the challenge to actually work through the book and plan in your changes, your shopping list, buy your journal, any kit you want, get health checks, etc.

4 **If you can get a friend to do it with you, it's always much easier and makes you more accountable. It's human nature to have challenging days so it's great to have the support on those days especially, plus someone to celebrate**

with on your super successful days.

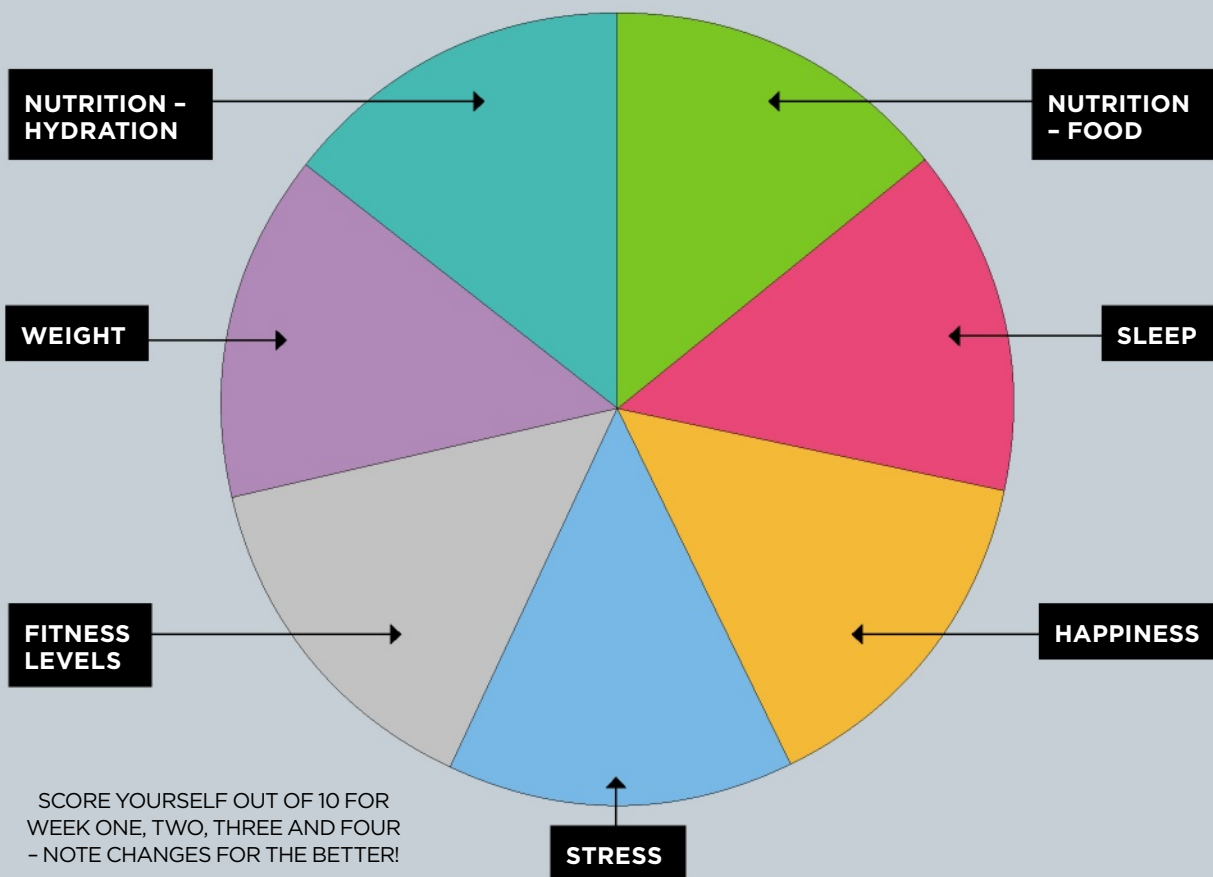
5 Use the week after you complete your 30 days to write down the changes you found easy and want to keep. Also note the ones that you found hard but would like to work on. Then commit to them for another 30 days. It's like a journey – 30 days focus, seven days relax and fun time, 30 days focus, and so on. This is how real long-term change is made.

6 **Celebrate progress in your 30-day challenge, whatever the outcome, and take what you learn through to your next challenge.**

7 Always ask for help and support. The thing that challenges you most, and that you are most fearful of changing, is probably the thing that will make the biggest difference. So don't worry if it feels tough, stick with it, keep building that vision board and have courage. You can do this!

The Get Fit Inside Out Wheel

Fill in the wheel of health below, cut it out and keep it in your journal or somewhere you can see it



YOUR 30-DAY MIND COMMITMENT

What are you going to commit to for a healthy mindset? For example, you could write: celebrate my success; say thank you for my training buddy; and, smile when I train.

Come up with your three healthy mind commitments and put them somewhere you can see - this will become your mission statement for 30 days.

Over the next 30 days I commit to:

- 1.....
- 2.....
- 3.....

Those who say it cannot be done, should not interrupt the person doing it Chinese Proverb

The main reason that we do not achieve great goals and results is because we feel that our lives are completely full. In order to make a change, you need to make time. Many people fear change and therefore never make the time to do it. Often fear of failure or what other people will think becomes our excuse. In order to make progress, it is helpful to become aware of our excuses before we start – that way we can prevent them becoming an obstacle.

Most common excuse: I don't have time

When was the last time you said that? Yesterday? Last week? It's the excuse for everything from not getting the car serviced, to putting off learning a new language or taking the trip of your dreams.

The fact is you do have time. Do the maths:

Weekends (or two days off per week): **2 days x 52 weeks: 104 days**

Bank Holidays: **8 days**

Statutory Annual Paid Leave: **20 days**

Total minimum days available to you: 132 days!
(Source Lonely Planet)

So now we've shown you do have the time, note down your personal top excuses or obstacles and how you plan to overcome them:

| Excuse or Obstacle to change | How to start overcoming this |
|------------------------------|------------------------------|
| | |
| | |
| | |
| | |

BREAK A HABIT

Changing a habit takes time and awareness. Habits are what we do unconsciously, so we have to think consciously about what we want to change. For example, Sue was always short of time and wanted time 'off' to have fun. *EastEnders* was her relaxation, but when we discussed why she watched it and what she gained from doing so, she was unsure. So I asked her what she could do differently with that time which would add more value to her life. Having reflected, she came up with several things that would make her feel happier and more content, and take her away from the TV screen.

To change a habit you have to work out what it is you want to change, and why. Then you have to come up with a solution that will make you feel happier. Write it down and create stepping stones for making the changes happen.

Example

Currently it is my habit to have a chocolate bar every day. I'm going to change this to once a week, and always choose plain chocolate. On the other days I will have alternative healthy options like healthy bars, fruit, nuts and yogurts. This will make me feel more energised, strong and like I am achieving my results.

Research suggests that it takes as long as 21 days to change or break a habit. When I've worked with clients I've found that many of us benefit from a further 21 days to embed that new habit. That's nearly six weeks to make changes. Often people lose focus too early and think they have failed when they have really only just begun. Stick with it and have courage.

You can also help break old habits by changing your environment. Make small and simple changes each day, cleaning things up, changing the photos, the mug you drink from, where you park, what you eat, where you sit. It honestly does help.



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KEEP YOUR **mind** healthy

What does it mean to keep your mind in the here and now – and how can it help you on your 30-day challenge?

Tom Bugler investigates

In 2013 a video went viral online. It was called 'I forgot my phone' and featured a girl going through her day without a smartphone. As each hour passes, the trauma of living without her hand piece becomes more and more apparent. She always needs to be somewhere other than where she is!

Okay, it was dramatised and edited for an online audience, but it highlighted how we live in our multi-media world today. A world in which an invisible 'cloud' provides instant gratification and constant stimulation. Add to the mix day-to-day stresses and strains, not to mention fitness challenges!

Thankfully, there are many ways we can find relaxation within ourselves – mindfulness, meditation and Neuro Linguistic Programming (NLP). Following our tips will help you achieve a sense of calm and well-being, even in a world moving at a hundred miles an hour.

Being Mindful

Mindfulness is a method of focusing on the current moment – being aware of thoughts and feelings – through activities such as meditation, yoga and breathing. Practicing mindfulness helps gain insight into your emotions, boosts attention and concentration, and brings countless health benefits.

"Mindfulness can mean different things to many people," explains Kim Ingleby, "I believe it's the ability to be aware of our thoughts and language in the moment.

To understand how they make us feel and choose to respond in a way that enhances our well-being, mood and state.

"Being aware of how you feel, what you are focusing on and understanding what is a helpful or limiting habit, can be a really useful skill to develop. Mindfulness techniques and strategies are used to help calm the mind, centre your awareness and adapt things according to how you want to progress. Walking, yoga, breathing exercises, keeping a journal and spending time without external stimulus can all go a long way to enhance our mindfulness."

Kim believes mindfulness will become an increasingly useful tool because of our busy and externally-stimulated lives. Recent studies have shown that we spend an average of nearly nine hours a day

using technology in some way, and a third of smartphone users check their device within five minutes of waking up. "Finding the skills to quiet the mind and develop strong self-worth and identity is key to contentment, happiness, developing life skills and achieving your goals. By learning to live in the moment, you can really focus on what you want to achieve, and be aware of what is limiting you."

Mindfulness

For Sue, being mindful was one of the cornerstones of her success. "I learnt that being mindful of what I was eating, drinking, doing and feeling, had a massive impact on my results." Kim explains, "I train all my clients to make mindful choices. It's about finding the way that works for them. I ask people to take a moment of quiet to write down three things they did that they feel really good about, and three they didn't feel so good about. By training clients to think mindfully I have found they are more productive and efficient at training sessions, eat better and more slowly, and think more helpful thoughts."

Meditation

Meditation can be in its conventional 'pure' form, or a blend of different skills across NLP and mindfulness. "Key to meditation is quieting and clearing the mind from all the stress and chaos within," says Kim. "We should have some quiet time, but also a time to allow thoughts

"Habits are for life, so it's up to you to create habits that fill you with energy and confidence. The Fit Inside Out programme is a 30-day kick-start to lifelong habit change, feeling good in yourself, mind and body."



Organic cotton sleeveless boatneck with fitted bra, seaweed £45; Bamboo crop pants, black, £49 asquithlondon.com

and clarity, limitations, dreams and goals to flow. Meditation enhances what we want to do and draws our mind to things that may be limiting us, which with time and patience we can choose to let go."

A combination of mindfulness and meditation is a very complimentary partnership, and can be especially advantageous in coping with high-pressured jobs, anxiety, or "being stuck inside yourself trying to loose weight".

Meditation is as simple as finding a quiet space at home, making yourself comfortable with pillows or cushions, and putting on some relaxing music (see *We*

Tried It) and low lighting to allow your mind to flow into a meditative state.

Neuro Linguistic Programming

Neuro Linguistic Programming (NLP) is a set of techniques for achieving self-improvement and self-management. It is a way of helping someone understand how their thoughts and the language they use affects their habits, beliefs and patterns in life, essentially how one can change themselves by thinking about achieving something as a result of saying it aloud. "It gives you the tools to help remove limiting patterns and thoughts,

30-Day Challenge

■ Every seven days in the plan (see page 56) you are given a walk/rest day – this is the perfect opportunity for meditation.

■ Focus in on your breathing and how it's connecting with your body, the in and out breath flowing with the movement of walking.

■ Channel your thoughts into the here and now, on one step then the next.

■ Visualise yourself outside your body and watch yourself in the moment.

and to become more content, confident and positive, creating real life changes and results," Kim believes.

"NLP can help you get in shape permanently too, as it is a lifestyle shift that builds self-awareness, self-esteem and a confidence in your body. People are becoming fitter, stronger and lighter - they also learn to like the person they are".

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SLEEP MATTERS

Sleep is a key component for a 100 per cent healthy life. Sleep expert Sammy Margo, author of *The Good Sleep Guide*, thegoodsleepexpert.com, explains

Getting enough sleep is essential if you want to be fit, healthy and work out well. Studies have found that good sleep can improve speed, accuracy, and reaction time in athletes. If we don't get enough sleep, we don't perform well.

So What Happens When You're Deprived of Sleep?

- **Decreased energy:** Sleep deprivation reduces your body's ability to store glycogen – energy that you need during endurance events.
- **Reduced reflexes:** Studies have shown that athletes who don't get enough sleep are worse at making split-second decisions, and less accurate.
- **Hormonal changes:** Not getting enough sleep can increase levels of the hormone cortisol, a stress hormone that can slow down healing, increase the risk of injuries, and worsen memory. It also lowers levels of growth hormone that helps repair the body.

How Sleep Helps Active People

Studies have found clear evidence that increasing sleep has real benefits for athletes and active people. A 2011 study tracked the Stanford University basketball team for several months. Players added an average of almost two hours of sleep a night. Players increased their speed by five per cent. They had faster reflexes and felt happier.

So, if you are trying to improve your performance at sport, work, or simply be more alert all day, try sleeping an extra hour. This may mean going to bed an hour earlier or taking a 'Churchillian' nap, but don't nap after 4pm as it will disrupt sleep.

HOW TO SLEEP WELL



1 WAKE TIME

Try to wake up at the same time every morning including weekends and holidays – we humans like rhythm and routine.



2 DAYLIGHT EXPOSURE

Get some daylight exposure first thing in the morning as this will help re-set your body clock.



3 CAFFEINE CUT-OFF TIME

Watch your caffeine intake and monitor how it impacts on your sleep. Create a caffeine cut-off time, for example don't have any caffeine after lunch.



4 ALCOHOL WATCH

Monitor the effect of the number of alcoholic drinks you consume on the quality of your sleep, and find an optimal number of glasses that doesn't prevent you from getting into the deeper stages of sleep.



5 SLEEPY SNACKS

Ensure that your evening meal/snack consists of sleep-promoting substances such as turkey, warm milk, honey, marmite on toast, lettuce, almonds, Horlicks/Ovaltine or other malt drinks,

bananas. Bananas are practically a 'sleeping pill in a peel' containing magnesium, melatonin and serotonin to help you snooze.



6 TECHNOLOGY CUT-OFF TIME

Set yourself a realistic technology cut off time. Leave your smart phone out of the room so that you are not tempted to check it! The blue light emitted from these devices can inhibit the production of melatonin, which promotes sleep, a study from the University of Washington has found.



7 BEDTIME ROUTINE

Have a warm shower or bath 30 to 40 minutes before bedtime. Add a few drops of lavender to the running water, light some candles, and play some relaxing music as part of your bedtime routine. Listen to an audio book to send you off to sleep.



8 BEDROOM REVIEW

Ensure that your room is cool, and kept at 16 to 18 degrees centigrade. This is the optimal temperature to aid the release of your sleepy hormones. Lighting should be adjusted too. Your body is programmed to sleep when the lights are out. Ideally, install blackout curtains, or failing that, wear an eye mask.

Sue's story

With Kim's help, Sue mastered the tools of mindfulness and worked in 30-day blocks to achieve more than she ever thought possible

When I started the programme, I was unfit and unhappy. I had to do more than just begin another plan that I wouldn't stick at. I understood I had to lose weight and get fit – but I had to dig a bit deeper. I knew who I had wanted to become, but for years I just couldn't get to be that person. Looking back I simply needed the tools to knock myself into shape.

Following the 30-day plans, Kim helped me first to appreciate my body for being more than just a physical thing. I needed to look at the whole person, the mind and the body together – they are intertwined.

Working with Kim, I looked at the pressures of work and how it was affecting me, and my sleep patterns. Then we discussed my eating habits, and my attitude to both food and exercise. Together we worked out how to change each part – stress, sleep, food, exercise – step by step.

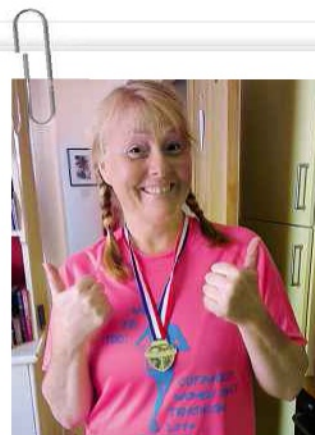
A key tool is learning to celebrate your successes. Before if someone commented on my weight loss and said I looked great, I'd feel embarrassed and not want to make a fuss. Now I say 'Thank you!'

Understanding Stress

I have a demanding job as Head of Media, managing a team and planning and buying for a global company. I work long hours and have lots of meetings over lunch. I had to change my attitude to how this affected me. One of the things I learnt to do was not be too hard on myself. So, when I felt low or lacking in confidence, often brought on by tiredness, I'd take myself off for a refreshing walk.

Sleep Patterns

My long-term relationship had ended, and as a singleton again I found myself slipping into the habit of going to bed and watching TV or reading on my iPad. I made a conscious effort to stop doing this while I was following Kim's 30-day programme, and soon noticed that I started to have much more restful sleep – my mind was no longer busy which made it easier to get up and



Smiling and thinking happy thoughts whilst training helped

out by 6am and do my exercise.

Attitudes to Food And Exercise

The three commitments I had made included eating a more balanced diet (all the time), changing my attitude to food and alcohol, and viewing exercise as more than just a structured thing I 'must do'.

Exercise and Me

I had been active when I was younger. I'd been in school teams and liked sport, so I had to tap into that. When I was in my 20s, my career took over: advertising was quite hedonistic then, and I stopped exercising. I managed to lose the weight for my 30th birthday, but it started to creep back on again. By the time I hit 40, I had become less active and didn't like myself much. I wouldn't do stuff and it was a vicious circle.

I was always a member of David Lloyd gyms but if I'd looked back and realised how much my bi-annual visits had cost me, I would have cried.

Thanks to some simple tools, I started to make the changes that turned me from a stop-start yo-yo dieter and exerciser, to a healthier and much happier person.

Mindful Eating

I didn't give up wine or chocolate. Like everything, if I want it I'll have it. But rather than walk into the kitchen when I got in from work and grab a bottle of wine, I would do something different instead. I would be mindful of what I was doing and stop to ask myself: 'Do I really want that, do I need it?' If the answer was, 'Yes', I'd have it. If I wasn't sure, I would distract myself. As the days passed and I started to see physical changes and feel more energetic, there were more compelling reasons to say, 'No, I don't need it now'. The same goes for chocolate. It used to be feast or famine. Now I enjoy both chocolate and wine – just a lot less of either!

Celebrate Good Times

A key tool is learning to be happy with and celebrate your successes. Before, if someone commented on my weight loss and said I looked great, I'd feel embarrassed and not want to make a fuss. Now I say 'Thank you!' And it's been great to share my victories with friends and family. For example, my brother and his family came to see me do my triathlon (read how I survived on page 124).

Write it Down

I write down and focus on how I want things to be. It's that simple. Writing down my commitments helped me. They were simple, and easy to follow:

- Make less alcohol a way of life
- Eat a more balanced diet all the time
- Be active all day long – don't just save it for classes.

Planning

Kim reminded me that planning was key. I know I can plan – after all it's my job – so I just had to adopt my work attitude for my life in general. That meant not just writing things down, but creating a 'vision board' as well (see page 18) to include my goals, my dreams and things that inspired me.

>>> Read Sue's full story in the diary section on page 116.

MY MANTRAS

- I'm focussed on my goal
- Goodbye comfort zone
- I used to set limitations. I now have expectations

With a positive mindset, and a new attitude to food and exercise, I went from being the spectator of the sport to the woman taking part. See more on page 116.



Mind control and mantras meant Sue stuck to her tough exercise plan and loved every minute!





Kim's tips on...

mind & body

1 Each week write down three things you are happy with, and two things you would like to do better, how you will do this, and how it will make you feel – do this in your #FitInsideOut Journal.

2 Begin to notice your limiting habits, what you always tell yourself you can't do. Then decide you're going to start letting yourself do it.

3 Create a vision board of how you want to look, feel and be. Include images of goals, dreams, inspiring people, quotes, places, and photos of you that make you happy. Grow it every time something inspires you.

5 Be accountable but flexible with your goals. Make sure you are really committed to making them happen, but be patient and able to adapt if life takes over or you are not feeling so good that day.

6 Become your own best friend. How would you talk to your best friend and advise them? Or your daughter? Do the same for yourself.

4 If you feel low or lacking confidence, don't fight it. Be kind to yourself – walk, read, watch TV or listen to music – then decide to move on to a positive state.

7 Celebrate yourself and your achievements. Learn to be in the moment (see page 24-25). Be proud of the little things as well as the big. Enjoy each moment where you've done your best – and improve!

8 Know that to change something you have to get out of your comfort zone. So stick with the discomfort. If you have a challenging day, be kind to yourself and remind yourself why you are doing it – keep the goal in mind.

9 Learn to understand any limiting behaviour, strategies that keep you 'safe'. Accept them but focus on how you want to be, and quietly make changes.

10 Have a clear intention or mantra for the day such as: 'I am confident and strong, and will achieve this!' Wake up with it. Keep it as your focus. It will help on a tough day.

Eat right

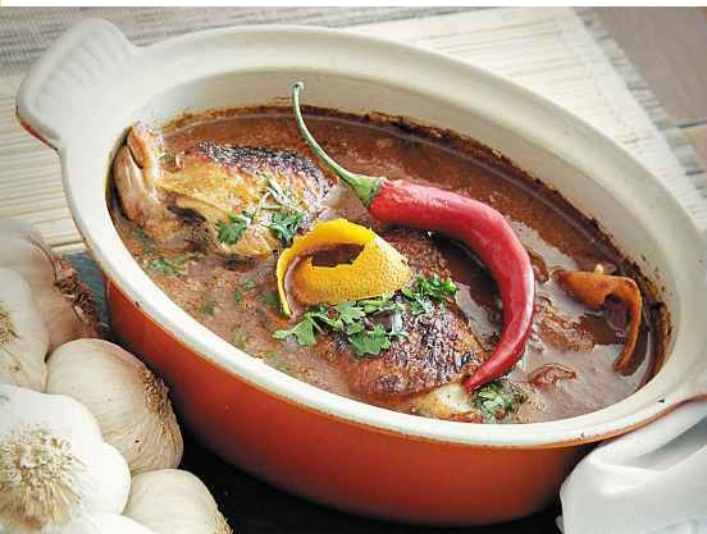
FUEL TO GO

The eating plans that follow offer up ideas for a lifestyle change, rather than a quick fix (but stick to the plan you can still expect great results in 30 days).

Healthy food tastes great. Enjoy eating!

Go for meals out, celebrate and share food with family and friends. A little bit of what you fancy won't make a difference to your 30-day success. But keep your vision, and your goals in mind.

Little changes get best results!



| | |
|-------------------|-----------------|
| Breakfasts | pg 38-39 |
| Mains | pg 40-47 |
| Snacks | pg 48-49 |



Eat right

THE 30-DAY PLAN

Maximise the benefits and results of your 30-day exercise regime with the right fuel. Here are 30 days of food plans for you to follow. Enjoy healthy eating now!

Simply cutting out sweets, refined carbohydrates, processed and diet foods over 30 days will make a huge difference to your mood, your weight and your energy levels. But we are all creatures of habit, so you will need to plan the changes you are going to make to your eating habits to make them happen. This means planning a budget, shopping right and getting confident in the kitchen – and encouraging the family to adopt the changes you make.

Following our plan to the letter will certainly achieve significant results, but just as importantly, you should look on any positive changes you make as the first step in a gradual process towards becoming stronger, fitter and healthier. Don't deny yourself that meal out with friends, an alcoholic drink, dessert or 'treat', but do work towards finding a healthy balance in your choices. In time, you will even think differently about what constitutes a 'treat'.

Goal: To become a leaner, stronger, more energised, happier version of you!

Review: Adapt nutrition according to your energy, training, weight, height and metabolism. Monitor your hunger, mood and energy as you go.

Your Record: Keep a record of how you are doing. Don't restrict calories – eat the right ones and get the balance right.

ADAPT THE PLAN

We've chosen foods that are best for optimum nutrition over 30 days. If you find it hard to buy gluten-free or organic, that's fine. But if you can, try things you may not have tried before and see if it makes a difference. We've made carbs optional on some of the main meals. If you've upped your exercise, say yes to extras, if you're not so hungry or have had a sedentary day, say no. For vegetarians substitute meat for healthy alternatives like: tofu; haloumi; fish; eggs; nuts/seeds; or a vegan protein such Sunwarrior (www.sunwarrior.com/).

Eat right tips

- ✓ Eat a balance of good carbs for energy; protein to recover; fats to fill up.
- ✓ Eat every three to four hours to avoid dips in energy and stabilise metabolism.
- ✓ Listen to your body and be aware of how often or how much you need to eat.
- ✓ Tiredness causes sugar cravings. Rest and drink more water to avoid this.
- ✓ Keep healthy snacks with you to fuel on the go. See the table and pg 48-49 for more ideas.
- ✓ Eating healthy food can feel like you're eating too much, but you will adapt to wholesome foods.
- ✓ Restrict or cut out white refined foods, diet food, sugary drinks and alcohol.
- ✓ Choose fresh foods and avoid using the microwave.
- ✓ Don't deny yourself 'treats' – it won't hurt occasionally, so enjoy it.
- ✓ Focus on eating good food. Be clever about supplements (see pg 50-51).
- ✓ Adapt and shape the plan to suit your needs and lifestyle.

Over the next 30 days I commit to:

- 1.....
- 2.....
- 3.....

WEEK 1

| Day | Breakfast | Snack (optional) | Main | Snack (optional) | Main |
|-----------|--|---|--|---|---|
| Monday | One poached/ boiled egg on spinach with one slice of fresh rye/ soda bread | 30g unsalted nuts of your choice and handful of berries | Baked salmon or white fish, wrapped in parma ham with spinach, watercress, courgettes, sprouts; and optional wild rice | Half a tub of hummus and carrot/ celery sticks | Ethiopian-Style Sweet Potato and Peanut Soup with Chilli and Lime (pg 43) |
| Tuesday | Oats (gluten-free/ buckwheat, quinoa) made with coconut water/water; handful of seeds, nuts, linseeds; chopped apple | Boiled egg, or 30g unsalted nuts of your choice | Chicken, stir-fried with beetroot, ginger, kale, red onions and sugar snap peas; and optional couscous | Three to four dried apricots with 1 tsp mixed seeds | Cannellini Bean Salad with Seared Tuna (pg 41) |
| Wednesday | Oats (gluten-free/ buckwheat, quinoa) made with coconut water/water – handful berries and 1 tsp linseed; an egg | 30g sunflower/ pumpkin/mixed seeds; small banana | Big salad of mixed leaves with half a tin of tuna and one hard-boiled egg | Celery and avocado with half a tub of cottage cheese | Roasted Butternut Squash Risotto with Maple Syrup Almonds (pg 44) - no sugar option |
| Thursday | Oaty Apple Power Pancakes with Spiced Apple Syrup (pg 38) | Handful cherry tomatoes and 20g seeds | Tuna steak, grilled on a bed of spinach with roasted sweet peppers; optional sweet potato | Small tub 0% yogurt (try Greek or coconut); and handful of berries | Chilli Chocolate Chicken with Quinoa (pg 42) - no chocolate option. |
| Friday | One poached egg on spinach with tomato, grilled | 30g sunflower/ pumpkin/mixed seeds; handful of berries | Turkey, grilled peppers and spinach; optional wild rice | 40g feta/cottage cheese or pea hummus – handful of grapes | Lebanese Couscous Salad with Pomegranate (pg 44) |
| Saturday | Oaty Apple Power Pancakes with Spiced Apple Syrup (pg 38) | Small tub cottage cheese with carrot/ celery stickse | Lean fillet steak, grilled (or non-meat alternative); kale, cherry tomato stir fry; optional new potatoes | YOUR CHOICE MEAL – swap to another day in the week if preferred | Chicken with Quinoa (pg 42) |
| Sunday | Fresh fruit smoothie and protein (instead of snack), or two rashers lean bacon with a poached egg and tomato | A generous handful of dried fruit and mixed seeds | Gluten-free pitta bread stuffed with your favourite lean protein, lots of spinach, watercress and kale | Oatcake with cottage cheese | YOUR CHOICE MEAL – swap to another day in the week if preferred |

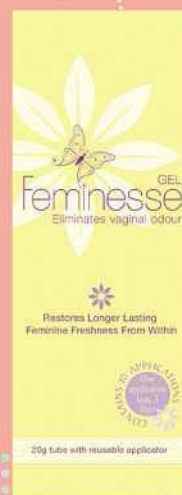
WEEK 2

| Day | Breakfast | Snack (optional) | Main | Snack (optional) | Main |
|-----------|--|--|---|--|---|
| Monday | Two poached eggs on kale or spinach, plus two rice cakes | 30g unsalted nuts of your choice and handful of berries | Chicken, poached; two handfuls of spinach; couscous | Half a tub of pea/plain/beetroot hummus and carrot/celery sticks | Chicken with Quinoa (pg 42) |
| Tuesday | Small tub 0% yogurt (try Greek or coconut); 1 tsp sunflower seeds, few almonds, flax and three strawberries | One to two boiled eggs with oatcakes and spinach | Chicken, stir-fried with beetroot, ginger, kale, red onions, peas; optional couscous | Three to four dried prunes with 1 tsp sunflower seeds | Roasted Butternut Squash Risotto with Maple Syrup Almonds (pg 44) - no sugar option |
| Wednesday | One to two poached eggs with spinach on one slice of sour dough bread or one to three rice cakes | 30g sunflower/pumpkin/mixed seeds; half avocado | Lentil/vegetable-based soup; two gluten-free oatcakes; two slices chicken/turkey breast | Half a red pepper stuffed with cottage cheese | Cannellini Bean Salad with Seared Tuna (pg 41) |
| Thursday | Oaty Apple Power Pancakes with Spiced Apple Syrup (pg 38) | Handful of cherry tomatoes and 20g seeds | Turkey breast, grilled; broccoli stems; one sweet potato; scatter with sesame seeds | Small tub 0% yogurt (try Greek or coconut); handful berries | Stir-fried Curly Kale, Toasted Almonds, Chorizo and Poached Egg (pg 46) |
| Friday | One to three boiled eggs, spinach, mushrooms and tomato on one slice of soda bread or three oatcakes | 30g sunflower/pumpkin/mixed seeds and handful of berries | Salmon, poached; kale and broccoli; ccous cous | 40g feta/cottage cheese or pea hummus; handful of grapes | Chilli Chocolate Chicken with Quinoa (pg 42) - no chocolate option |
| Saturday | Oats (gluten-free/buckwheat, quinoa) made with coconut water/water; 1 tsp sunflower seeds and a pear/pineapple | Small tub cottage cheese with carrot/celery sticks | One to two pitta breads stuffed with your favourite protein; lots of spinach, watercress and kale | YOUR CHOICE MEAL - swap to another day in the week if preferred | Ethiopian-Style Sweet Potato and Peanut Soup with Chilli and Lime (pg 43) |
| Sunday | Porridge, with Blueberries, Toasted Walnuts and Honey (pg 38) | Small tub 0% yogurt (try Greek or coconut); one piece of fruit | Turkey, stir-fried with peppers and spinach; optional wild rice | Half a tub of cottage cheese, two oatcakes | YOUR CHOICE MEAL - swap to another day in the week if preferred |



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WEEK 3

| Day | Breakfast | Snack (optional) | Main | Snack (optional) | Main |
|-----------|---|---|--|--|---|
| Monday | Two boiled eggs on spinach with two oatcakes | 30g unsalted nuts of your choice and handful of berries | Big salad of mixed leaves with half a tin of tuna and one hard-boiled egg | Half a tub of pea/plain/beetroot hummus and carrot/celery sticks | Cannellini Bean Salad with Seared Tuna (pg 41) |
| Tuesday | Oats (gluten-free/buckwheat, quinoa) made with coconut water/water; flax seeds and two almonds, three strawberries; two boiled eggs | 30g unsalted nuts of your choice and handful of berries | Tuna steak, grilled; on a bed of spinach with roasted sweet peppers; optional sweet potato | Three to four dried apricots with a small handful of seeds | Lebanese Couscous Salad with Pomegranate (pg 44) |
| Wednesday | Oats (gluten-free/buckwheat, quinoa) made with coconut water/water; handful of berries and 1 tsp linseed | Half avocado and 20g seeds | Lentil/vegetable-based soup; two gluten-free oatcakes; two slices chicken/turkey breast | Half red pepper stuffed with cottage cheese | Ethiopian-Style Sweet Potato and Peanut Soup with Chilli and Lime (pg 43) |
| Thursday | Breakfast Crunch (pg 38) | Handful of cherry tomatoes and 20g seeds | Salmon, poached; kale and broccoli; couscous | Small tub 0% yogurt (try Greek or coconut); handful berries | Chicken with Quinoa (pg 42) |
| Friday | Poached egg, spinach and tomato on soda bread or three oatcakes | 30g seeds and handful of berries | Gluten-free pitta breads stuffed with your favourite protein; two handfuls spinach/watercress/kale | 40g feta/cottage cheese or pea hummus; handful grapes | Watercress, Orange and Beetroot Salad With Feta, Toasted Walnuts, Balsamic and Caraway Dressing (pg 44) |
| Saturday | Porridge, with Blueberries, Toasted Walnuts and Honey (pg 38) | Small tub of cottage cheese with carrot/celery sticks | Big salad of mixed leaves with half a tin of tuna and one hard-boiled egg | YOUR CHOICE MEAL - swap to another day in the week if preferred | Roasted Squash Salad with Pumpkin Seeds, Chilli and Feta Cheese (pg 45) |
| Sunday | Two rashers lean bacon with two poached eggs and tomato, mushroom, spinach | Two pieces of fresh fruit and a thick finger of feta cheese | Turkey breast, grilled; broccoli stems; one sweet potato; scatter with sesame seeds | Two oatcakes and cottage cheese | YOUR CHOICE MEAL - swap to another day in the week if preferred |

WEEK 4

| Day | Breakfast | Snack (optional) | Main | Snack (optional) | Main |
|-----------|---|---|--|--|---|
| Monday | Two poached eggs on kale and two rice cakes | 30g unsalted nuts of your choice and handful of berries | Lentil/vegetable-based soup; two gluten-free oatcakes; two slices chicken/turkey breast | Half a tub of pea/plain/beetroot hummus and carrot/celery sticks | Stir-fried Curly Kale, Toasted Almonds, Chorizo and Poached Egg (pg 46) |
| Tuesday | Oats (gluten-free/buckwheat, quinoa) made with coconut water/water; 1 tsp seeds, and three strawberries | One to two hard-boiled eggs with two oatcakes and spinach | Gluten-free pitta breads stuffed with your favourite protein; two handfuls spinach/watercress/kale | Three to four dried prunes with 1 tsp sunflower seeds | Cannellini Bean Salad with Seared Tuna (pg 41) |
| Wednesday | Breakfast Crunch (pg 38) | 30g seeds and half avocado | Turkey, stir-fried with peppers, red onion and spinach; optional wild rice | Half red pepper stuffed with cottage cheese | Chicken with Quinoa (pg 42) |
| Thursday | Porridge, with Blueberries, Toasted Walnuts and Honey (pg 38) | Handful of cherry tomatoes and 20g seeds | Chicken, poached; two handfuls spinach; couscous | Small tub 0% yogurt (try Greek or coconut) – handful of berries | Chilli Chocolate Chicken with Quinoa (pg 42) – no chocolate option |
| Friday | Two boiled eggs, spinach, mushrooms and tomato; one slice soda bread or three rice cakes | 30g seeds and handful berries | Turkey breast, grilled; broccoli stems; one sweet potato; scatter with sesame seeds | 40g feta/cottage cheese or pea hummus – handful of grapes | Ethiopian-Style Sweet Potato and Peanut Soup with Chilli and Lime (pg 43) |
| Saturday | Oats (gluten-free/buckwheat, quinoa) made with coconut water/water; 1 tsp sunflower seeds | Small tub cottage cheese with carrot/celery sticks; apple or pear | Tuna steak, grilled on a bed of spinach with roasted sweet peppers; optional sweet potato | YOUR CHOICE MEAL – swap to another day in the week if preferred | Roasted Butternut Squash Risotto with Maple Syrup Almonds (pg 44) – no sugar option |
| Sunday | 2 rashers lean bacon with 2 poached eggs and tomato, mushroom, spinach or omelette mix | Small tub 0% yogurt (try Greek or coconut); handful of berries | Lean fillet steak, grilled; with stir-fried kale, tomato and optional new potato | Two oatcakes and cottage cheese | YOUR CHOICE MEAL – swap to another day in the week if preferred |

>>>Check out Kate Percy's delicious, nutritious recipes on pages 38-49 for more healthy options for breakfast, mains and snacks

breakfast

Kate Percy shares recipes from her book *Go Faster Food*, plus Kim has some shopping list tips for your 30-day plan

Oaty Apple Power Pancakes with Spiced Apple Syrup

GOOD FOR: Sustained energy all day long and boosting your immunity

With an excellent ratio of carbohydrate to protein, these low GI pancakes make a very tasty and sustaining breakfast treat. They are also brimming with vitamins and important minerals to keep the immune system healthy. You can make the apple syrup and the pancake mixture in advance so all you need to do is quickly cook the pancakes on a hot griddle and warm up the syrup as and when you want to eat them. Perfect for busy lives.

SERVES 4

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

400ml semi-skimmed milk

1 tbsp sunflower oil or melted butter

2 tbsp caster sugar

2 eggs

120g porridge oats

200g plain flour

pinch salt



1 tsp ground ginger

2 tsp baking powder

3 large bramley cooking apples, peeled, cored and diced

40g butter

1-2 tbsp Demerara sugar

1/2 tsp cinnamon

1 Put the milk, eggs, oil and sugar into a large bowl and mix together.

2 Add the porridge oats, flour, baking powder, ground ginger, salt and 1 diced apple and mix until you have a thick, smooth batter.

3 Make the syrup – melt the butter, spice and Demerara sugar together in a small saucepan and then add the two remaining diced apples. Sauté gently for a couple of minutes until the apples are soft but still have their shape.

4 Heat a frying pan. Add a knob of butter and then

spoon in a few mounds of pancake mixture (approx 1 tablespoon of mixture makes a nice round pancake about the size of a drop scone). Heat gently until you see a few air bubbles forming on the surface and then flip over to cook the other side for a minute or two, until they are cooked through.

5 Serve the pancakes (about three per person) with the spiced apple syrup poured over and perhaps a sprinkle of Demerara sugar if you need a boost to power your day!

Nutrition per pancake

Energy (kcal) **159**

Protein (g) **4**

Carbohydrate (g) **25**

of which sugars (g) **7**

Fat (g) **5**

of which saturates (g) **3**

Salt (g) **0.6**

Fibre (g) **2**

Breakfast Crunch

GOOD FOR: Packing in the slow release carbohydrates you need with antioxidants from the colourful fruits

Energy-boosting, sustaining, and packed with a rainbow selection of superfood phytonutrients, the luscious red and white layers of this attractive dish will brighten up your morning. And keep you going through your workout, till lunchtime. This tasty recipe gives you more granola than you'll need but you can keep the rest in an airtight container for up to three weeks.

SERVES 2 (LARGE PORTIONS)

PREP TIME: 30 MINUTES

COOK TIME: 20 MINUTES

200g unrefined whole rolled porridge oats

250g mixed nuts and seeds (sunflower and pumpkin seeds, walnuts, pistachios, pecans and hazelnuts)

1/2 tsp cinnamon

1/2 tsp ground ginger

2 tbsp honey, agave or maple syrup

2 tbsp coconut oil

2 tbsp water

100g mixed dried fruit (raisins, figs and/or dates), chopped (optional)

250g natural yogurt or non-dairy equivalent

100g soft berry fruit (blackberries, blackcurrants, blueberries, raspberries)

1 tsp honey

ON A BUDGET?

Organic and gluten-free is desirable – not essential.

Choose 'brown', whole un-processed food – and fresh colourful fruits.



Go Faster Porridge, with Blueberries, Toasted Walnuts and Honey

GOOD FOR: Immune-busting, antioxidant-rich, slow release/low GI to sustain energy levels

Roast a batch of walnuts in advance; you can store them in a jar and use them for healthy snacks or to sprinkle on breakfast cereal, porridge and salads.

SERVES 2-3
PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES
100g whole rolled unrefined Scottish porridge oats
550ml water or milk, or half and half
pinch of salt
handful of walnuts
150g fresh blueberries (or frozen blueberries, defrosted)
2 heaped tsp good quality runny honey, or to taste (manuka is good)

1 Pre-heat the oven to 180°C/ gas mark 4.

2 To make the granola, mix the oats, nuts and seeds with the cinnamon, ginger, honey, oil and water. Spread the mixture evenly onto a large baking sheet.

3 Bake for 20 minutes until golden brown, turning the mixture half way to brown evenly. Leave to cool for approx five minutes. It will crisp up like magic. Add the dried fruit if using.

4 Put the soft fruit in a bowl and drizzle with honey. In a tall sundae dish or glass, arrange the yogurt (or equivalent), granola and fruit in layers, to create colourful stripes. Serve immediately.

Nutrition per serving

Energy (kcal) **455**
 Protein (g) **10**
 Carbohydrate (g) **62**
 of which saturates (g) **6**
 Fat (g) **20**
 of which sugars (g) **16**
 Salt (g) **0**
 Fibre (g) **7**

1 Pre-heat the oven to 160°C/ gas mark 3. Pop the walnuts on a baking tray and roast in the oven for five minutes. Remove from the oven and leave to cool.

2 Put the oats, water and/or milk into a pan with a pinch of salt.

3 Bring to the boil over a high heat and then turn the heat down and simmer gently for about five minutes, stirring frequently. The porridge will become thick and creamy.

4 Pour the porridge into two warmed bowls, sprinkle with the blueberries and nuts and drizzle over the honey.

Nutrition per serving

Energy (kcal) **382**
 Protein (g) **12**
 Carbohydrate (g) **50**
 of which sugars (g) **19**
 Fat (g) **15**
 of which saturates (g) **2**
 Salt (g) **1**
 Fibre (g) **7**



Shopping list for breakfasts

For full menu of breakfasts go to pg 33.

- ☐ Eggs
- ☐ Rye/Soda/sour dough bread
- ☐ Oats (preferably gluten-free)
- ☐ Buckwheat and/or Quinoa porridge
- ☐ Organic/whole peanut butter
- ☐ Coconut water
- ☐ Vegetables: kale/ spinach, tomatoes, mushrooms
- ☐ Greek yogurt
- ☐ Seeds: sunflower, flax, linseed, chai
- ☐ Nuts: almonds, mixed, (choose organic)
- ☐ Fruit: strawberries, figs, apples
- ☐ Oat and rice cakes (preferably gluten-free)
- ☐ Green powder for smoothies
- ☐ Lean bacon

30-day notes

■ Choose low GI oats for active days and smoothies on easy days.

■ Boiled and poached eggs are a low fat source of fill-you-up protein.

■ Buckwheat is a good alternative to grains if you're wheat intolerant.

■ Manuka honey might be pricey, but it tastes great and is good for immunity and digestion.

main meals

Main meals can be eaten in the middle or the end of the day. See how Kate Percy's *Go Faster Food* recipes fit into your 30-day plan on page 33-37

Watercress, Orange and Beetroot Salad with Feta, Toasted Walnuts, Balsamic and Caraway Dressing

GOOD FOR: Lunch for endurance athletes or anyone embarking on a running, swimming or cycling programme.

Sweet, nutritious and extremely tasty, beetroot contains quite astonishing qualities for the athlete. As well as being packed with vitamin C, plus important minerals (such as potassium, calcium, folic acid and iron), recent studies show that the nitrates in beetroot help the body use oxygen more efficiently, thereby boosting performance. It also adds a delicious vibrancy to this colourful, immune-boosting salad. It makes a perfect starter or light lunch, served with a hunk of crusty wholegrain bread.

SERVES 4 AS A STARTER,

OR 2 AS A MAIN

PREP TIME: 5 MINS

COOK TIME: 5 MINS

250g cooked beetroot

75g pack of watercress

50g shelled walnuts

100g feta cheese, crumbled

2-3 large navel oranges

1 tsp caraway seeds, crushed

with a pestle and mortar

2 tbsp extra virgin olive oil

1 tbsp balsamic vinegar



pinch of salt and freshly ground black pepper

1 Peel the orange carefully with a knife and slice into rings. Slice the beetroot into rings.

2 Pre-heat the oven to 150°C/gas mark 5. Toast the walnuts for five minutes.

3 Dressing: whisk together the caraway seeds, olive oil, salt, pepper and balsamic vinegar in a small bowl.

4 Arrange the watercress, orange and beetroot slices on a large plate and scatter over the feta. Spoon the dressing over the salad. Mop up the juice with crusty bread.

Nutrition per serving

Energy (kcal) **228**

Protein (g) **7**

Carbohydrate (g) **19**

of which sugars (g) **15**

Fat (g) **15**

of which saturates (g) **5**

Salt (g) **0.8**

Fibre (g) **4**

Cannellini Bean Salad with Seared Tuna

GOOD FOR: A quick main that provides muscle repairing protein after a workout

Light on the stomach and loaded with a delicious combo of sustaining carbohydrates, good-quality protein, heart-healthy omega 3, vitamins, fibre, potassium and iron, this immune-boosting meal will fuel you really well through your training programme. It's fast food too! Just combine the salad ingredients, sear the tuna for a couple of minutes, and it's ready to eat and enjoy. If you can't get hold of fresh tuna, a salmon fillet is a good alternative, but you'll need to cook it for a little longer.

SERVES 4

PREP TIME: 10 MINS

COOK TIME: 10 MINS

1 red onion, peeled and finely sliced

Juice of half a lemon plus

2 tbsp lemon juice

2 tbsp red wine vinegar

4 tbsp extra virgin olive oil

A few drops of Tabasco or hot chilli sauce

Salt and freshly ground black pepper to taste

2 x 400g cans of cannellini beans

1 small garlic clove, peeled and crushed

1 tbsp capers, rinsed

250g cherry tomatoes, halved

Large handful of mint leaves, roughly chopped

large handful of parsley, roughly chopped
4 thick tuna steaks, or salmon
2 tbsp olive oil
100g pack of rocket leaves

1 Squeeze the juice of half a lemon over the onions and leave to marinate for five minutes.

2 Make the dressing by mixing together the lemon juice, red wine vinegar, extra virgin olive oil, Tabasco, salt and pepper. Combine the beans, garlic, capers, cherry tomatoes, the mint and parsley. Add the onions. Stir the dressing into the bean mixture, cover and chill in the fridge for around 30 minutes.

3 Lightly brush the tuna with a little olive oil and heat the griddle or frying pan. When it is really hot, fry the steaks for a couple of minutes on each side (remember to adjust the

cooking time if you choose to use salmon). The steaks should be pink inside, and remember that they will continue to cook slightly after you have removed them from the heat, so don't over-cook or they'll go rubbery.

4 Arrange the rocket on four large flat-bottomed pasta bowls. Spoon some of the bean salad on each and top with a tuna steak. Drizzle generously with the rest of the dressing for a sumptuous healthy main course.

Nutrition per serving

Energy (kcal) **509**

Protein (g) **35**

Carbohydrate (g) **20**

of which sugars (g) **2**

Fat (g) **33**

of which saturates (g) **7**

Salt (g) **2.5**

Fibre (g) **4**



Shopping list 30-day staples

☐ Oils: Extra virgin olive, coconut, hemp.

☐ For taste and to boost circulation: chilli, garlic and ginger.

☐ Sea salt and whole black pepper.

☐ Herbs and other spices.

For extra health:

Tumeric – great for taste and also can help beat inflammation.

Cinnamon – to stabilise blood sugar levels.

☐ Lots of antioxidant-rich dark green vegetables such as spinach, kale, broccoli, watercress.

Greens really are good for you! If you need to, you can buy frozen, but opt for quality.

☐ Cans of beans and pulses, such as cannellini, kidney beans, chickpeas, lentils.

☐ Fresh salmon and tuna – buy from a fishmonger and freeze if required.

☐ Fresh chicken or turkey breast and good quality steak. Opt for quality. Choose organic and weigh up the cost of the water in cheaper cuts to the quality in hand-reared/organic.

☐ Sweet Potatoes, couscous, quinoa, and brown rice – low GI staple carbs.

☐ Oat cakes, rice cakes and wholegrain pitta for healthy lighter mains.

☐ Dark chocolate – and good red wine.

Chilli Chocolate Chicken with Quinoa

GOOD FOR: a healthy immune system and packs a punch on the antioxidant scale.

Dark, sweet, spicy and with a balance of carbs, protein and healthy fats to supercharge energy levels. Soak up the juices with quinoa, a 'superfood' grain packed with fibre, minerals and all eight essential amino acids.

SERVES 4

PREP TIME: 10 MINS

COOK TIME: 70 MINS

250g quinoa

2 dried chillies (or to taste)

50g raisins

8 free-range, bone-in chicken thighs or legs

salt and freshly ground black pepper

2 tbsp coconut or sunflower oil

2 onions, peeled and finely sliced

1 cinnamon stick

2 tsp each ground coriander and ground cumin

¼ tsp ground cloves

3 garlic cloves, peeled and crushed

1 heaped tbsp peanut, cashew or almond butter

1 tsp chilli paste (optional)

zest of half an orange

400g can chopped tomatoes

500ml chicken stock

25g dark chocolate (min 70% cocoa solids)

juice of one lime

25g fresh coriander, roughly chopped,

Soured cream

lime wedges to serve



1 Cover the chillies and raisins with boiling water and leave for 10 minutes. Blend to a smooth paste. Season the chicken. Heat 1 tbsp oil in a flameproof casserole dish and brown the chicken, turning often to seal all over. Remove and set aside. Add 1 tbsp oil to the casserole and sauté the onions until soft and translucent. Stir in the cinnamon stick, coriander, cumin and cloves and cook for one minute. Return the chicken to the casserole and take off the heat.

2 Add the garlic, nut butter, chilli paste (if using), orange zest and tomatoes. Pour in enough stock to cover, return it to the heat and bring to a boil. Cover, reduce to a simmer, and cook for 45 minutes or until the sauce is thick and the chicken cooked through. Prepare the quinoa according to the packet.

3 Add the chocolate and cook uncovered on a low heat for another 15 minutes. Add stock or water to thin.

4 Stir in the lime juice and check for seasoning. Sprinkle with coriander, serve with quinoa, soured cream and lime wedges.

Nutrition per serving

Energy **618 kcal**
Protein (g) **34.5g**
Carbs (g) **65g**
of which sugars (g) **21g**
Fat (g) **24.8g**
of which saturates (g) **7g**
Salt (g) **1.4g**
Fibre (g) **8.8g**

Ethiopian-Style Sweet Potato and Peanut Soup with Chilli & Lime

GOOD FOR: Packed with antioxidants such as immune-boosting beta-carotene, A nutrient-rich combo of carbs, protein and healthy fats.

Whilst researching Ethiopian food recently I was surprised to find that peanuts are widely used, especially in soups and stews. Perhaps this is one of the secrets behind the country's ability to produce such phenomenal runners! The peanut butter in this hearty, warming and spicy soup acts as a thickener and adds a wonderful depth of flavour. You should be able to find the Berbere spice in the supermarket; it's a fiery blend of chilli and spices and well-worth adding to your store cupboard.

SERVES 4

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

1 tbsp coconut oil or 30g

unsalted butter

1 onion, finely sliced

1 stick celery, finely chopped

2 large sweet potatoes

(about 600g) peeled

and cubed

1 ½ tsp Berbere spice

¼ tsp ground ginger

1 small red chilli, seeds

removed and finely chopped

1 litre hot chicken stock

2 tbsp crunchy peanut butter

juice of a lime

½ tsp salt (or to taste)

Freshly ground



black pepper to taste
25g unsalted peanuts, finely
chopped, to serve
25g fresh coriander,
roughly chopped,
to serve

1 Heat the coconut oil or butter under a low heat in a large saucepan and gently sauté the onion for a few minutes until soft.

2 Add the sweet potato, the celery, the Berbere spice and the ground ginger and sauté for a further minute or two.

3 Add the chilli and 1 tbsp of the peanut butter.

4 Stir in the hot stock and bring the mixture to the boil. Cover and simmer for 10 minutes or until the sweet potato is tender and cooked through.

5 Puree the soup in a blender until smooth.

6 Pour back into the saucepan; add the lime juice, salt and black pepper to taste.

7 Finally, stir in the remaining tablespoon of peanut butter, making sure that it is well combined into the soup for a nice thick texture.

8 Serve in warmed soup bowls, sprinkled with the coriander and the chopped

Nutrition per serving

Energy (kcal) **274**
Protein (g) **11**
Carbohydrate (g) **36**
of which sugars (g) **9**
Fat (g) **10.5**
of which saturates (g) **4**
Salt (g) **2**
Fibre (g) **6.3**

Lebanese Couscous Salad With Pomegranate

GOOD FOR: A light meal with carbs and nutrients, can be made and left in the fridge for snacking on later.

Loaded with vitamins (A, C, E) and minerals (iron, folic acid, potassium, zinc) this simple, fresh-tasting recipe makes a wonderful lunch or accompaniment to grilled meat, vegetables or fish. Pomegranate seeds, high in anti-oxidants, add a delicious burst of flavour and crunch. An excellent source of low fat, slow-release carbohydrate, couscous will sustain you through your workouts; try wholemeal couscous if you can get it, it's really tasty. I often make a large quantity of this salad to snack on when I'm training; it keeps for two to three days in the fridge and the flavours improve over this time.

SERVES 4

PREP TIME: 10 MINS

COOK TIME: NO COOKING

250g couscous (wholemeal if you can get it)

4 tbsp good olive oil plus 1 tbsp to soak the couscous

Plenty of salt and freshly ground black pepper

1 tsp ground coriander

1 tsp ground cumin

Pinch of ground cinnamon

Pinch of smoked paprika (optional)

Large bunch flat-leaf parsley, roughly chopped

Large bunch mint leaves, roughly chopped



Make time to cook and eat healthy food. Savour the tastes, experiment with recipes. Share food with your friends. Don't rush it, enjoy it. Eat quality, not quantity. And be sure to stay 100 per cent #GetFitInsideOut

6 spring onions, finely sliced
4 tomatoes, finely chopped
4 tbsp lemon juice
Seeds of one pomegranate

1 Put the couscous in a bowl with $\frac{1}{2}$ tsp of salt and a tbsp of olive oil. Pour over 300ml boiling water and leave for five minutes (check pack for the exact amount of time).

2 When the couscous is ready, fluff it up with a fork and then add the herbs, spring onions, tomatoes, ground coriander, lemon juice, pomegranate seeds and the rest of the olive oil. Add salt and ground pepper to taste.

Nutrition per serving

Energy (kcal) **435**
 Protein (g) **14**
 Carbohydrate (g) **58**
 of which sugars (g) **11**
 Fat (g) **18**
 of which saturates (g) **3**
 Salt (g) **0.7**
 Fibre (g) **5**

Roasted Butternut Squash Risotto with Maple Syrup Almonds

GOOD FOR: An on-the-go meal for active people needing a healthy carb boost without the crash

This simple meal is a delicious combination of nutrient-rich and low GI butternut squash, risotto rice, almonds and parmesan. This meal is super quick to cook, healthy and sustaining.

SERVES 4
PREP TIME: 5 MINS (BY PREPARED, CHOPPED SQUASH TO SAVE TIME)
COOK TIME: 25 MINS
1 butternut squash, peeled, seeds removed and cut into 2cm cubes
2 tbsp olive oil
1 tsp salt
freshly ground black pepper
Small handful of flaked almonds
1 tbsp maple syrup, diluted with a few drops of water
3 knobs of butter
1 onion, peeled and finely sliced
1 clove of garlic, peeled and crushed
350g risotto rice, (vialone nano or arborio)
225ml dry white wine (or use some extra stock instead)
1½ - 1 ¼ litres vegetable or chicken stock
1 tsp saffron strands (optional)
75g freshly grated parmesan
handful of flat-leaf parsley, roughly chopped



1 Preheat the oven to 200°C/ gas mark 6.

2 Roast the squash with 1 tbsp olive oil, 1 tsp salt and black pepper for 25 minutes, or until tender and golden, stirring once or twice.

3 Mix the almonds, maple syrup and water. Bake for five minutes until crisp.

4 Melt the butter with remaining olive oil in a large heavy-bottomed pan. Gently sauté the onion until translucent, then add the garlic and sauté for a further minute, without browning. Add the rice and stir until the grains become translucent and glossy. Stir in the wine and cook, then after a couple of minutes, add saffron. Add the hot stock, a ladle at a time, stirring slowly. Let the rice

absorb each ladleful before adding the next. The amount will depend on the rice.

5 After 18-20 minutes, when the rice is tender and creamy, turn off the heat. Taste for seasoning, and add the parmesan, butternut squash and butter. Let it stand for a couple of minutes.

6 Serve with the almonds, parmesan shavings and the parsley.

Nutrition per serving

Energy (kcal) **689**
 Protein (g) **18**
 Carbohydrate (g) **104**
 of which sugars (g) **12**
 Fat (g) **22**
 of which saturates (g) **8**
 Salt (g) **1.7**
 Fibre (g) **4**

Roasted Squash Salad with Pumpkin Seeds, Chilli & Feta Cheese

GOOD FOR: A healthy immune system with phytonutrients that promote top health for active people

At *Go Faster Food* we are passionate about the role of healthy eating in our lives. Full of energy-boosting vitamins and phytonutrients, this salad will super-charge your day.

SERVES 4

PREP TIME: 5 MINS

COOK TIME: 30 MINS

1 medium 'queen' squash

50g pumpkin seeds

1 tbsp olive oil

100g rocket leaves or similar

Sea salt and freshly ground

black pepper

½ tsp cumin seeds, crushed

1 small red chilli, seeds removed, finely chopped

100g feta cheese, crumbled

2 tbsp fresh coriander, chopped

1 tbsp white balsamic wine vinegar

2 tbsp extra virgin olive oil or pumpkin seed oil

1 Pre-heat the oven to 200°C/400°F/gas mark 6.

2 Peel the squash, scoop out the seeds and cut into wedges. Drizzle with oil, place on a baking tray and season with salt, pepper and crushed cumin seeds. Roast for about 25 minutes, until soft and slightly caramelised. Remove and leave to cool.

3 Reduce the oven to 160°C/325°F/gas mark 3. Roast the pumpkin seeds on a baking sheet for five minutes and cool.

4 Arrange the leaves on a platter with the squash on top. Scatter with pumpkin seeds, feta, chilli and coriander. Whisk the oil, vinegar and pinch salt and drizzle over the salad.

Nutrition per serving

Energy (kcal) **305**

Protein (g) **9**

Carbohydrate (g) **23**

of which sugars (g) **6**

Fat (g) **22**

of which saturates (g) **6**

Salt (g) **1**

Fibre (g) **1**

Stir-Fried Curly Kale, Toasted Almonds, Chorizo and Runny Poached Egg

GOOD FOR: Healthy bones and strong muscles

Glossy, tender and mild in flavour, 'superfood' curly kale contains six times more calcium and seven times more vitamins than broccoli. What's more it's packed with vitamin C – 100g of the cooked leaves provide 55 per cent of an adult's RDA (Recommended Daily Allowance). With a runny poached egg on top, toasted almonds and a little chorizo or pancetta, it makes a very delicious immunity-boosting light meal or lunch to complement your training diet. Cheap, packed with protein to build and repair muscles, and rich in essential vitamins and minerals, eggs are a fabulous convenience food for athletes. Mop up the yolk with a generous hunk of crusty wholemeal bread to help replenish energy stores if you plan to eat this post-workout.

SERVES 4

PREP TIME: 5 MINS

COOK TIME: 10 MINS

50g flaked almonds

100g pancetta or chorizo (optional), chopped

1 tbsp olive oil and a small knob of butter

200g curly kale

1 small clove garlic, finely sliced

Sea salt flakes and freshly ground pepper





4 free-range eggs (as fresh as possible)

White wine vinegar

Dried chilli flakes to serve (optional)

1 Add the almonds to a large frying pan and dry-roast over a gentle heat, moving them around the pan with a spatula until they are light brown. Remove and set aside for later.

2 Add the chopped chorizo (if using) and sauté until golden brown. Remove with a slotted spoon and add to the almonds. Leave the oil from the chorizo in the pan and gently sauté the garlic (you'll need to add a drop of sunflower oil if you're not using chorizo) until lightly golden, taking care not to

burn it. Again, remove and set aside with the almonds and cooked chorizo.

3 Wipe the pan clean with kitchen paper and then melt the butter with the oil over a gentle heat. Add the curly kale and a couple of tablespoons of water. Season with sea salt and freshly ground black pepper and stir-fry for a few minutes until the kale is tender and a glossy, vibrant green. Return the almonds, chorizo and garlic to the pan and toss together with the kale.

4 Meanwhile, pour boiling water into a wide saucepan and bring to a very gentle simmer. Add a pinch of salt and a drop of vinegar. Crack one of the eggs into a small ramekin and gently pour

it into the water. Repeat with the rest of the eggs. Cook for around two minutes, depending on the size of the eggs, until the whites are cooked but the yolks are still soft. Arrange the curly kale on four warmed plates. Remove eggs with a slotted spoon and place carefully on top of the kale. Sprinkle with dried chilli flakes, some salt and black pepper. Serve immediately.

Nutrition per serving

Energy (kcal) **358**

Protein (g) **22**

Carbs (g) **7**

Sugars (g) **1.5**

Fat (g) **28**

Saturates (g) **6.8**

Salt (g) **1**

Fibre (g) **3**

We Tried It...



Nutribullet, £99.99,
buynutribullet.co.uk

What a fantastic product. The ultimate tool for the person who loves to exercise, eat healthily but hasn't time to wash up! Blend fruit, veg, nuts, and seeds, for a nutrient-packed meal on the go. Unlike a juicer, fibre is retained, and absolutely nothing goes to waste.



Remoska, £149.99,
lakeland.co.uk

Our reviewer tested the Remoska whilst moving house, and now wonders if she actually needs an oven - as this portable pot cooks everything an oven would. It uses very little electricity, and a Teflon® Classic coating means it's easy to clean.

snacks

It's good graze. Try these healthy snacks for eating that keeps energy levels high and hunger pangs low, and check out pg 33-37 to see how they fit in the plan



Chia Seed Energy Balls

GOOD FOR: Heart health and endurance boost too

Delicious no-cook balls of goodness, rich in heart-friendly unsaturated fats, dietary fibre, vitamins and essential minerals, and packed with natural sugars to revitalise the body with a quick nutrient-rich energy boost. Commonly known as 'running' food, Chia seeds famously fuel the Mexican Tarahamara barefoot runners.

MAKES: 20 BALLS

PREP TIME: 15 MINS

COOK TIME: NONE

50g soft, pitted dates, chopped

60g soft, dried apricots, chopped

80g sultanas

1 tbsp milled Chia seeds (Nutribullet, pg 47, can be used for milling)

20g hemp seeds

40g pumpkin seeds

20g sunflower seeds

1 dsp runny honey

2 tbsp sesame seeds

1 Finely chop the seeds in a food processor. Add the dried fruit and blitz until the mixture sticks. (You can mix by hand, but first chop the seeds and fruit very finely.)

2 Add the honey and combine. Roll into small balls about 1.5cm in diameter.

3 In a bowl roll the balls in sesame seeds. They will keep fresh in an airtight container for up to two weeks.

Nutrition per serving

Energy (kcal) **51**

Carbohydrate (g) **6.4**

of which sugars (g) **4.3**

Protein (g) **1.4**

Fat (g) **2.5**

of which saturates (g) **0**

Salt (g) **0.25**

Fibre (g) **1.4**



Three-Grain Go Faster Energy Bars

GOOD FOR: A go-to source of protein and carbs

These tasty bars provide energy-boosting goodness in every bite. Packed with healthy, unrefined carbs, protein, good fats and a wealth of minerals, they release sugar gradually ensuring steady energy levels. Teff, an ancient Ethiopian cereal, is a primary source of carbohydrate and protein.

MAKES 9 BARS

PREP TIME: 60 MINS

COOK TIME: 50 MINS

5 heaped tbsp condensed milk

1 heaped tbsp crunchy peanut butter

25g Teff seeds

15g milled Chia seeds

110g porridge oats

15g hazelnuts, roughly chopped

30g soft, pitted dates, chopped

30g soft apricots, chopped

30g raisins

15g crystallised ginger, chopped finely

1 Pre-heat the oven to 140°C/gas mark 4. Grease a nine bar or 18 x 20cm baking tray.

2 Gently warm the condensed milk in a pan. Then gradually stir in the peanut butter.

3 Add remaining ingredients and spoon into the tray. Bake for about 50 minutes, until golden brown. Leave to cool in the tray.

Nutrition per serving

Energy (kcal) **161**

Protein (g) **4.3**

Carbohydrate (g) **26**

of which sugars (g) **13g**

Fat (g) **5**

of which saturates (g) **1**

Salt (g) **trace**

Fibre (g) **3**



Spanish Almond and Orange Cake

GOOD FOR: **Gluten-free and light on the stomach, with protection for the heart**

Rich in cholesterol-lowering, heart-healthy monounsaturated fats, and packed with good quality carbs and protein, it has three basic ingredients: almonds, sugar and eggs. Almonds provide dual protection against cardiovascular disease and diabetes: their low GI helps control blood sugar levels, and high levels of vitamin E help lower cholesterol. Magnesium is important for energy production and bone health, whilst potassium helps control blood pressure. Copper and iron help maintain healthy red blood cell production to transport oxygen in the body.

SERVES 6-8
PREP TIME: 10 MINS
COOK TIME: 30-35 MINS
4 large, free range eggs, separated
Zest of 1 large orange
225g caster sugar
225g ground almonds
½ tsp cinnamon
1 tbsp freshly squeezed orange juice
Icing sugar to decorate

- 1 Pre-heat oven to 180°C/gas mark 4.
- 2 Lightly grease a 23cm spring-form cake tin or flan dish with butter.
- 3 Whisk the egg whites to a soft peak stage using an electric whisk.
- 4 In a separate bowl, whisk the egg yolks, orange zest and sugar until pale and creamy. Stir in the almonds,

cinnamon and orange.

5 Fold in the egg whites, a little at a time, and then pour the entire mixture into the cake tin.

6 Cook in the oven for 30-35 minutes, until golden. If you poke a skewer into the middle of the cake, it should come out clean.

7 Cool in the tin, on a wire rack. Decorate with a sprinkle of icing sugar.

Nutrition per serving

Energy (kcal) **323**
Protein (g) **9**
Carbohydrate (g) **31**
of which sugars (g) **30**
Fat (g) **18**
of which saturates (g) **2**
Salt (g) **0.1**
Fibre (g) **2**

To-go snacks

Graze Boxes,
Home delivery
graze.com/uk



Bounce
Gluten-free
snacks

bouncefoods.com/uk

Vita Coco
Great base for
smoothies,
vitacoco.com/uk



Pulsin Good protein in a
tasty bar pulsin.co.uk



NaKD Bars, Great for
sugar cravings
naturalbalancefoods.co.uk/nakd/



Recipe
courtesy of
Kate Percy's
*Go Faster
Food*. For
more

delicious recipes to
power your active
lifestyle, subscribe to
gofasterfood.com, get
Go Faster Food on
Amazon, or follow Kate
on twitter [#gofasterfood](https://twitter.com/gofasterfood).

DO I NEED supplements

Fitness Inside Out reporter, Thomas Bugler, investigates supplements: What are they? And what do we need to know about taking them?

Do you pack in the pills on a daily basis, do you rattle when shaken? Maybe your body contains nothing but natural substances, relying entirely on your diet for optimum nutrition? Or are you like the majority of us, someone who dabbles, samples a supplement – something you've read about in a magazine or newspaper, but often you don't really know if you need it?

Supplements are big business. According to some sources, the worldwide market is worth \$68 billion (1). In the US, a Consumer Survey (2) found that more than two-thirds of adults, 68 per cent, take dietary supplements. The good news is that this group was also found to be more likely than non-supplement users to engage in certain other healthy habits (like picking up a copy of Fitness Inside Out).

Now for the Science Bit

So, what exactly are supplements? In simple terms, there are two types of dietary supplements: food supplements (sometimes referred to as medical foods); and laboratory-manufactured medical nutrient supplements. "The difference between the two is basic," says registered sports nutritionist, Lucy-Ann Prideaux (www.simply-nutrition.co.uk). "It's to do with the chemical configuration or 'state' that the supplements are in. Food supplements generally exist in a form that is close to what we would find in nature. As

such, the targeted nutrients are organic, easy to absorb, and are available in a form that is easily recognised by the cells in our gut, which they can then break down and digest for use by the body. The laboratory-manufactured supplements are opposite; they are 'inorganic'. This means the nutrients are in chemical forms which are harder to break down, with some also consisting of fillers, or chemical bulking agents."

If they can be found in nature, or are inorganic and hard for the body to breakdown, do we really need them? Are we mindlessly taking supplements without really knowing why? Lucy-Ann believes that the cases for or against supplementation are very much dependent on the individual and the approach cannot be 'one size fits all'. There are a number of recommended supplements for different parts of the body, from cardiovascular to bones and general fitness aids – but these can only be recommended on a case by case basis and are dependent on a number of factors, not least an individual's current dietary intake.

To Supplement or Not

It's easy to think that if you have a deficiency, then you must automatically supplement. But Lucy-Ann warns you must first test and find if a nutrient can be obtained from your diet. "Iron deficiency is one which normally needs supplementation to correct. However you



must always test a person to see if supplements are necessary. Similarly, essential fats are commonly missing, but should certainly be sought from foods first.”

Getting the Balance Right

Nevertheless, at the point of clinical nutrient(s) deficiency, supplements are usually required, as the amounts needed to provide adequate nourishment cannot be found purely in food alone. Even here though, Lucy-Ann argues that diet should be the first port of call: “In any situation we would look to re-nourish via food and not supplements”.

Like any plan to boost your health and fitness, there really isn't a simple quick-fix. You must find a supplement that is tailored to your needs. But, as we said at the start of this magbook, once you've researched and found the right solution, you can fix things quickly. Taking supplements without

If they can be found in nature, or are inorganic and hard for the body to breakdown, do we really need supplements?

information and prescription from a nutritionist or dietician may lead to no change at all, or more adverse effects. “Get a nutritionist or dietician to see what nutrients you are getting from the food you consume. Then they can identify those parts of your diet to improve and help your body become nourished and healthy,” says Lucy-Ann.

1: Survey on Dietary Supplements from Ipsos Public Affairs on behalf of the Council for Responsible Nutrition (CRN) 2013. 2: Research from Euromonitor, reported on <http://www.reportlinker.com/ci02037/Vitamin-and-Supplement.html>

Fit Inside Out recommends



Green Powder

Take on its own, or in a juice or smoothie (see pg 130), this bespoke blend supplement includes acai berries, wheatgrass and raspberry ketones.

RRP: £19.99 for 150g 30-day supply; 300g bags (£29.98) for 60-day servings as part of their current website offer, greenpowder.co.uk

Grenade

Revolutionary new fat burner, formulated specifically with women in mind. Grenade Killa Ketones deploy just the right doses of ketones, l-carnitine, CLA, Acai, African Mango and more to help boost performance and mobilise fat. Contains no less than 16 fat-burning ingredients. A month's supply of 60 capsules, £29.99, grenade.com



Kim's choice

Magnesium Relax

Capsules provide a blend of magnesium, r-lipoic acid and chromium picolinate, offering a feeling of calm and inducing relaxation. The magnesium content aids cardiovascular health too (see pg 26 for more on sleep). Available in packs of 90 capsules at £20.40, philrichardsperformance.co.uk.

Nelsons Spatone

Natural iron-rich water collected at source in Snowdonia. Spatone works on the principle of the amount of iron the body can absorb, not the amount consumed. Developed so the body can absorb 40% of the iron in Spatone.

RRP: 14 or 28-day packs available from a wide range of high street supermarkets, pharmacies and health stores, nelsonsnaturalworld.com



Pro D3 Sport 4K

This is a high quality vitamin D supplementation. A 4000IU dose provides enough for your body to maintain a healthy vitamin D3 balance. It is suitable for vegetarians and those on Kosher and Halal diets. It is also HFL-tested and endorsed by the English Institute of Sport. RRP: £17.99 (inc VAT) for 30 capsules, prod3sport.co.uk



FOCUS ON

vitamin D

From helping MS patients to building better bones, Thomas Bugler has the *Fitness Inside Out* low-down on 'A-lister' vitamin D and explains why almost half of us are deficient



Vitamin D is one of the big health stories of recent years, with deficiencies shown to be linked to poor bone health, Multiple Sclerosis, and even schizophrenia.

In the early 1900s, it was discovered that vitamin D could be the answer to the then prevalent problem of rickets, which is caused by severe malnutrition or lack of exposure to sunlight.

Over time, a link was made between ultraviolet (UV) radiation and production of D3: this 'sunshine vitamin' is the result of chemical reactions caused by the skin's exposure to UV rays from the sun.

Vitamin D also assists in producing calcium, directly linked to bone health: chemical reactions cause the kidneys to produce an activated form of vitamin D3 called Calcitriol, which helps control calcium and phosphate levels in our bloodstream. Like a hormone, Calcitriol can be produced in one area of the body and travel to where it is needed, thus helping to maintain strong, healthy bones.

Lacking the 'Sunshine Vitamin'

A body deficient in vitamin D can't absorb the optimum levels of calcium and phosphate it needs. A 2007 survey showed that around 50 per cent of UK adults lack adequate supplies. We simply

can't rely on the sun for all of our vitamin D requirements, and even if our 'summer' lasts more than a few weeks, we can't always be outside for optimum rays!

The UK incidence of rickets has risen, and other diseases such as osteomalacia (an adult version) are becoming more common. An estimated 40 per cent of UK children have vitamin D levels below the threshold: hospitalised cases of rickets rose four-fold from 1998-2011.

But we're also using more protective sun lotions. Cancer Research UK says that the time needed for the body to obtain sufficient vitamin D is less than the time it

takes to burn. And extra time in the sun doesn't mean more vitamin D as the body breaks down anything it doesn't need.

Fortified Food

The second major form of vitamin D is D2, found naturally in many mushrooms. D2 is used to fortify food and optimise its nutritional value. The UK lacks mandatory food fortification, unlike the US and other major countries where staples like milk, bread and cereals are fortified with vitamin D. In the UK, we must get ours from a wide-ranging diet including oily fish, beef and eggs, as well as sunshine.

Why active people need Vitamin D

Vitamin D is associated with muscle strength, function, power and force, as well as bone health and the avoidance of stress fractures

■ **Immune System Boost:** Those who train hard and share changing facilities often have compromised immune systems, which has been linked to lower levels of Vitamin D.

■ **Footballers Prescribed Sunbeds:** Studies by Dr James Morton at Liverpool John Moores University reveal that footballers were found to

be deficient in vitamin D after the winter, leading their managers to prescribe sunbeds for players.

■ **A Boost to Strength:** Ballet dancers' low bodyweight can lead to bone health issues. Vitamin D-deficient dancers given supplementary vitamin D showed improved isometric quad strength, and reduced risk of injury.



Kim's tips on...

Nutrition

1 Keep it simple, focus on changing three things in your nutrition each week, and commit to making them happen. Don't try to do it all overnight and risk not achieving your goals. Remember, it is a lifestyle change and you will need to give it time.

2 Planning and preparation are key to getting the results you want, so make enough time each week to introduce changes.

6 Watch your portion sizes, but don't skimp. Eat enough good foods whilst cutting back on less healthy ones. Don't over-reduce your intake - you can eat a lot of good foods relative to ones less good.

3 Choose natural sugars and 'sweet' foods and reject white, refined sugars which will have a negative effect on your mood, energy and hormones.

4 Vary your foods, experiment, try new herbs, spices, flavours. Embrace it as a positive experience. There are so many great, tasty healthy foods to eat, so don't restrict your tastebuds - enjoy your food!

5 Keep a food, mood, energy, hunger, stress and cravings diary. Notice how things affect you, and what you crave at the time: eating different foods around your monthly hormonal cycle may help to stabilise your moods and your focus.

8 Choose the healthy option of good carbohydrates, slow release, and natural foods. Say no to refined white carbohydrates or processed foods.

7 Drink plenty of water throughout the day, and supplement your hydration with peppermint and green tea to help cleanse your system and boost your metabolism.

9 A couple of meals of what you fancy a week won't make a big difference so enjoy them. And if you need a 'quick fix' on the run, keep a healthy emergency snack in your bag.

10 Learn to 'listen' to how your body reacts to foods and how you feel when you eat them. It will vary.

Let's SHOP!

Here's a round-up of some of the best



See pg 95
for more
running kit

ADIZERO JACKET

Ventilated climacool® keeps you cool and dry
£62, adidas.co.uk



GORE JACKET

Sunlight 3.0 Goretex® Lady's Jacket, £199.99,
goreapparel.co.uk



ASQUITH LONDON

Bamboo Layered Top,
£59, asquithlondon.com



SEROTONE MIND

With 5HTP natural amino acid, £8.40 for 30, highernature.co.uk



GORE JACKET

Air Goretex® Active Lady's Jacket, £199.99,
goreapparel.co.uk



ASHMEI JERSEY

Merino plus carbon,
£75, ashmei.com



VIVOBAREFOOT

Stealth, £100, light-weight road running,
vivobarefoot.com/uk



GRENADE®

Reload Protein Flapjack, no-added sugar, £1.49
grenade.com



HALF FAT CHEESE

Cheeky Cow Somerset Cheese. Very tasty!
Asda, Tesco and Spar



COMPRESS SPORT

Great new triathlon range for women, £85,
z3r0d.com



We tried
Crewroom,
go to pg 95

CREWROOM VEST

Laser Vest, made with signature VX fabric,
£28, crewroom.biz



GAIAM GLOVES

Super grippy yoga gloves, £9.99,
gaiam.co.uk

products for mind body fitness and top nutrition



FAT LASS AT BACK

Lasses Full Fat Peachy Jersey, £49.99, fatlassattheback.com



CREWROOM TOP

Backdraft Top, made with anti-piling fabric, £39, crewroom.biz



GAIAM SLING

A sling for mats. A strap for poses, £12.99, gaiam.co.uk



MIZUNO BIOGEAR

Knee support reduces vibration, £30 mizuno.eu



ADIZERO BOOST 2

Award-winning. Choice of marathon elites, £110, adidas.co.uk



GORE PANTS

Sunlight Lady's Pants, 3/4 length, £59.99, goreapparel.co.uk



ASHMEI HOODIE

Merino Wool Sweatshirt for high-tech warmth, £100, ashmei.com



YUR BUDS

yurbuds® headphones, full line up from £16.99, yurbuds.co.uk



HALO HEADBAND

Halo II pullover sweatband, £12.95, haloheadband.co.uk



DRIVE CAPSULES

Important co factors, B vits, for energy, £4.90 for 30, highernature.co.uk



ASQUITH LONDON

Bamboo Crop Pants, £49 asquithlondon.com



MIZUNO RUNNING

WarmaLite® yarn recycles escaping body heat, £28, mizuno.eu

Let's SHOP!



NATURE'S FINEST
iClear natural cleansing,
starter pack, £38,
forestsecretsskincare.com



We tried it!
go to pg 47

NUTRIBULLET
Super-quick smoothies,
no waste, £100,
buynutribullet.co.uk



GO NUTS
Healthy, tasty, nutrient-
dense, £1.30 per pack,
www.epjhealth.com



PUMA RUNNING
Long Running Tights,
lightweight, durable,
£30, uk.puma.com



AZUL LOTUS TOP
Great range of yoga
clothing - Seamless Top,
£34.99, azulfit.com

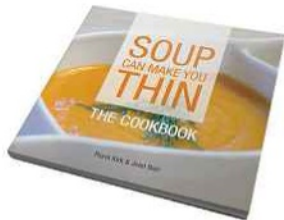


PRO D3 SPORT MAX
Vitamin D+ for sporty
types, £19.99 for 30 days,
prod3sport.co.uk



See more
Puma Gear
on pg 95

PUMA RUNNING
Women's Graphic Long
Sleeve Tee, £24,
uk.puma.com



SOUPS BOOK
Amazon and IBooks,
£12.99/£7.99,
souperyduper.com

We tried it!
go to pg 47



**RAMOSKA®
ELECTRIC COOKER**
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£149.99, lakeland.co.uk



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unbelievablehealth.
co.uk



**GAIAM TOELESS
YOGA SOCKS**
No-slip grip for yoga,
£9.99, gaiam.co.uk



YOGA BOTTOMS
Seamless Yoga Skirt
Leggings, £46.99,
azulfit.com



Jodie DREAM BODY SUPPLEMENTS

Jodie Marsh
INBF Champion

I Lost 4 Stone 9lbs & 6 Sizes

I started my fitness journey in 2012 at 15st 2lbs, 5ft 8.5 & a size 16. With the help of **SEMTEX**, healthy eating, drinking water & exercising my bum off 5 days a week, I am now a very healthy 10st 7lbs & a size 10-12!!! And never looking back.

My lifestyle changes have benefited me so much. **SEMTEX** fat burner pushed me to high levels of exercise & results that I never thought I'd achieve, ever! Support & customer service is always amazing & I thank you! Jodie Marsh, you're amazing!!

Laura Sparkes



I Lost 5 Stone 7lbs

I am 23 now and I lost more than 5 stone in 12 months using JST Jodie Marsh **JMEAL** and **SEMTEX** whilst exercising 3-5 times a week doing cardio & weights. At my heaviest I weighed 16 stone 9 pounds and at my lightest 10 stone 5; I now weigh 11 stone 2 but will be planning on losing a few pounds before I go on my first girlie holiday in August.

I eat a healthy meals such as chicken and veg followed with 2 protein shakes a day and **SEMTEX** for the gym.

Natasha Crozier



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jstjodie.com
fuel your performance

Workout

GET MOVING

In the pages that follow we've selected exercises that will work to strengthen, tone and shape the whole body – in a simple to follow 30-day plan.

There are loads of activities to choose from, and as well as exercise plans we've got features on Running (pg 94), Swimming (pg 96), Cycling (pg 98), Triathlon (pg 100) and Classes (pg 102).

A key message from Kim is to move and be active all the time...

Be Active & Be Happy



Core pg 66-71

Bum & Legs pg 72-77

Upper Body pg 78-85

Circuits pg 88-93

Stretch & Relax pg 106-111

Workout WORKSHEET

Kim's 30-day plan gives you plenty of options and mixes up workouts to ensure you get total body results, feel motivated and kickstart yourself into ACTION!



FOCUS ON POSTURE

Good posture counts in every exercise you do. Keep it in mind ALL the time. And be mindful and refer to this section where the plan says POSTURE.

- ✓ **Start with breathing.** Breathe into your abs for seven seconds, hold for two, breathe out for six. Do this for five breaths to help relax your shoulders.
- ✓ **Draw your shoulders back and down,** so they lay flat, and lift your rib cage up.
- ✓ **Head position – Your head makes up 10 per cent of body weight. For good posture keep it in line with your shoulders and look ahead not down.**

- ✓ **Gently engage your lower core muscles, from your pubic bone to your tummy button. Imagine an elastic band pulling them gently. This will activate your natural 'corset' and flatten your lower core muscles.**
- ✓ **Imagine a string being pulled up from the top of your head, stretching your spine and lengthening your posture.**
- ✓ **Be mindful of your feet and how you stand. Aim to keep your hips level and pointing forwards – you would be surprised how often we unconsciously tip to one side creating an imbalance.**

Don't Forget **Warm up before every work out**

■ **CARDIO AND**

MOVEMENT The plan is flexible and about activity and fun first. Walking, cycling, swimming, running build a good aerobic base; training on hills adds strength; *Parkrun* is a good way to measure progress. HIIT Circuits (pg 88) boost your anaerobic fitness (literally 'without oxygen') and get you fit quick.

■ **STRENGTH** We've kept workouts short, but effective. They're easy to fit into a busy day. Add to your CV workout or do them on their own.

■ **CORE AND STRETCH** A strong core will help you perform well, look great and prevent injury. Combine this focussed workout with stretching and rolling to help you stay in touch with your body.

■ **REST AND RECOVER**

Take a rest day every seven days. If training over seven consecutive days is too much, drop a HIIT or strength session.

30-DAY TRAINING PLAN

| | <i>Cardio and Movement</i> | <i>Strength</i> | <i>Core and Stretch</i> |
|---------------|---|--------------------------------|---|
| DAY 1 | 40 mins cycle or power walk | Bums and Legs Workout 1 | Roll and Stretch |
| DAY 2 | HIIT Circuit 1 | Rest | Core Workout 1 plus Roll and Stretch |
| DAY 3 | 40 mins strength CV - find a hill and run or walk 12 times hard (climb for 20 secs) @ 75-90% effort depending on how you feel, recover and repeat | Upper Body Workout 1 | Roll and Stretch |
| DAY 4 | Rest OR Walk 30-60 mins. POSTURE | Rest | Core Workout 2 plus Roll and Stretch |
| DAY 5 | HIIT Circuit 2 | Bums and Legs Workout 2 | Roll and Stretch |
| DAY 6 | Do a Park Run or timed 5K walk, cycle or run – record your time and aim to beat it in two weeks | Rest | Core Workout 3 plus Roll and Stretch |
| DAY 7 | 30-90 mins walk, swim or cycle with 6 x 3 mins sprints mid-way. Follow each burst with 2 mins recovery | Upper Body Workout 2 | Roll and Stretch |
| DAY 8 | Rest OR Walk 30-60 mins. POSTURE | Rest | Core Workout 4 Roll and Stretch |
| DAY 9 | HIIT Circuit 3 | Rest | Roll and Stretch |
| DAY 10 | 40 mins strength CV - find a hill and run or walk 12 times hard (climb for 20 secs) @ 75-90% effort depending on how you feel, recover and repeat | Rest | Core Workout 5 plus Roll and Stretch |
| DAY 11 | Rest OR Walk 30-60 mins. POSTURE | Bums and Legs Workout 3 | Roll and Stretch |
| DAY 12 | HIIT Circuit 1 | Upper Body Workout 3 | Core Workout 1 plus Roll and Stretch |
| DAY 13 | Do a Park Run or timed 5K walk, cycle or run – record your time and aim to beat it in two weeks | Rest | Roll and Stretch |

| | <i>Cardio and Movement</i> | <i>Strength</i> | <i>Core and Stretch</i> |
|-------------------------|---|--------------------------------|--|
| DAY 14 | 30-90 mins walk, swim or cycle with 6 x 3 mins sprints mid-way. Follow each burst with 2 mins recovery | Upper Body Workout 4 | Core Workout 2 plus Roll and Stretch |
| DAY 15 | 40 mins bike, walk or run @ 9/10 effort – Speed, 20 secs sprint, recover 10 secs, repeat 4 x sets of 8 reps | Bums and Legs Workout 4 | Roll and Stretch |
| DAY 16(rest day) | Rest OR Walk 30-60 mins. POSTURE | Rest | Core Workout 3 plus Roll and Stretch |
| DAY 17 | HIIT Circuit 2 | Upper Body Workout 1 | Roll and Stretch |
| DAY 18 | Rest OR Walk 30-60 mins. POSTURE | Rest | Core Workout 4 plus Roll and Stretch |
| DAY 19 | HIIT Circuit 2 | Bums and Legs Workout 1 | Roll and Stretch |
| DAY 20 | Do a Park Run or timed 5K walk, cycle or run – record your time and compare it to Day Six. | Rest | Core Workout 5 plus Roll and Stretch |
| DAY 21 | 30-90 mins walk, swim or cycle with 6 x 3 mins sprints mid-way. Follow each burst with 2 mins recovery | Upper Body Workout 2 | Roll and Stretch |
| DAY 22 | 40 mins bike, walk or run @ 9/10 effort – Speed, 20 secs sprint, recover 10 secs, repeat x 4 | Bums and Legs Workout 2 | Core Workout 1 plus Roll and Stretch |
| DAY 23 | HIIT Circuit 3 | Rest | Roll and Stretch |
| DAY 24 | 40 mins strength CV - find a hill and run or walk 12 times hard (climb for 20 secs) @ 75-90% effort depending on how you feel, recover and repeat | Upper Body Workout 3 | Core Workout 2 plus Roll and Stretch |
| DAY 25 | Rest OR Walk 30-60 mins. POSTURE | Rest | Roll and Stretch |
| DAY 26 | HIIT Circuit 2 | Bums and Legs Workout 3 | Core Workout 3 plus Roll and Stretch |
| DAY 27 | Rest OR Walk 30-60 mins. POSTURE | Rest | Roll and Stretch |

| | <i>Cardio and Movement</i> | <i>Strength</i> | <i>Core and Stretch</i> |
|---------------|--|--------------------------------|--|
| DAY 28 | 30-90 mins walk, swim or cycle with 6 x 3 mins sprints mid-way. Follow each burst with 2 mins recovery | Upper Body Workout 4 | Core Workout 4 plus Roll and Stretch |
| DAY 29 | 40 mins bike, walk or run @ 9/10 effort – Speed, 20 secs sprint, recover 10 secs, repeat x 4 | Bums and Legs Workout 4 | Roll and Stretch |
| DAY 30 | HIIT Circuit 3 | Rest | Core Workout 5 plus Roll and Stretch |

The workouts

Below are a list of the exercises colour-coded in the Cardio, Strength and Core sections of the table. Kim's included adaptations here to make the exercise easier or harder, as well as tips and suggestions of how many reps to perform

HIIT CIRCUITS

Follow our exercises on pages 88-93

HIIT Circuit 1

- **Burpees** Harder: With shoulder taps
- **Side Shuttle Runs** Two strides each side
- **Squat Thrusts** Easier: Step single leg
- **Sit Up, Get Up, Jump** Easier: Use alternate hands to get up. Harder: No hands
- **Wide Squat into Tuck Jump** Easier: No jump. Harder: Jump, no tuck
- **Skater Lunge Jumps** Easier: Static Lunges. Harder: Moving Lunges

HIIT Circuit 2

- **Forward/Back Sprints** Four strides both ways. Harder: touch down each time
- **Narrow Squat Jumps** Harder: Add tuck jumps
- **Wide Leg Squat Thrusts** Legs to the outside of the hands
- **Gorilla Crawl Sprints** x 100m sprint, repeat. Harder: Go lower
- **High Knees on the spot** Harder: Increase range of movement and height
- **Reverse Gorilla Crawls** Lift up into bridge position and crawl fast backwards, be mindful of angle of the arms and keep core engaged. Easier: **Side Shuttle Runs** at high intensity



HIIT Circuit 3

- **High Knees on the spot** Harder: Increase range of movement and height
- **Skipping, high intensity** Variation: Double skips, jumps, crosses or without the rope
- **High Front Kicks** Harder: Add jump
- **Free-style boxing jabs** Keep intensity high. If you have pads and work with a partner making contact adds to the fun!
- **Wide Leg Squat Thrusts** Legs to the outside of the hands
- **Skipping, high intensity** As before
- **Free-style boxing hooks and upper cut movement**
- **Sumo Squat Jumps with Arm Extension** Easier: Take the jump out
- **Side Kicks, leg straight** Do the **Side Shuttle Runs** from **Workout 1** if you are unsure or tight in your lower back

The workouts

UPPER BODY WORKOUTS

Follow our exercises on pages 78-85

You'll need a Dynaband, a Kettlebell and a Swiss Ball for some of the exercises below

Upper Body Workout 1 – Aim for 1-4 sets x 20 reps (unless stated otherwise)

- Press Up
- Bent over Row with Dynaband
- Standing Lateral Raise with Dynaband x 15 reps. Easier: Light resistance, single arm, both legs. Harder: Increase resistance, balance on one leg
- Bicep Curl with Dynaband x 20 reps each arm
- Tricep Dips x 20-30 reps. Harder: Single leg
- Plank with Single Arm Row Build to 60 secs. Harder: Leg raised

Upper Body Workout 2 - Aim for 1-4 sets x 10-20 reps each side

- Tricep Extension with Dynaband
Harder: Balance on one leg
- Seated Row with Dynaband
- The plank x 2-3 secs hold, build to 20 secs. Harder: Single leg
- Incline Press Up x 20 reps
- Standing Lateral Raise with Dynaband x 10 reps each side
Easier: Light resistance, single arm, both legs. Harder: Increase resistance, balance on one leg
- Bicep Curl with Dynaband x 20 reps each arm

Upper Body Workout 3 – Aim for 1-4 sets x 10-15 reps each side

- Lying Single Arm Chest Press with Kettlebell Choice: Use floor or Swiss Ball
- Single Arm Row with Kettlebell
- Upright Row with Kettlebell
- Single or Double Arm Bicep Curl with Kettlebell
- Overhead Tricep Extension with Kettlebell Easier: Tricep Dips on the bench

Upper Body Workout 4 – Aim for 1-4 sets x 10-20 reps

- Dumbbell Pec Fly on Swiss Ball
- Dumbbell Reverse Fly on Swiss Ball
- Press Up on Swiss Ball Easier: Use wall for stability
- Seated Dumbbell Bicep Curl on Swiss Ball Harder: Single leg
- Tricep Dips on Swiss Ball Easier: Use wall for stability
- Seated Shoulder Press on Swiss Ball

BUMS AND LEGS WORKOUTS

Follow our exercises on pages 72-77

Legs Workout 1 – Aim for 1-4 sets x 16 reps

- Gluteal Bridge Harder: Add ankle weights
- Moving Lunges Harder: Add hand weights
- Narrow to Wide Moving Squats
- Gluteal Kick
- Calf Raise

Legs Workout 2 – Aim for 1-4 sets x 15-20 reps

- Wide Leg Squats with Side Kick x 15-20 reps each side, slowly. Harder: Add ankle weights
- Static Lunge into Back Leg Lifted Knee Raise x 20 reps each side. Easier: Static Lunge
- Lying Side Leg Raise into Gluteal Knee Kick x 20 reps each side. Harder: Add ankle weights

Legs Workout 3 – Aim for 1-4 sets x 10 reps

- Kettlebell Squat Swing Easier: Don't swing Kettlebell.
- Moving Lunges with Kettlebell x 10 reps each side
- Lying Gluteal Bridge and Raise Easier: Kettlebell on chest. Harder: Kettlebell held above chest

- Turkish Get Up (see Fiona's Challenge pg 128).
Easier: Without Kettlebell. Harder: With Kettlebell

Workout 4 – Aim for 1-4 sets x 10-20 reps

- Lying Swiss Ball Hamstring Curl
- Swiss Ball Wall Squat. Harder: Use Dynaband/Kettlebell
- Front Swiss Ball Quad Pull
- Lying Gluteal Bridge



CORE WORKOUTS

Follow our exercises on pages 66-71

You'll need a Kettlebell and a Swiss Ball for some of the exercises as stated below

Core Workout 1 – Aim for 2-4 sets

- **Plank** x 30-90 secs. Harder: **Moving Plank**
- **Lower Leg Raise** x 10-30 reps, hold for 2 secs. Harder: Go lower and hold
- **Dorsal Raise** x 10-30 reps. Harder: Extend higher

Core Workout 2 – Aim for 2-4 sets

- **Crunches** Continue reps until fatigued
- **Superman** x 10-20 reps each side. Hold each diagonal for 2 secs
- **Side Plank** x 30 secs each side building to 1 min. Harder: Add single leg/arm rotation

Core Workout 3 – Aim for 2-4 sets

- **Lower Leg Cycle** x 90 secs, slowly
- **V Sit Ups** with hand to ankle taps x 30-90 secs depending on technique
- **Superman** x 12 reps each side. Harder: Add **Gluteal Kick**

Core Workout 4 – Aim for 2-4 sets

- **Kettlebell Crunch**, then **Sit Up** Alternate x 10-30 reps
- **Plank with Single Arm Kettlebell Row** x 10 rows each side
- **Back Alternates Superman** x 3 secs hold each side

Core Workout 5 – Aim for 1-3 sets x 20 reps

- **Swiss Ball Crunches**
- **Swiss Ball Oblique Crunches**
- **Swiss Ball Roll Out**
- **Swiss Ball Back Alternates**
- **Swiss Ball Lower Leg Raise and Overhead Extension**
- **Swiss Ball Dorsal Raise**



ROLL AND STRETCH

Follow our exercises on pages 106-111

■ **GOALS** Reduce injury and stress, improve balance whilst training and well-being.

■ **REVIEW** How does your body feel after you've worked out, can you recognise any imbalances? If you're training for a big event like a triathlon or a marathon, combine stretching and relaxing with pre-hab and re-hab programmes, massage or sports physio.

Tips

- Make sure your body is warm, and hold each stretch for around one minute.
- Aim to do 10 minutes of stretching and mobility every day as it will reduce risk of injury, improve your overall posture, energy and confidence.
- Concentrate on the muscles or body part you have worked hardest that day. For example, on Day One you might want to spend more time on stretches one to 11 to relieve your legs.
- Always stretch the muscles that are opposite, so if you stretch the front of the arm (bicep), you must also stretch the back of the arm (tricep).
- Three key stretches for runners would be hip flexor, gluteal, and quadriceps stretches.
- Three key stretches for swimmers would be shoulders, hip flexor, and triceps stretches.
- Three key stretches for cyclists are shoulders, gluteal, hip flexors and hamstrings.
- Get any niggles or long-term problems or pain checked out by a physiotherapist, sports massage therapist or osteopath. This will make a huge difference to your long-term health. If you are on a budget, many training schools will offer complimentary sessions with their students under the watchful eye of a supervisor, so you get a really good treatment for free.
- Try meditation or use visualisation when relaxing.
- Invest in a monthly sports massage.
- Combine stretches with **foam rolling** for best results – see page 130.

What to stretch

- Hamstrings
- Gluteals
- Inner Thigh
- Triceps
- Quads
- Calves
- Hip Flexor
- Shoulders

⊕ CORE

The core refers to the muscles in the mid section of your body - the abdominals, the back, and pelvic floor. Exercising the core will mean you perform all activity better as a strong core improves posture and makes you more stable, and a strong core means you are less likely to get injured. There are a total of five core workouts, with three exercises in the first four workouts, and six moves in the Swiss ball workout. Turn to pg 64 for the detailed combination of exercises. You'll do a core workout every other day.

WORKOUT #1 (1,2,3)



01 THE PLANK Infamous exercise for a strong inner 'girdle' and stabilising the abdominal and back muscles. Hold for 30-90 secs, up to 4 sets.

- Lie face down and lift your body weight onto your elbows and toes, aiming to get your body in a straight line. If you can, use a mirror to check technique and position.
- Relax shoulders by not gripping your hands too tightly, keep elbows in line with your shoulders, head in line with your spine.
- Make it easier by dropping to your knees but keep body position. Use this option if you've had stomach surgery or have lower back issues.
- Lifting a leg in line with the body increases difficulty. Hold for as long as you can. Breathe!



02 LOWER LEG RAISE Perfect for strengthening the lower core muscles and increasing mobility in the pelvis. 10-30 reps, up to 4 sets.

- Lie on your back, head on the mat and lift your legs into the air as high as you can, keeping your back on the mat.
- With both legs straight, lower them as far as possible, keeping your core switched on. Avoid over-arching your back.
- Breathe out as you lower, in as you raise. The lower you go the harder it is. If you have lower back weakness or feel discomfort, swap this for the Lower Leg Cycle. Increase difficulty by lowering legs to just above floor level and doing a scissor action. Aim for control and focus.



03 DORSAL RAISE

For a strong, defined lower back and increased range of movement. 10-30 reps, up to 4 sets.

- Lie on your front, face down with your head and shoulders relaxed. Place your hands by your temples if you have this range of movement. If not leave by your sides.
- Keeping your head in line with your body, lift your chest off the mat as high as

you can, breathe out.

- Lower the body with control, keeping the core and gluteal muscles switched on.

- If this is too hard or you feel back pain, place your hands level with your bust and push up, keeping head and body in line.

WORKOUT #2 (4,5,6)

04 CRUNCHES

This simple exercise engages your core muscles and flattens your stomach. Repeat for as many reps as you can until fatigued.

- Lying on your back, engage your lower core muscles by keeping your back strong and avoid over-arching.
- With a fist distance between your chin and chest, place your arms by your temples and raise your shoulders off the

floor, keeping your head looking up.

- Breathing out as you come up, pull your core muscles down towards the mat. Imagine dropping your tummy button to your spine. The stronger you are the higher you can raise. Aim to vary the pace.



05 SUPERMAN

Perfect for strengthening the little muscles that stabilise the spine and give you great posture. 10-20 reps on each side, up to 4 sets.

- This exercise can be done lying flat on the mat or on your hands and knees. Either approach works well and slightly differently, so try them both to see how it feels.
- Keeping your head in line with your spine, lift your right arm and left leg up and out long, breathing

out as you raise them.

- Pause and hold for a couple of seconds, then change sides.
- Concentrate on keeping your core muscles engaged as you lift, remembering all the muscles are linked. Use a mirror or ask someone to check your pelvis is level.





06 SIDE PLANK
Strengthens lats and defines waist.
Focus on posture and technique. Hold for 30
secs on each side, build to 60 secs. Up to 4 sets.

- Lying on your side, check your shoulder is in line with your elbow and lift your body weight up from the hip, feet on the ground. Make it easier by bending the bottom leg for support.
- Lift your hips high – you should feel the effort of lifting in your waist, maybe

the top of the hips if you are stiff there. Keep your head in line with your body and breathe as you hold.

- If you feel shoulder pain or feel unstable, do a Side Crunch instead, rotating to the opposite knee as you come up. This still works the waist muscles.

WORKOUT #3 (7,8,9)



07 LOWER LEG CYCLE
Great exercise to mobilise the pelvis and
strengthen the lower core area. Good for all
fitness levels. 90 secs (slowly), aim for 4 sets.

- Lying on your back lift your legs into the air but keep your head on the mat.
- Slowly cycle your legs in the air, thinking about keeping your core muscles switched on.
- Point your toes and keep your legs long.
- The lower you cycle, the harder it makes the

exercise. Make sure you keep your back strong and flat, and it doesn't arch up. If you feel this happening, cycle the legs higher.

- Keep your hands relaxed, palms up beside you so you are not gripping the floor to help you. Remember to breathe out on effort with each cycle.



08 V SIT UPS
Challenging, yet effective for defining
the core, once you gain the base strength to
control the movement. 30-90 secs, up to 4 sets.

- Sitting on the mat, focus on engaging your core, relax your neck and shoulders and lift your legs and body from the mat. You are aiming to balance on your gluteals in a V-shape.
- The key is to keep your neck relaxed, head looking up and in line with your body, whilst controlling the

core muscles and keeping the abs switched on.

- Makes sure that the legs are strong and straight, and remember to keep breathing. With your arms tap the knees/ankles either side to make the exercise more challenging. Do up to 10 repetitions if you can. But one is good!



09 SUPERMAN WITH ADDITIONAL GLUTEAL KICK

As with #5, but adding a gluteal kick to engage your gluteal muscles. 12 reps on each side.

- Start on your hands and knees in a 'table' position.
- Keeping your head in line with your spine, lift your right arm and left leg up and out long, breathing out as you raise them.
- Now bend the leg at 90 degrees, and move into an upwards kick (as shown).
- Keep your core muscles engaged as you lift and kick, remembering all the muscles are linked. As before, check you're level.
- Squeeze your buttocks, engaging the muscles and keeping the pelvis level.
- Relax and repeat on the other side 10 times.

WORKOUT #4 (10,11,14)



10 KETTLEBELL CRUNCH

Great exercise with added weight once you have built up basic strength with the Simple Crunch. 10-30 reps, up to 4 sets.

- Lie on your back with knees bent, keeping a fist distance between your chin and chest.
- Hold the Kettlebell securely around its 'belly' with a good, balanced grip.
- Lift up into a crunch, holding the Kettlebell close to your chest and keeping the distance between neck and chest. Breathe out as you come up.
- Slowly lower, keeping core engaged.
- To make it harder, extend the kettlebell away as you come up, then bring it back to your chest as you lower. Keep your back strong.

11 PLANK WITH KETTLEBELL SINGLE ARM ROW

Challenging exercise for improved core strength and mobility. 10 rows on each side, up to 4 sets.



- Lie on the mat with the kettlebell to one side. Raise into a full plank on your hands and feet, keeping your body strong, arms in line with shoulders, hips level, head and neck in line with spine.
- If you have the control and balance, take the kettlebell in one hand and, still in plank, lift it up in a single arm row. Squeeze the shoulder blades together, core engaged and then lower. Repeat for five then swap sides.
- Keep your core switched on, hips level as you lift the kettlebell. Too hard, try it on your knees in half plank, and build to full plank.

WORKOUT #5



12 CRUNCHES

If using a Ball at home, check it's the right size and inflated properly. 20 reps, up to 3 sets.

- Sit on the Swiss Ball, then roll out so it is 'nestled' in your lower back area. Position your feet at 90 degrees, and keep a fist distance between your chin and chest.
- Lie back and then come up into a crunch, contracting the abs and back and breathing out as

you come up to contract.

- Lower your body down keeping your head and neck relaxed.
- Watch your balance when you begin doing this. Varying the speed will make it more challenging, but whatever your pace make sure you are moving in a controlled manner.



13 OBLIQUE CRUNCHES

Great for the side muscles. 20 reps, up to 3 sets.

- Similar to the Swiss Ball Crunch and starting in the same position with your core engaged and a fist distance between your head and neck, feet at 90 degrees.
- Come up to a crunch position, and focus on drawing in the abs as you do so and rotate to one side. Breathe out as you

come up and contract. Relax, and lower back down, still keeping control of the core muscles.

- Repeat and rotate to the other side, trying to get the same range of movement on each side. If you experience any discomfort, do the same exercise on the mat but without the Swiss Ball.



14 BACK ALTERNATES/SUPERMAN

Great for back and balance. 20 reps, up to 3 sets.

- Lie on your front balanced over the Swiss Ball, hands and feet balanced, head and neck in line with your spine, remembering to breathe with control.
- With your core engaged, keep your balance and lift your right arm and left leg off the ball in a straight line.
- Draw your navel towards your spine, squeeze your

buttocks, and maintain a 'plank' position, and balance for two to five seconds. Use your breath to hold you in a strong and long position.

- Switch sides and repeat. If you find yourself struggling to balance, you can switch to an easier option and lift your arm then leg individually in turn.



15 ROLL OUT

Great for balance and the core, but needs strong core and shoulders. 20 reps, up to 3 sets.

■ Starting on your knees, place your hands and elbows on the Swiss Ball, keeping your shoulders in line with the elbows. Ensure that your neck is lengthened and in line with your spine.

■ Engage your core muscles and roll the ball out in front of you, as far as

you can with control and without loading onto your shoulders or losing control of your core and back. Keeping the core muscles engaged, roll the ball back, breathing out as you do so and repeat.

■ Add difficulty by starting the exercise from a full plank position (as shown).



16 LOWER LEG RAISE AND OVERHEAD EXTENSION

Core and mobility. 20 reps, up to 3 sets.

■ Lie on your back with the Swiss Ball between your legs and raise it up as high as you can, then lower it. Repeat this as many times as you can, keeping your back strong and long and your core engaged.

■ If you can do this easily, alternate holding the Swiss Ball between your legs and

your hands – take the ball over your head as the legs go straight and then switch. Each time you switch maintain good control of your breathing and keep the lower back strong into the floor.

Extend your arms without the Ball if too hard and build to the full exercise.



17 DORSAL RAISE

Super effective exercise for strengthening the back muscles. 20 reps, up to 3 sets.

■ Lie on your front on the Swiss Ball, with your feet together and hands by your temples, engaging your core for balance and squeezing your glutes, and muscles in the back.

■ When you are ready, lift your body up, keeping your head in line with your spine, and your neck long, breathing out as you lift.

■ Squeeze your shoulder blades together, pause and hold, then lower and repeat with focus.

■ If it feels like you don't have the strength, start with the Dorsal Raise on the mat. If you feel you are losing your balance, keep your feet against a wall or something firm to help with stability.

⊕ BUMS & LEGS

For toned, strong, shapely legs and a pert bottom – look no further. There are four workouts, with four to five exercises in each workout. Turn back to the Workout Worksheet on pg 64 for the detail. If you do all of them you'll complete eight Bums And Legs exercise combinations over the 30 days. They won't take long, no more than 15 minutes per workout. With some basic equipment (see the box on pg 79 for ideas of what you'll need) you've got a portable workout that can be done inside or out!

WORKOUT #1

SUE SAYS...

My favourite exercise in workout one was the gluteal bridge I saw instant results and my bottom is definitely more pert now!



01 GLUTEAL BRIDGE

Isolates and strengthen your gluteal muscles – key reducing injury and improving strength. 16 reps, up to 4 sets.

- Lying on your back bring your knees up to 90 degrees, feet and head on the ground, arms by your side, palms facing up.
- Lift your hips and buttocks off the ground, really concentrating on engaging your core. Pause and hold at the top, keeping your knees in line

with your hips and not collapsed in or out. Lower and repeat, keeping control of your gluteals.

- Increase effort by raising one leg straight and repeat the move on a single leg. Attempt this only if you have strong lower back and gluteals. Keep hips aligned and balanced.

02 MOVING LUNGES

One of the most effective exercises to work all your leg muscles. 16 reps, on each leg, up to 4 sets.



- Legs together, stride forwards into a lunge, aligning the front knee above the ankle and keeping bodyweight central as you drop. Use all the muscles in both legs and feel it in your gluteals.
- Return to standing and take the same leg into a rear lunge, keeping head

up, neck long, body tall.

- Take the lunge to four angles - 12 o'clock, three, six and nine keeping knee, ankle and hip alignment. Repeat with the other leg. Start with front and back lunges, progressing to multi directional lunges. Make it harder by holding dumbbells in both hands.



03 NARROW TO WIDE MOVING SQUATS

Get all the leg muscles working, toned and in great shape. 16 reps, up to 4 sets.

- With legs hip-width apart, squat as if you were sitting onto a chair. Keep weight even, back strong, head up, arms extended.

- Squat as low as you can, focussing the effort in the muscles not the joints. As you come up, push the body weight and effort

through the gluteals.

- Now step wide and slightly turn the feet out. Squat as low as possible, come back up and alternate between narrow and wide. Adding weights adds difficulty. Do 2:1 reps of the option you find harder versus easier.



04 GLUTEAL KICK

Isolate and strengthen your gluteal muscles, and works on the core as you hold yourself in the box. 16 reps, up to 4 sets.

- Get into a kneeling position on your hands and knees, checking your back is strong and core switched on.

- Raise one leg up, keeping your hips level and core engaged.

- Bend your knee at 90 degrees and pulse your leg

upwards for around five to 10 seconds.

- Swing the knee through and forwards and repeat for the same reps, then switch sides. Adding ankle weights will make this exercise more challenging, but remember to always keep your hips level.



05 CALF RAISE

A simple exercise to isolate and strengthen your calf muscles, and improve your balance. 16 reps, up to 4 sets.

- Stand tall, engage your core and switch on your buttock muscles.

- Balance your body-weight, so it feels evenly spread in both feet.

- Raise your heels and lift your weight up onto the balls of your feet. Feel the weight in your big toe and across the ball of the foot.

- Pause at the top for a couple of seconds, then lower back down, trying to keep an even balance across the feet.

- Aim to just touch the floor before repeating the exercise with control.

- To progress: do on one leg, or both feet on a Bosu or balance disc.

WORKOUT #2



01 WIDE LEG SQUAT WITH SIDE KICK

Thigh blast. 15-20 reps each side, up to 4 sets.

■ Start with the legs wide and feet turned out slightly. Pull your core muscles in and keep your body strong. Squat down as low as you can with equal body weight in each leg.

■ As you come back up, take the body weight onto one leg and lift the other leg off the ground.

Kick it as high as you can maintaining control and balance. Bring it back down into the wide stance position.

■ Repeat the exercise with the other leg. To make it easier on your balance, do the squat and kicks separately. Work harder with weights and speed.



02 STATIC LUNGE INTO BACK LEG KNEE RAISE

Balance. 15-20 reps each side, up to 4 sets.

■ Stride forwards and drop into the lunge position (see picture on pg 72, exercise 2), keeping your front knee above your ankle and your body weight central.

■ As you push back up, bring the back leg forwards into a knee raise as shown.

■ Engage your core for stability and to help keep

your balance on the standing leg. Keep your back long and toe pointing down to the floor.

■ Take the leg back into a rear lunge position and repeat. If you lose your balance, pause and re-align before dropping into the lunge position. You can add weights to make it more challenging.



03 SIDE LYING LEG RAISE INTO GLUTEAL KICK

Inner thighs. 15-20 reps each side, up to 4 sets.

■ Lying on your side on a mat, get into position. Make sure your body is in a straight line, with your back leg bent at a right angle. Support your head in the hand as shown, and keep the neck and head relaxed.

■ Lift your top leg up in the air as high as you can, keeping your core engaged and body in alignment.

Point your toes upwards. (as shown in the picture)

■ As you lower the leg, pull it forwards, bending the knee to your chest, keeping it level with your hips.

■ Now take the leg straight back, trying not to rest on the floor and repeat the reps before changing sides. Make it harder by adding ankle weights.

WORKOUT #3



01 KETTLEBELL WIDE LEG SQUAT & SWING

Total body blast. 10 reps, up to 4 sets.

■ Start standing in a wide-legged squat with feet slightly turned out, core engaged, back strong, head up and body weight balanced. Raise the kettlebell (A).

■ As you come up to swing the Kettlebell (B), snap your hips forward so you move like a pendulum, with

the power coming from your hips, gluteals and core. Swing with control to shoulder height and lower back down.

■ Concentrate on your swing throughout the sequence, and keep knees relaxed and back strong as you pick up and put down the bell, to avoid injury.



02 MOVING LUNGES WITH KETTLEBELL

Great for strong balance. 10 reps, up to 4 sets.

■ Stand with legs together and look straight ahead. Hold the Kettlebell in your left hand and step forwards with your right leg into a lunge, keeping your body weight central.

■ Make sure your hips face forwards and keep the left shoulder drawn back so that both shoulders are

also square to the front.

■ Bring the front leg back to standing, contracting your gluteal muscles as you stand up so that you help movement flow.

■ Pause briefly then switch and repeat with the other leg and arm.

■ If you feel off-balance, try this as a static lunge.



03 LYING GLUTEAL BRIDGE WITH KETTLEBELL CHEST RAISE

Works glutes, abs and chest. 10 reps, up to 4 sets.

■ Lie on your back with your legs at 90 degrees and head relaxed. Hold the Kettlebell around its base, above your chest.

■ Lift your hips off the ground to 90 degrees making a diagonal line from your knees through your hips to shoulders. Pause and hold for five seconds and then lower

and repeat with control.

■ If you have good balance and control, push the kettlebell away from your chest and breathe out as you raise your hips, bringing it back to your chest and breathe out as you lower.

■ Try single gluteal leg raises if you are strong, but focus on alignment.

WORKOUT #4



01 LYING SWISS BALL HAMSTRING CURL

Core and glutes focus. 10 reps, up to 4 sets.

■ Lying on your back, place your feet on the Swiss Ball and your arms down by your side, palms facing up. Engage your core.

■ Lift your body off the ground from the hips until you are in a straight line. Pause, hold and lower.

■ If you want to work harder you can, pull the ball

back towards you until you are at 90 degrees with your legs (as shown in the picture), and then extend your legs to straighten. Try to control any wobbling, but roll off the ball if you need to avoid any twinges.

■ The next level is to try the exercise with your arms crossed over your chest!



02 SWISS BALL SQUAT

Great for glutes. 20 reps, up to 4 sets.

■ Find a strong, flat wall with lots of space around, and choose the right Swiss Ball for your height. Put it between you and the wall against your lower back, and move your feet to 90 degrees, knees aligned. It may feel further out than you want, but have faith (or ask someone to stabilise the ball for you).

■ With control, squat as if you were about to sit so the Ball rolls up to your shoulder blades. Focus body weight in the upper legs and buttocks, not pushing towards your knees. Squat as low as you can then push up from the buttocks, and repeat. Hold dumbbells or try single leg squats for difficulty.



03 FRONT SWISS BALL QUAD PULL INTO JACKKNIFE

Pert bottom, strong core. 10 reps, up to 4 sets.

■ On your hands and knees, put both feet behind you onto the Swiss Ball and lift into plank, hands directly under shoulders. Hold. This takes practice and you may want someone stabilising the ball to start. For beginners this may be enough.

■ If you have strength and control, pull the ball

towards your chest, keeping your body strong and weight even. Now extend the legs back out. Return to stage one if you can't balance or it strains your shoulders load. Challenge and build to single leg pulls: lift one foot off the ball, straighten the leg, and pull with the other leg. Swap sides and repeat.

04 LYING GLUTEAL BRIDGE

Back, abs, thighs, core, total body strength. 10 reps, up to 4 sets.



■ Similar starting position to the Hamstring Curl but lying on your back, arms by your side, feet on the ball, core engaged.

■ This time, as you go up your hips will come a little higher up, so you are raising your body weight up, rather than pulling forwards and back.

■ The effort is coming from your gluteals, so really concentrate on working them, especially as you raise and lower.

■ To make it harder, take the hands across the chest. Make it easier by not raising quite so high. Make sure your hips stay balanced throughout.

Lets SHOP! Invest in some at home equipment to make your workout more fun – and effective



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Vinyl Dipped Kettlebell, 4kg, £17.50
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⊕ UPPER BODY

For toned arms, shoulders and an uplifted chest, follow these exercises for 30 days. You don't have to lift heavy weights or invest in expensive equipment, but you can help yourself with some simple at-home resistance gear and gadgets - see the previous page for ideas of what to buy. Combine the bums and legs workout with the upper body work for a strong toned and conditioned body. See Kim's 'combos' on pg 64. If you do all the upper body workouts, you'll do a total of eight workouts over 30 days.

WORKOUT #1



01 PRESS UP

Great upper body strengthener working many muscles and the core. Variations mean it can be done at any level. 20 reps, up to 4 sets.

- Start in plank with your hands wide enough to create a 90 degree angle between hand and shoulder when you bend your elbows. Keep the body strong and head in line with your spine.
- Lead with your chest and lower to about an inch above the ground, keeping a strong line. Avoid dipping your back.
- Push up, leading from the chest with the mid-back strong and flat. Breathe out as you raise, in as you lower. Repeat.
- Make it easier with legs in a box or half position, harder, slightly raise one leg but keep hips level.



02 BENT OVER ROW WITH DYNABAND

Can be adapted easily using water bottles or weights. 20 reps, up to 4 sets.

- Take your legs hip width apart and drop into a narrow squat. Keep your back strong and your head looking straight forward. Engage your core to for lower back support.
- With one end of the band in each hand, extend your arms opening wide and squeezing the shoulder blades together, keeping the posture strong. Breathe out as you expand the band, in as you contract it. Repeat.
- Wrapping the band around your hands more makes it harder, or use light weights. If you can, check your posture in a mirror, or ask a friend.

03 STANDING LATERAL RAISE WITH DYNABAND

Define your arms and improve upper body strength. 15 reps on each side, up to 4 sets.

- Stand with your left foot on the band, holding the other end in your right hand. Stand tall and engage your core.
- As you breathe out, extend the band to shoulder height on the right side, lifting it to the side of your body. Keep your hips level. Repeat.
- Switch legs and arms and repeat on the other side. Notice if one side is weaker and spend a bit more time working it.
- To make the exercise a little harder, try raising both arms up at the same time. But keep your posture tall and your core engaged.



04 BICEP CURL WITH DYNABAND

Simple but effective exercise to strengthen and tone your arms. 20 reps each arm, up to 4 sets.

- Stand tall with the band under one foot and one end in each hand. Keep your arms close to the sides of your body.
- From here pull up the band so that your elbows form a 90 degree angle. Keep your shoulders drawn back and down, and core engaged.
- Lower your arms with control, focussing on your posture. Repeat.
- Challenge yourself and your balance - do the same exercise standing on one leg. To work different parts of the bicep, try changing your grip on the band: the thumb on top, palms facing down, and vice versa.



05 TRICEP DIPS

Simple exercise working the back of the arm. Use a chair, bench or bed but make sure your 'prop' is secure! 20-30 reps, up to 4 sets.

- Sit on the edge of the chair with your hands close by your sides, elbows in line and pointing towards the chair back.
- Lift your body weight up, keeping your body tall and head raised.
- With your legs at 90 degrees from the chair, lower your body so your

bottom comes close to the floor, but not touching.

- Push yourself back up, keeping your back close to the front of the chair and your core in line with your spine. Switch legs halfway through the reps. Work a little harder by raising one leg slightly off the ground as shown in the picture.



CONTINUED FROM WORKOUT #1



WORKOUT #2

01 TRICEP EXTENSION WITH DYNABAND

Great for creating muscle definition in the back of the arm. 20 reps on each side, up to 4 sets.

- Start with your left leg slightly forward, one end of the dynaband under your right foot, the other in your right hand.
- Extend the right arm up straight, breathing out as you do and keeping the arm close to your ear.
- Bend the right arm, dropping the hand behind you towards the centre of the shoulder blades.
- Extend the arm keeping your body level, and repeat. Switch sides with the band and repeat. Wrap the band around your hands more to increase resistance and difficulty.



06 PLANK WITH SINGLE ARM ROW

Similar to Kettlebell Row (pg 69), building core, upper body strength and mobility. Up to 60 secs.

- Position yourself in plank position (pg 81). (You can take full or half plank position.) Keep the body strong, core engaged, shoulders relaxed, head and neck in line.
- Raise one hand parallel to the body, squeezing the shoulder blades together.
- Keep your hips level.
- Keeping the body lifted, repeat on the other side. Notice if one side has more movement than the other.
- Remember to breathe. Make it harder by lifting the opposite leg to the hand you are raising. This will challenge your balance.

02 SEATED ROW WITH DYNABAND

A brilliant exercise to strengthen the upper back and increase its mobility. 20 reps, up to 4 sets.

- Seated on the floor legs straight, place the dynaband around your feet and hold it in each hand.
- Create resistance by shortening your hold on the band and draw it back towards you in a rowing action. Keep the arms close to the body and core switched on.
- Sit up tall, raise the head and breathe out as your 'row'. Squeeze shoulder blades together before returning the band to level with your knees. Repeat.
- Wrap the band more to challenge. If it is hard to straighten your legs, use a secure door handle and do the exercise standing up.



03 THE PLANK

One of the best known exercises for the inner 'girdle' and muscles stabilising the stomach and back. Hold for 2-3 secs, build to 20.

- Lie face down and lift your body weight onto your elbows and toes, aiming to get your body in a straight line. If you can, use a mirror to check technique and position.
- Relax shoulders by not gripping your hands too tightly, keep elbows in line with your shoulders, head in line with your spine.
- Make it easier by dropping to your knees. Use this option if you've had stomach surgery or have lower back issues.
- Lift a leg in line with the body to increase difficulty. Hold as long as you can.

04 INCLINE PRESS UP

A step up, literally, from Workout #1, this elevated version is great for the upper chest. 20 reps, up to 4 sets.

- As for Workout #1/Exercise 1, but changing the elevation works the upper chest even more. Start in plank with your hands wide enough to create a 90 degree angle between hand and shoulder when you bend your elbows. Keep the body strong and head in line with your spine.
- Lead with your chest and lower to about an inch above the ground, keeping a strong line. Avoid dipping your back.
- Push up, leading from the chest. Breathe out to raise, in as you lower.

05 STANDING LATERAL RAISE WITH DYNABAND

The same exercise as workout one, exercise 3. In this workout you will just do 10 reps, up to 4 sets.

- Stand with your left foot on the band, holding the other end in your right hand. Stand tall and engage your core.
- As you breathe out, extend the band to shoulder height on the right side, lifting it to the side of your body. Keep your hips level. Repeat.
- Switch legs and arms and repeat on the other side. Notice if one side is weaker and spend a bit more time working it.
- To make the exercise a little harder, try raising both arms up at the same time. But keep your posture tall and your core engaged.



06 BICEP CURL WITH DYNABAND

Another favourite from Workout #1, to give you strong and toned arms. 20 reps, up to 4 sets.

- Stand tall with the band under one foot and one end in each hand. Keep your arms close to the sides of your body.
- From here pull up the band so that your elbows form a 90 degree angle. Keep your shoulders drawn back and down, and core engaged.
- Lower your arms with control, focussing on your posture. Repeat.
- Challenge yourself and your balance - do the same exercise standing on one leg. To work different parts of the bicep, try changing your grip on the band: the thumb on top, palms facing down, and vice versa.



WORKOUT #3



01 LYING SINGLE ARM CHEST PRESS WITH KETTLEBELL

For strong chest muscles and improved shoulder stability. 10-15 reps on each side, up to 4 sets.

- Lie on the floor (or a bench), knees bent and feet parallel on the floor. Grip the Kettlebell in one hand as in the photograph.
- Press the Kettlebell up into the air, in line with the chest. Keep shoulders and core strong and held securely to the ground,

breathing out as you press.
 ■ Lower the Kettlebell towards the ground at a 90 degree angle. Repeat the reps on this side, then switch sides and do the same again. To add levels, raise the opposite leg, use two Kettlebells or use the Swiss Ball as a 'bench'.

02 SINGLE ARM ROW WITH KETTLEBELL

Works the back, improves posture and core control. 10-15 reps on each side, up to 4 sets.

- Start with the left leg forward in a short lunge position, and hold the Kettlebell in the right hand. Core engaged, lean the body forwards keeping head and body in line.
- Draw the Kettlebell back towards you breathing out as you go. Keep your arm at 90 degrees and squeeze your shoulder blades together behind you. Hips should stay level and keep your back strong. Repeat, then switch sides. Check your posture in a mirror if you can, and use equal weight for both arms.



03 UPRIGHT ROW WITH KETTLEBELL

Tones and strengthens shoulder muscles and great for posture too. 10-15 reps, up to 4 sets.

- Standing with feet parallel, hold the Kettlebell in both hands and stand up tall, engaging your core muscles, squeezing glutes.
- Breathing out, draw the Kettlebell up to chest height, close to the body, allowing the elbows to come up higher.
- Pause and hold in this position keeping your posture strong. It's all too easy to let hunch so be mindful of how you hold yourself in this exercise.
- Breathe out, lower the Kettlebell and repeat. Make things more challenging by standing on one leg, remembering to repeat the reps on the other.



04 SINGLE ARM BICEP CURL WITH KETTLEBELL

Great exercise for strengthening your biceps. 10-15 reps with each arm, up to 4 sets.

- Bring your left leg slightly forward and hold the Kettlebell in your right hand down close to your side. Draw your shoulders back and keep your head looking forwards.
- Lift the Kettlebell by bending the elbow to 90 degrees, keeping your arm close to the body.
- Relax and straighten the arm. Remember to engage your core the whole time.
- Repeat the exercise, and then change hands. Choose your level: try standing with your feet together and lifting a heavier weight, hold the weight with both hands, or stand on one leg at a time.



05 OVERHEAD TRICEP EXTENSION WITH KETTLEBELL

Calls for good strength. 10-15 reps, up to 4 sets.

- Standing with your feet square, take the Kettlebell in both hands as shown.
- Switch your core muscles on and raise the Kettlebell above your head, keeping a strong upright posture and grip.
- Breathing out, bend the arms behind you letting the Kettlebell flow to sit between the shoulder blades. The elbows must stay pointing forwards and not splaying out. Make sure the weight is one you can control easily.
- Extend arms above your head to raise the Kettlebell. Repeat. Make it harder by standing on one leg, but remember to switch sides.



Don't forget to focus your mind. Hold tension in your body as you do the exercises. Concentrate fully. Breathe out as you execute the movement. Hear your breath. Be powerful. Be strong in your posture. Keep your glutes clenched, hold the body strong with the plank position in mind. Keep your upper body long, and your lower body strong. Focus on every movement your body makes. Flow don't jerk. This will make your workout even more effective. #FitInsideOut

WORKOUT #4



01 DUMBBELL PEC FLY ON SWISS BALL

Great for chest and core. 10-20 reps, up to 4 sets.

- Sit on the Swiss Ball holding the dumbbells close to your chest. Roll out on the ball to a bridge, knees in line with ankles. (If you need, ask someone to pass you the balls once in position and even support the ball). Engage core.
- Keep your body strong and straight as you raise

the weights above your chest. Breathing out, take the arms wide, with a slight bend at the elbow.

- With control, return the weights to a central position. Repeat. Heavier weights add difficulty. Build up to one leg raised and extended - single-leg bridge with pectoral fly.



02 DUMBBELL REVERSE FLY ON SWISS BALL

Great for strong back. 10-20 reps, up to 4 sets.

- Lie facing down on the Swiss Ball, feet hip-width apart (wider or against a wall helps stability). Engage core and hold the weights in front of you.
- Breathing out, pull up the weights in line with your chest and shoulder blades. Open the arms wide with slightly bent elbows, head and spine in line.

- Pause, squeezing the shoulder blades together behind you. Keep strong and lower the weights back down.

- Focus on controlling the movement, not swinging, to work the muscles between your shoulder blades effectively. Build to heavier weights with the arms at 90 degrees.



03 PRESS UP ON SWISS BALL

Needs good shoulder stability and confident technique. 10-20 reps, up to 4 sets.

- Lie with your chest on the Ball and your feet against a wall. (This will lend stability when first learning the exercise, but in time you won't need the wall.)
- With your hands wide on the Swiss Ball, gradually push up, leading from your chest but keeping your head and body in line and hips elevated.

- With control, lower yourself down until your chest is barely resting on the ball then push up again. Make it easier by bending the knees.

- It is common to feel this exercise in the wrists until you build strength, so don't beat yourself up if you can't manage as many reps as you might without the Ball.



04 SEATED DUMBBELL BICEP CURL ON SWISS BALL

Challenges balance. 10-20 reps, up to 4 sets.

- Sit on the Swiss ball with an upright posture, knees bent and thighs at 90 degrees to the floor. Engage your core and take a dumbbell in each hand.
- Lift the weights, bending the elbows at 90 degrees and keeping the upper arm close to the body. Relax the arms as you lower the

weights, then repeat.

- Experimenting with the grip will work different parts of the bicep: try it with palms facing up and thumbs on top, or palms and thumbs rotated to face down. Make it harder by lifting one leg slightly off the floor, remembering to alternate legs.



05 TRICEP DIPS ON SWISS BALL

For strong arms and shoulder stability, but needs control. 10-20 reps, up to 4 sets.

- Sit on the Swiss ball with your fingers facing forwards, close to your side. Engage your core and bend your knees 90 degrees, directly above your feet.
- Lift your body weight off the ball, keeping everything strong and controlled. (Ask someone to hold the ball, or place it against a wall if you

need a bit more stability).

- Inhale and bend the arms to 90 degrees with the elbows pointing straight back, arms and body strong. Exhale as you push back up. Repeat 10 reps minimum if you can.
- Challenge yourself by doing this on a single leg, but work both legs equally.



06 SEATED SHOULDER PRESS ON THE SWISS BALL

Also good for posture. 10-20 reps, up to 4 sets.

- Seated on the Swiss ball with your legs at 90 degrees, lift your body tall and hold a dumbbell in each hand.
- Breathe in as you lift the weights to a 90 degree angle in line with your shoulders, keeping your head level and looking forwards, back long.
- As you exhale, extend

the arms to raise the weights above your head, keeping your shoulders down away from your ears and your lower back strong.

- Bring the weights back to 90 degrees, and repeat.
- Lifting a leg slightly will increase the level of difficulty. Focus on your core to help balance.



Kim's tips on...

Strength & Posture

1 Start by strengthening your muscles with the basic moves in Workouts One and Two, then progress to more advanced moves. Increase weights gently each week, every fifth week using lighter weights to let the body rest and recover, and muscles adapt.

2 Embrace strength training, it really makes a difference to body shape, tone and confidence. Don't worry if you seem a tiny bit bigger to begin with - this is your body adapting.

5 Always lift with good technique, especially the first and last reps, and as you pick up and put down weights. This is key to developing great muscles and reducing the risk of injury. Ask if not sure.

8 Enter a competition or take photographs of yourself each week, as it's difficult to assess if and how you are changing when you see yourself so often. Focus on reducing body fat, and if you are lifting weights and in the healthy weight range, put the scales aside.

9 Be mindful of posture at all times. Engage your lower core, lengthen through your spine and breathe deeply. Stand tall.

3 Building strength helps joint stability and functional strength, perfect if you have joint, lower back or other niggles. Rule out underlying health problems, and work on your technique before lifting weights.

6 It can take time for your body to adapt and respond to strength training. #FitInsideOut will get you great results, but you need to keep at it.

4 Building lean muscles will help you to keep a lean body by increasing your metabolism at rest and reducing body fat, whilst still being able to eat plenty of good food.

7 Get a really clear picture in your mind of how you want to look and feel, and start to learn to like your body, even your least favourite bits. It will take your positive energy to get muscles moving and fat burning.

10 Vary training - work with body weight, use Kettlebells or include more compound weight exercises. Try Cross Fit, Olympic Lifting and others - find what works for you.

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CIRCUITS

There are three HIIT Circuits: Workouts one and two have a total of six exercises; Workout three has nine. You'll do each exercise for 40 seconds, rest for 20, so sets last between six and nine minutes. Repeat each set between three and six times and allow a minute to recover between sets. Workouts will last between 20 and 60 minutes. You choose how long you want to make the workout depending on how you feel and time available. Turn to pg 63 for the workouts. You'll do a total of nine over 30 days!



SUE SAYS...
I love this exercise. It's a good counter to forward facing running – and also great fun. It makes me feel like a kid again.

01 **SIDE SHUTTLE RUNS**

Quick, simple, effective and designed to achieve great results – do two strides each side – for slim and toned thighs.

- Start in a wide leg stance, core engaged and body strong. Keep your head looking up at all times.
- Shuffle two quick steps to the left and touch down with your left hand in a wide squat position. Use your legs and keep your back strong and head up.

- Spring up and shuffle two quick steps to your right and touch down on the right. Repeat as many reps as you can to both sides in the 40 secs.

SUE'S CHOICE
"I feel this one. It's helped tone up my thighs"



02 **BURPEES**

Working the core, upper and lower body and really effective for getting a sweat on. A military favourite and a staple in circuits.

- From standing, jump up (A) and drop hands down to the mat, then spring both legs back into full body 'plank' position with arms straight. (If this is too dynamic, take each leg back individually.)
- Touch your left shoulder with your right hand, and vice versa. (B)

- Bring your legs into a crouch-like position, (C) then spring up into the air, arms raised. Add a jump to if you want to work harder. Aim to jump up then straight back down to start the set again. If it is too much, begin with each stage in isolation as you build up your strength.

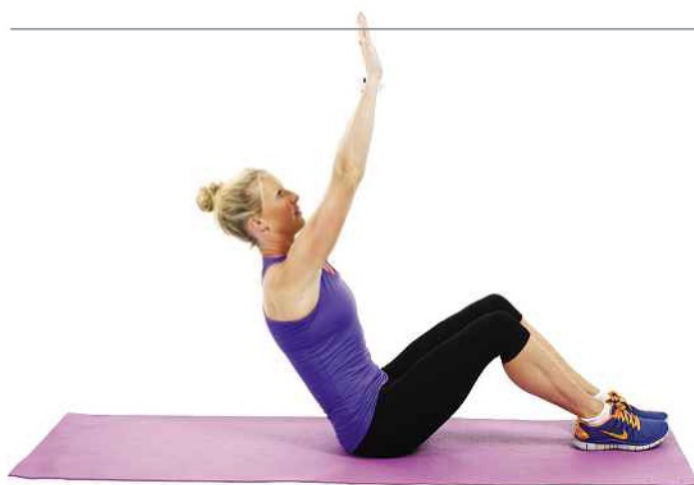


03 SQUAT THRUSTS

A powerful exercise that raises the pulse. If you have low blood pressure, take the easier option and be mindful as you jump high.

- Crouch to the ground in a tuck position (A), placing your hands into press up position in line with your shoulders. Engage your core, make your body strong and keep this shoulder alignment.
- 'Piston' both legs back, keep strong. For an easier

- option take the legs back one at a time (B).
- Power both legs together (or individually) back into the tuck position.
- Focus on flowing, not bouncing at the knees. Your heart will race, so aim for three reps to begin with. Pause and repeat.



04 SIT UP, GET UP, JUMP

A functional and effective workout for the core, this exercise requires concentration on form and you should feel like you're flowing.

- Lying flat on the floor, extend your arms overhead as you inhale and then do a full sit up as you exhale. Keep your core and back strong the whole time. (Do a controlled crunch if you prefer.)
- Then, aim to flow from sit up to standing. If you need

- to use a hand to help power you, alternate hands with each rep.
- From standing aim to flow into a jump, so you sit up, stand and jump in one fluid movement. Repeat. It does take time to master the flow. Keep the moves strong and powerful.



05 WIDE LEG SQUAT INTO TUCK JUMP

Building on the leg strengthening exercises, this adds extra power and plyometric movement.

- Take your legs into a wide leg position, feet balanced and strong, core engaged, head up.
- Squat as low as you can control and pause, activating your core and buttock muscles. From here, power out of the squat into a jump, using your arms to propel

- you as high as you can go.
- If you can, aim to jump up into a tuck position. But always be mindful of your technique and the floor surface, and wear good shoes and a decent sports bra. Be patient as you build up to the full cycle for this powerful and strong exercise.



06 SKATER LUNGE JUMPS

This works the leg muscles and is a plyometric movement, which is great for runners wanting power in their lower limbs.

■ From a standing start, lunge forwards with one leg keeping the front knee above the ankle. Tilt forwards keeping the body strong and long.

■ If leading with your left leg, place your right hand by your left foot, extending your left arm wide and

straight to balance.

■ Lunge jump to a split lunge with your right (or opposite) leg leading. Switch your hands at the same time.

■ A tough exercise, so try static lunges with arm movements to start, building to the full exercise.



07 FORWARD BACK SPRINTS

Works the muscles you use for running. Tones the legs and gets the heart beating fast. A touch down adds dynamism.

■ Start with legs together, core engaged, body strong and head looking forward at all times.

■ Sprint forward two steps and touch down with your left hand, in a split narrow squat position. Keep the power focused in your legs, your back strong and head up.

■ Spring up and sprint two quick steps back. Repeat, touch down on the right.

■ Continue reps as quickly as you can forwards and back, alternating the hand you touch down each time. Do as many as you can!

■ Work hard by clenching fists, buttocks and going down low on the lunge.



08 NARROW SQUAT JUMPS

Wide and narrow squats will work your inner thighs and challenge the core as you work to maintain balance.

■ Start with your legs hip-width apart, feet strong, core engaged, head up.

■ Squat as low as you can control, and pause, activating core and buttock muscles. Keep knees in line with hips.

■ Power into a jump, using your arms to propel you as

high as you can go.

■ Aim to take the jump up into a tuck position, building power and strength, and to work harder. Be mindful of your technique and the floor surface. Wear good shoes and support bra. It will take time to build your fitness to the full movement.

09 WIDE OUTSIDE SINGLE LEG SQUAT THRUSTS

A variation on the conventional squat thrust, but still the classic lung-buster and fat burner in one.

■ Start in a tuck position and place your hands into press up position, in line with your shoulders, and core engaged.

■ 'Piston' the right leg back, keeping your body strong. As the left leg comes back, the right leg springs forwards to outside the right hand.

Work towards getting it this close if you have the mobility. Keep control, alternating sides and aiming to flow not bounce.

■ The faster you go the harder you work. Aim for two to three reps, pause and go again.

■ Focus on your rhythm before you build speed.



10 GORILLA CRAWL SPRINTS

This exercise works the core and pushes you out of your comfort zone. Controlled movements combined with sweat.

■ Crouch as low as possible on your elbows and knees. Aim to do a plank as a start position.

■ Raise your left leg and bring it forward towards your left side, crawling your right side forwards.

■ Aim to stay as low to the ground as possible,

without allowing the raised leg to touch the ground. Move quickly.

■ If space is tight, alternate each side in a 'static' crawl. A less challenging option is to do a basic crawl on hands and knees – harder work than it sounds, but also gets results.



Why HIIT is Hot!

✓ HIIT is a quick way to fit in a thoroughly effective workout if you're short on time.

✓ In 1994 Canadian researchers found that following a HIIT programme will burn more subcutaneous fat than moderate exercise alone.

✓ HIIT stimulates the metabolism and creates an excess post-exercise oxygen consumption (EPOC) which can result in calories being burnt at an

increased rate 48 hours after your session – adding to the fat loss effect when you've finished working out.

✓ The 2:1 ratio of work to recovery periods is popular protocol. As you progress you can increase the load/time spent working at a high intensity.

✓ HIIT can also help to reduce the risk of cardiovascular disease as short bursts of activity help the body to get fat out of the bloodstream quickly.

11 HIGH KNEES ON THE SPOT

Old-school exercises guaranteed to get the heart rate up and make a visible difference to your legs, bottom, and tum.

- Lifting your head and body nice and tall, engage your core.
- Start by lifting the knees up gradually, aiming to bring them to waist height if you can.
- Increase the speed whilst keeping the height in your raised knees.
- Make sure both knees come to the same level and your body stays strong. To make it easier, lower the level of the knee raises or the length of time you do the exercise. To make it harder, raise them high, pump the arms and increase the speed at which you work.



12 SKIPPING

Such a simple exercise to raise the heart rate and you don't even need a rope. Do it with the children if you have them.

- Start by gently skipping on the spot, with or without a rope. Gradually increase the speed of the skips, seeing if you can add more skips each week you to the exercise.
- Build the level of difficulty to doubling up your skips, so you are doing a high jump every third skip, again, with or without a rope. If that seems too easy, add a new dimension to the challenge by using a weighted skipping rope - you'll really notice the difference, as you work at an even higher intensity.



13 HIGH FRONT BACK LEG KICKS

Kicks can really make a difference to your fitness and leg strength - but focus on your technique and be mindful of your flexibility.

■ Standing with your right leg back, lunge slightly (see lunge, pg 72). As you come up, engage your core and transfer all your weight onto your left leg (A).

■ As you get to standing, extend the right leg forwards into a straight leg kick, pointing the toe (B).

■ Engaging the core

muscles helps with balance and adds power, but keep your head level and looking ahead.

■ Bring the right leg back to the supporting left leg. Repeat. Complete the reps with one leg then switch the leading leg. Master good technique and add pace to make it harder.



14 FREESTYLE BOXING

Boxing is great fun and excellent for stress management. It doesn't need pads or gloves and can be done with minimum technical know-how.

■ Stand right foot forward and make fists with your hands close in front of your face in a 'guard' (A). Then 'jab': alternate punching fists straight out in front quickly as possible (B). The power comes from keeping a strong core. Switch leading leg halfway through.

■ Now 'hook': bring your arm up to 90 degrees and punch across the body (C) keeping the elbow level with the shoulder. Do this on both sides.

■ Finally 'upper cut': bend the arm to 90 degrees and punch upwards, but no higher than eye level. Keep punches strong (D).



Run YOURSELF fit

Runner, writer, all-round fitness enthusiast Evie Serentini talks running and offers tips for getting started – and setting new and exciting goals

KEEP ON RUNNING

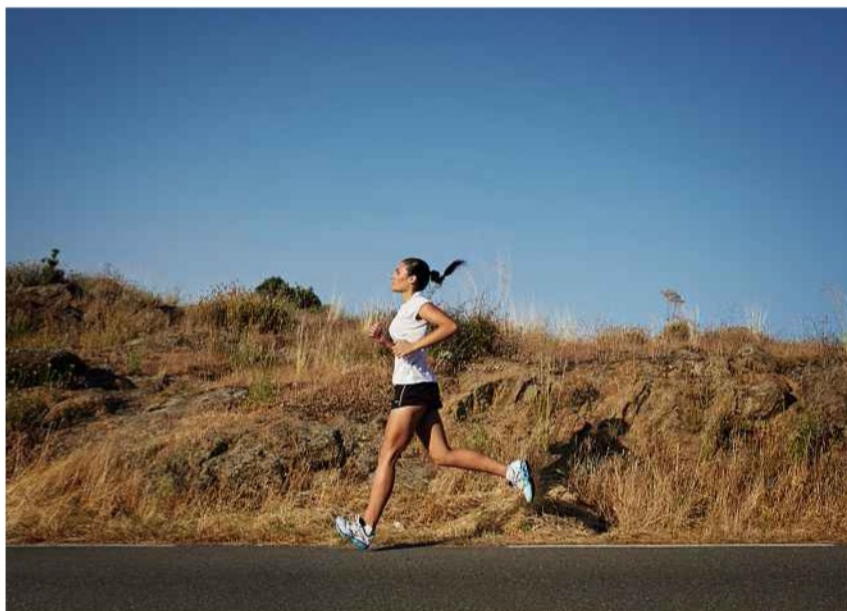
Running is one of the most popular and accessible sports in the world, not to mention one of the most cost-effective and efficient ways to keep your heart happy, reduce stress and keep you smiling. Running can help lower the risks of obesity, type II diabetes, heart disease, high blood pressure, stroke and some cancers, so it's no wonder it appeals to the masses. In the US alone, the number of marathon finishers has increased by 40 per cent in the last decade.

Through better education, social media and greater autonomy over health and fitness, people are increasingly lacing up their shoes and running. Some run for enjoyment, to keep a general level of fitness, to clear their head, to reduce stress, for the excitement of events, or to support a worthy cause. Some simply run to maximise their time by catching up with friends while working out!

A 67kg person can burn up to 600 calories an hour jogging at a gentle pace, and getting started is simple. A pair of trainers might set you back around £70-£100, but will typically get you through 500 fitness-gaining miles. (Look out for sales as good shoes usually come with seasonal discounts).

Getting Started, Setting Goals

Goal setting will be one of your most



important first steps. Be realistic and think carefully about why you are running; what is it you want to achieve? Improved fitness, time to yourself, time with friends, and generally feeling happier are equally important motivations. Set targets that take account of lifestyle, commitments and time constraints. This will help you to enjoy achieving your goals and keeps the pressure down.

Generally, running involves measuring your time over a given distance, so it's very easy to set a goal. You may want to complete a distance, or run for a set period, or you may want to run a set distance in a given time. Your goal can be to run from A to B and is easy to define.

If you are entirely new to running give your body time to adapt to using new muscles and new patterns of movement. Make sure you warm up with dynamic stretches and cool down by walking and

gentle stretching. Start with a shorter distance like a 5K route, and by walking and running. Walk for one minute, run for one minute and build it up. If you want to build up to running 10K, you should be able to run for 30 minutes non-stop, and if you want to try longer it's good to be happy with 40 minutes plus of running.

Planning and Training

Whatever your goal is, it's best to start by building a base slowly; run easy for four to six weeks, just start by building up time on your feet. During this period rather than focusing on pace (leave your GPS watch at home!) get used to 'feeling' your body's exertion, and think about feeling stronger and about your cardiovascular fitness. Building a solid base of running by simply getting out regularly for a run will also help build mental fitness. If you want to run for longer, make the time on your feet longer rather than aiming to run

an extra two miles for your next run.

Once you decide on a target event or race, and have built up your base, you can devise a schedule for any distance on three key 'performance' runs per week. Then add easy runs or easy cross training sessions if you're feeling up to it:

■ **Sunday long run** Keep long runs slow and easy, and at conversational pace. This helps build endurance. Schedule them ahead of time, organising to meet up with a friend for all or part of your run – commitments help you stick with it.

■ **Tuesday speed interval session** Run hard for short bursts, then recover with either complete rest or an easy jog. You shouldn't be able to talk at all during each interval. These sessions will sharpen you up and help build your sprint finish.

■ **Thursday tempo or threshold run** Run at a pace that feels comfortably hard, where you can say one or two words only. Tempo and threshold sessions teach you to sustain a faster pace for longer – these sessions are great preparation for racing!

Take it to the Next Level

■ **Run for charity** If you are struggling with motivation or want to spice things up, why not sign up for a charity event? (Visit runforcharity.com/find-a-charity.) Entering with friends helps you feel motivated to run when you know others are relying on you.

■ **Work it out** Enter an event as a corporate team. Motivate colleagues to run for a worthy cause and encourage team bonding by fundraising together.

■ **Join a running club** Run England offers great support and resources. Check out your local beginner group or regional club at www.englandathletics.org/clubs-community. Or set up your own social running group in your neighbourhood or with work colleagues. If you are new to an area or want company (but not a crowd) find a running buddy online through joggingbuddy.com.

We tried it!



Mizuno Wave Sayonara, £100, mizuno.eu

An award-winning shoe, that's light but comfortable, due to the unique U4iC midsole technology. Ideal for new runners wanting a racing shoe with comfort and elite runners wanting a light all-round training shoe.

Adidas Super Nova Tee, £33, adidas.co.uk

Ventilated climacool® construction keeps you cool and dry on long Autumn/Winter runs. Designed with movement and comfort in mind, using FORMOTION® technology.



Crewroom Laser Top, £34, Trail Shorts, £29, crewroom.biz

Owner Kate Giles went on a trip to China to source her materials, such as bamboo/charcol and this company's personal touch is apparent in all their products. Performance covered – we'd like to add we love the funky colours.

Night Cat Powered Puma Jacket, £90, ukpuma.com

This jacket looks great and even though it's stylish in black, it scores high on visibility with a rechargeable LED source, which illuminates optical fibres providing 360 degree visibility. Lightweight, breathable and waterproof softshell.



Polar Loop, £84.50, shoppolar.co.uk

A fantastic way to monitor how you're doing on the 30-day challenge. It measures the distance you run, and calories you burn, and even the time you sleep. We loved it, inexpensive, and a motivational tool worth having!

Yurbud Inspire Pro, yurbuds.com/uk, £50

Award-winning headphones that really don't fall out when you run. The Inspire Pro for women features a water-resistant microphone that gives you full track, call and volume control. Great product.



Swim YOURSELF fit

Fitness writer, and long distance swimmer, Evie Serentini, with your guide to getting fit with swimming

LOVE SWIMMING!

Swimming ticks all the boxes in terms of benefits to your health and overall fitness, not to mention it's a life skill. It's a great way to keep in shape if you have mobility or joint issues; have an injury and need to keep your fitness up, or simply want to spice things up with some aqua-fun. Swimming suits people of all ages and levels, and the water resistance means you can burn up to three times more calories than walking!

Swimmers generally have more energy and vitality than non-swimmers according to research. One study of over 40,000 males found swimmers' mortality rate to be 56 per cent lower than those who were sedentary; 51 per cent lower than walkers and 47 per cent lower than runners.

"Swimmers typically have stronger muscles, greater endurance, and demonstrate better coordination, which reduces the risk of injury and improves posture. They tend to be less stressed, more organised, disciplined, and show increased self-esteem and confidence," says Kim Longland, ASA Coach and Director of Swimming RTW Monson SC.

Set Your Goal

Think realistically about what you want to achieve. You may be content to swim a couple of miles each week, or add one or two sessions to your weekly fitness



schedule. You may choose to swim (with the family) on weekends, mixing leisure with fitness. Or maybe you want to learn how to swim so you feel confident on holiday in open water.

Ask yourself these questions :

- Do I need some technique coaching?
- Do I want to swim indoors year round ?
- Do I want to swim outdoors?
- Am I up for open water swimming?
- Do I want to learn how to swim using a wetsuit so I could do things like triathlon?
- How much can I fit into my schedule?
- Do I want to join a club?

Mastering Technique

If you are new to swimming, it's important to learn the correct technique from the outset to ensure you stay injury-free. Visit your local pool for timetables and classes for your level and age group. There are plenty of swim schools which offer technique coaching such as British

Swimming's SwimFit, who you can find at swimming.org/swimfit or Swim Smooth, online at swimsmooth.com.

Planning and Training

Beginning slowly is the most important rule for anyone starting out or returning to swimming after a break. And start by focusing on swimming continuously, extending the time gradually and changing your stroke regularly to avoid muscle fatigue and to build up muscular endurance. Don't underestimate the strain on your body: it takes time for your body to adapt, so in the early stages allow your muscles to fully recover between swims to avoid accumulative fatigue and potential injury.

Warm up with mobilising exercises such as arm swings and shoulder rolls. "Once your upper body feels warm, do some short static stretches (no more than six seconds) for major muscles, mindful that

stretches should be mildly uncomfortable but not painful," says Kim Longford.

The British Heart Foundation provides training schedules and advice for all levels of swimmers, plus guidance on nutrition and injury prevention: bhf.org.uk.

Mix Things Up

■ **DRILLS** are useful for beginners through to elite swimmers. They can help correct a faulty stroke, improve your breathing technique, develop core strength, master your kick and work on weak areas. Drills help separate each component (legs, core, arms, neck, breath) then bring them all together to improve your form.

Aim to swim a set distance of your favourite (target) stroke such as freestyle. Try 400m or 800m, changing each length between freestyle and backstroke (as recovery); or breaststroke (or both). Then gradually increase the distance in your target stroke.

Check out Active: active.com/swimming/articles/drills-to-improve-your-swimming or GoSwim!: goswim.tv/entries/s/1/drills.html.

■ **OUTDOOR SWIMMING** Swim year-round in lidos, ponds and lakes. Open air swimming offers a new perspective and helps you build confidence and

endurance. Swimming in a wetsuit uses different muscle groups and technique, and joining a group can bring friendships, holidays and fun. Check out outdoorswimmingsociety.com and wildswimming.co.uk for more info.

■ FOR RELAXATION AND MEDITATION

Swimming is one of the most relaxing sports you can do. The cold water has rejuvenating effects, stimulating cardiovascular and pulmonary systems. An early morning swim sets you up for the day, and it's a great way to unwind.

■ COMPETITION SWIMMING

Take it to the next level and enter a race. Check out: swimming.org/britishswimming/masters for information on pool, open water and Masters events. Joining a Masters team, where you compete with others in your age group, is a great way to improve performance through drills and Fartlek (speed) sessions. You only need to be aged over 25 and competitions are organised in five-year age bands.

Joining a triathlon relay team (see pg 100 for more on triathlon) as a swimmer is a great way to enter the sport. Swimming is said to be the most difficult discipline in triathlon so if you swim regularly, you may start with an advantage!

Poolmate, £6.99, swimovate.com

*"As a runner who measures every mile, I wanted the same for swimming but without investing in a complicated multi-sport watch. This little gadget is easy to use and perfect for anyone who likes to measure time over distance. I swim once a week but never remember how many time trials or lengths I've done: **Poolmate** did all the counting while I concentrated on my form. It counts your laps and strokes, calories and efficiency. You can record sets within sessions, and up to 100 sessions. It's a lovely colour and can be used as a stopwatch for other sports."* Fiona Bugler, Editor



We tried it!

Try this...

Madline Swim Suit, £34

This super-light swimwear range retains six times less water than traditional swimsuits, meaning it dries super quickly and is light and breathable on.



We tried it!

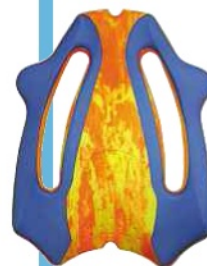


Kaiman Exo Lady Goggles, £22.99

The Kaiman EXO is the successor to the massively popular Kaiman goggle which has sold over eight million worldwide. A great fit. They are designed with a narrower shape for women. Felt great on, and no leakages, or 'goggle eyes' after the swim.

Ergoboard, £15.99

Easy hold, ergonomically-designed pull board, with various hand positions. Made from longer lasting EVA durable foam.



Alpha Fins, £25.99

Softer fins for greater range of movement.

***ALL PRODUCTS AVAILABLE AT aquasphereswim.com/uk**



Cycle YOURSELF fit

A great way to see the country, burn some calories, and get super fit.

Evie Serentini explains why cycling can get you fit inside and out

GET ON YOUR BIKE

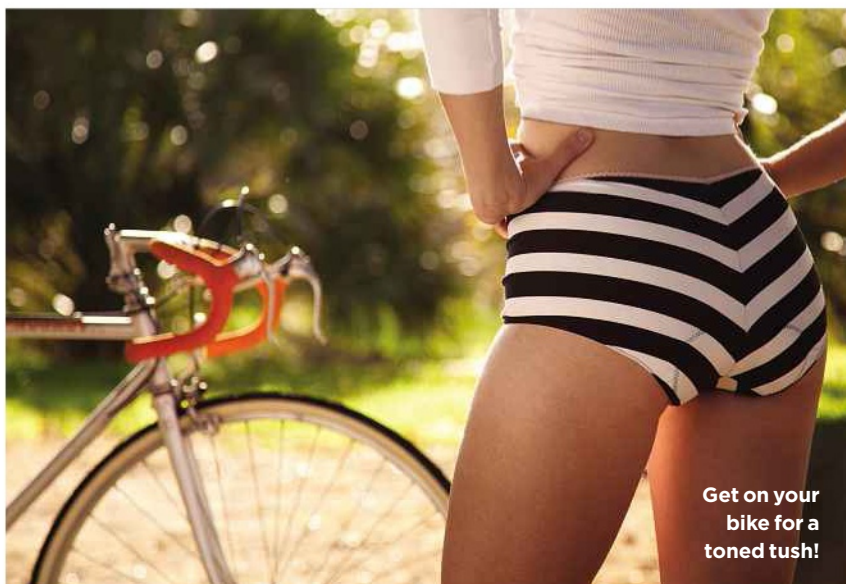
Cycling is an eco-friendly, low-impact way to get fit and stay fit! Research shows that people who cycle at least 20 miles a week have a 50 per cent chance of fewer heart problems than non-cyclists. You might also be more productive at work: one study found that non-cyclists take up to 18 per cent more time off sick than regular commuting cyclists!

Cycling is a handy form of fitness for a busy lifestyle. Try cycling to work, running errands, or visiting friends. It also increases fast twitch muscle fibres, which give you definition, without bulking you up. A few weeks pushing the pedals will give you a pert bottom, strong legs and a lean upper body.

Getting started, setting goals

To set realistic and achievable goals, first sit down with a cup of tea and perform a quick, self-assessment. Questions to ask yourself include:

- When am I likely to want to, or have time to cycle? Morning, lunchtime, evening?
- Am I more likely to prefer an indoor bike or cycling outside?
- How much time each week am I able to devote to cycling?
- Would I enjoy cycling on my own or with friends?
- Is cycling something we might be able



Get on your bike for a toned tush!

to enjoy doing as a family?

If indoor cycling appeals, most gym memberships include spinning® classes and stationary bikes which can help build fitness and leg strength particularly through the winter. Add variety by trying different indoor studio cycling sessions, such as Cyclebeat (cyclebeat.co.uk) or Edge Cycle Bootcamp (edgecycle.co.uk) (see pg 102 for more on this class). Classes take the pressure off planning, especially when starting out, as the instructor guides you through intensity changes and can teach you about changes to cadence and heart rate.

Your goal may be to start with a spin class twice a week, as well as your own session on a stationary bike. After a few weeks, try moving from a beginner to intermediate class, and a few weeks later, an advanced class.

If you prefer getting out in the open, why not cycle all or part of your commute?

Build your confidence beginning with cycling to the shops or to see a friend, then plan a 5 mile loop from your house and go from there. In line with the NHS recommended 150 minutes of exercise a week, you may prefer to set time-based goals and start with 30 mins of cycling, three times a week.

Heart rate training is an effective and enjoyable way of building fitness. Aim to build your base for a minimum of three weeks by doing three cycles a week at below 70 per cent of your maximum (use the calculation 220 minus your age for working out your heart rate maximum) then add higher intensity sessions (see Planning and Training opposite).

Your goal may be simply to master the art of cycling and enjoying the social side of the sport. Look into cycling for charity or completing one of the 2500 events registered with British Cycling britishcycling.org.uk/events.

Planning and training

The national cycling charity CTC is a great place to start researching kit and equipment (www.ctc.org.uk/cyclepedia). As well as a good bike suitable for mixed terrain (road, trail, off-road or both), you'll need a helmet, technical clothing and cleated shoes (optional). A non-specialised, all-purpose hybrid makes a good first bike. Be sure to have good lights, puncture repair kit, pump and spare tubes (see our product ideas).

Research traffic-free routes in your area such as forest trails, canal paths and public bridleways (cycle-route.com), but know the traffic rules and cycling etiquette if you're cycling to work and in traffic (www.britishcycling.org.uk).

With a solid base of miles under your belt, you may feel ready to progress to a training plan to build leg strength, cardio and speed. Try the following sessions:

■ **Threshold** Work at 80 per cent of your max heart rate, or 'comfortably' hard. Cycle for one to two hours and include two or three repetitions of 15 minutes at this intensity, with five minutes easy riding in between. As you get fitter you can cycle for 40 minutes continuously at this pace. Or try regular time trials (cyclingtimetrials.org.uk) instead.

■ **Intervals/hills** Intense repetitions boost fitness. Spin classes, turbo sessions or quiet, empty roads are best for these workouts. Cycle for 30 minutes to an hour and include 4 sets of 10 x 30 secs to 3 minute flat out bursts – or cycle fast up a hill for 15 seconds four or five times. It'll get easier the more you do, promise!

■ **Long and hilly** Perfect for weekend rides with friends or a cycling club. Map out a long, hilly course and ride for minimum two hours to build strength, endurance and burn fat! Make sure you embrace the hills, get up out of the saddle and really work them for optimal effect.

■ **Take it to the next level** Join a club for sociable cycling, and entering races with them (or individually) helps push you to new limits, see britishcycling.org.uk/clubfinder.

■ **Try a cycling challenge** Keep it fun and motivated by raising money for charity while you pedal, cycleforcharity.com or the British Heart Foundation seriesbhf.org.uk/get-involved/events/bike-rides.aspx. Or enjoy a cycling holiday with family or friends – there are hundreds to choose from atcycleholidays.co.uk/.

Try this...

Lasses Full Fat Nippy Long-Sleeve Jersey, £59.99, fatlad attheback.com

The company is famous for a *Dragon's Den* turn down. Cycling clothing is designed with 'real' women in mind and to complement a curvier and larger physique with side panels and longer tops made for comfort.



The Brigitte, Urbanist Cyclist pants, £40 velovixen.com A stylish US import.

Keep your bum comfortable in these Italian made pants. Breathable, quick-drying, moisture-wicking fabric – and of course padded in all the right places.

Gore Sunlight Lumi Shirt, £39.99, goreapparel.co.uk

Gore specialise in bike and running wear. This airy-light running shirt with mock layered look and tattoo-style graphics looks good and feels great for cycling, running or triathlon.



— CYCLING GET STARTED KIT —

Check out Decathlon's basics, decathlon.co.uk



Velox Repair and Adjustment Kit, £8.50



B'TWIN 300 Bike Light Set, £17.99



B'TWIN 7000 Floor Pump, £19.99



TRY A tri

Sue did it (see page 124) and you can too. Set yourself the challenge and be the fit person you want to be with triathlon! Evie Serentini tells you how.



WHAT IS TRIATHLON?

Triathlon is one of the UK's fastest growing sports with a 20 per cent increase in participation in England and Wales alone, and over 500 registered clubs in Britain. There's clearly something irresistible about tackling three sports - swimming, cycling and running - in one event. Seen as the ultimate fitness challenge, triathlon offers a variety of races and options for beginners through to elite athletes.

Albeit a hefty commitment, training makes for a more balanced exercise schedule and fitness, and less risk of injury. You'll develop solid lower and upper body strength as well as core strength and cardiovascular fitness.

Triathlon appeals to all ages, and offers a great social element and community spirit, especially if you join a club.

Many club members agree that it's the social aspect and 'sharing the pain' of training which keeps their spirits up, helps motivate and brings them back for more. Some like the progressive aspect and the chance to work on weaker disciplines; some like to measure their performance against personal bests and team mates. For others it's 'the challenge of a lifetime'. Whatever your reasons, it takes 'guts, grit and grace' to get from start to finish!

Getting Started, Setting Goals

Start with an honest self-assessment about what it is you want to achieve,

factoring in your commitments and time; explore training options near work and at home, and local clubs. Then choose a race in three, six or nine months time, and work back to map out a training schedule. Find events through the British Triathlon Federation: www.britishtriathlon.org.

Beginners can start with a variety of sprint events, comprising a 400m-750m swim, a 15k-25k cycle and a 5k run. Or try a series of super sprints, with a 400m swim, a 10k cycle and a 2.5k run. Sprints generally offer pool-based swims, and once you gain confidence and fitness you can progress to open water swims and longer events. Many start out by doing a relay leg as part of a team, focusing on one sport, which builds great

camaraderie and helps you ease into it.

Next comes Olympic triathlon – a 1.5k swim, a 40k bike ride and a 10k run, and the events continue in increasing increments to Ironman – 3.8k swim, a 180k bike and a marathon.

Planning and Equipment

Triathlon can be expensive (the sport is worth more than £192 million per year in the UK) and while you could spend a fortune, the single biggest expense is likely to be your bike. Shop around, get expert advice and get fitted properly.

If you are starting out, there's no need to go too high tech. The basics include swimming costume or tri suit with padding; pull buoy, float and other training aids; wetsuit for open water; goggles; hat; race number belt; running kit and shoes (easy tie laces); bike (maybe use a mountain bike for your first race but switch to thinner tyres); helmet; and cycling shoes (optional).

To keep costs down, choose the right race for your budget (one that's nearby!), borrow a tri suit and bike from a friend, or look at hiring them. Join an online tri community – for a small fee you'll get a wealth of training and racing advice on events, nutrition and club options, even tips like car-pooling and access to local training partners. Check out Tri247, tri247.

Get started for sprint

It's wise to have a check-up with your GP so you start with a clean bill of health. Over a four-week period try the training sessions below. For the swim, warm up and cool down (any stroke) for 50m (minimum) in Week 1, progressing to 200m in Week 4. To kick, use a float with arms outstretched, and to pull use arms only, legs supported with a pull buoy.

■ WEEK 1

Run 20 mins run – or walk/run.

Swim Main: 4 x 25m front crawl, 25m kick, 25m front crawl, 25m pull – 20 secs recovery between sets.

Cycle 30 mins on the bike.

■ WEEK 2

Run 20 mins run – or walk/run.

Swim Main: 6 x 50m pull/50m kick.

Cycle 45 mins on the bike.

■ WEEK 3

Run 25 mins run – or walk/run.

Swim Main: 4 x 100m pull/100m kick; 4 x 100m crawl (25 easy, 25 hard).

Brick session 50 mins on the bike followed by 10 mins run.

■ WEEK 4

Run 30 mins run – or walk/run.

Swim Main: 8 x 200m pull, 8 x 25m kick, 4 x 100m crawl (25 easy, 25 hard).

Brick session 60 mins on the bike followed by 15 mins run.

Take it to the next level

Join a triathlon club to help improve performance and confidence. See: www.britishtriathlon.org/clubs/index.php. If you belong to a health club or gym, find a personal trainer who specialises in triathlon for fine-tuning or specialist coaching. If your race is six or nine months ahead, school holidays may impact on training so why not research triathlon holidays? Sport-based holidays are increasingly popular. The best-known triathlon holiday spot is Club La Santa in Lanzarote (clublasanta.co.uk).

■ CHECK OUT Human Race's Women

Only events: humanrace.co.uk/events/womenonly.

Reference - theguardian.com/sport/2009/feb/25/triathlon-on-a-budget

Try this...

RS1 PREDATOR, £599, orca.com

At the top end price-wise, Orca's RS1 Predator has virtual full-body coverage with 44-cell Yamamoto neoprene for excellent range of motion.



iTop, Compress sport, £85, z3r0d.com

Made for women, with a full length zip for ease on/off. Tech material and ideal for long distance tris.



Ashmei Nightrunner Jacket, £200, ashmei.com The luxury end of the market. Looks great, and feels great.

Garmin Forerunner, 920XT, £389.99, garmin.co.uk

The latest and most advanced GPS watch from the Forerunner family, it records detailed metrics for swimming, cycling and running. A software update will be available in early 2015.



10 classes to try

If you're a class junkie you'll be able to slot a class into your personal 30-day plan in the cardio (CV) schedule. Evie Serentini rounds up 10 of the best new classes

1 KETT FUSION

■ **Best for:** Those who like to combine strength with cardio and get a total body workout – and more bang for your buck. And great for music lovers who don't take themselves too seriously!

■ **What you'll do:** A combination of Kettlebells and martial arts. You'll use lighter weights and martial arts moves to tone and condition your body in an hour-long class. The brainchild of Michael Ross, Kett Fusion not only tones and burns fat, but Michael, a former martial arts competitor, is also a big fan of having some serious fun. Every class is themed, and Michael will perform as the singer from the music he's playing. *For more, visit: kettfusion.com.*

2 BARRY'S BOOTCAMP

■ **Best for:** Strength, sculpting and cardio fitness in a party environment! Suits music lovers (you work out to the latest tunes) who like to challenge themselves in group workouts.

■ **What you'll do:** Voted 'best celebrity workout' by Allure and LA magazines, this 1,000 calorie-burner indoor bootcamp focuses on constantly 'upping the ante' (or challenging you) to stop you reaching a plateau. The result? Progressive fitness and sustained motivation. Developed in the US, this innovative class is now available in London. *Visit: barrysbootcamp.com.*

3 SPEEDFLEX 30

■ **Best for:** People of any ability and fitness level who seek a high intensity cardio workout and overall fitness.



■ **What you'll do:** Join a personal trainer and a small group indoors, and perform a 45 minute circuit workout using 'free motion equipment'. This uses concentric loading only - there's no eccentric load (lengthening of muscle) - so there's no muscle tearing, and hence minimal post-exercise muscle soreness. Celebrity trainer Sandy Macaskill offers a series of key exercises using floor and weights for your back, arms, abs, butt and legs, to build and sculpt the perfect body. *For information visit: speedflex.com.*

4 PILOXING

■ **Best for:** Those who love to dance! Combines dance, pilates and boxing for a creative cardio, toning and strength building workout.

■ **What you'll do:** Choose from a variety of classes developed by Scandinavian-born dancer Viceca Jensen who developed the concept of offering three

disciplines in one dynamic class. The pilates element encourages muscle strength and postural alignment; boxing works your thoracic region and core, and helps build and tone arms and shoulders. Dance rewards with loads of fun whilst developing cardio fitness. Another celebrity-magnet, voted 'best butt workout'! *For more, visit: piloxing.com.*

5 ALTITUDE CLASSES

■ **Best for:** Those wanting to acclimatise prior to racing in high-altitude events, and anyone or athlete wanting to take their performance to the next level, improve overall health or lose weight.

■ **What you'll do:** The centre offers spinning, rowing and running classes, and individual personal trainer sessions. If you book a consultation (£129) you'll have a thorough medical check before being tested at sea level and at 2,700m altitude. *For more, visit: altitudecentre.com.*

6 TRX CLASSES

■ **Best for:** Building core stability, balance, strength and flexibility - in a no-impact, measured workout. Suits those who want to 'switch on' rather than 'zone out', as the routines muster mental and physical energy, and concentration.

■ **What you'll do:** This Navy SEAL-based training concept can really help you to activate sleepy muscles and build core strength in weak areas. Using your own body weight combined with TRX suspension ropes, choose from a variety of classes that offer HIIT, flexibility/mobility, speed and agility and core fitness workouts. Once you learn each exercise under expert guidance, you can develop your own routine, purchase the ropes and do it from your home gym. For more, visit: trxtraining.com.

7 LES MILS GRIT

■ **Best for:** Those who want to spice up their existing interval training workout, or anyone wanting to improve cardio fitness. Works the entire body, building strength, mobility and stamina.

■ **What you'll do:** 30 minutes of high intensity interval training in one of three

class types: strength, plyometrics or cardio, supported by inspiring music and a dedicated instructor. Strength circuits include barbells, a weight plate and body weight exercises. Plyometric classes use a bench and combine explosive jumping exercises with agility training. Cardio classes use bodyweight exercises to elevate your heart rate in a challenging circuit. Stay injury-free by not attempting classes with joint or mobility issues. For more information visit: lesmills.com.

8 EDGE CYCLE BOOT CAMP

■ **Best for:** Fast fat loss, posture improvement and enhanced power and speed. Suits social people who thrive on the motivation of others.

■ **What you'll do:** Expect to be put through your paces as experienced personal trainers take you through a low-impact, high intensity, cardiovascular and resistance workout on and off the bike, accompanied by motivational tracks and atmospheric lighting. Challenge and tone your body as you switch from a fast-paced, uphill sprint to a series of floor-based strength exercises incorporating weights, including lunges, squats and

press ups. This workout keeps you on your toes! Visit: edgecycle.co.uk.

9 CROSSFIT

■ **Best for:** Suits all ages and lifestyles (you work to your own intensity) from office workers to athletes and special forces. Many police academies base their fitness programmes on Crossfit because it provides overall body fitness, muscle conditioning and strengthening. Runners and triathletes often dip in and out of what has become a cult-following class, to spice up training and build strength.

■ **What you'll do:** Everything and anything - Crossfit's ethos is 'not to specialise'! In a beep test format (short sharp HIIT) using your own bodyweight, walls, tyres, olympic rings, weights, bars. You'll be put through your paces in 45 minute classes (including warm up and down). Class structure includes three sets of three exercises in each set (themed around core, upper/lower body, cardio) performed for 30-40 seconds. Doesn't sound much but Crossfit is not for the faint-hearted! Get a full health check before trying a class. Visit: crossfit.com.

10 SYNERGY 360

■ **Best for:** Gym junkies who want to take their workout outside into a funky, playground environment! Builds muscle, core strength and stamina - a useful add-on for those who love obstacle and 'tough mudder' events.

■ **What you'll do:** On your own or in a group, choose from a variety of outdoor circuit classes that involve moving around a high-tech SYNRGY station to work on different muscle groups. Equipment includes: a step, row (for upper body pulling), press, dip/leg raise and abs. Connectors (add-on equipment like nets, bars and rope ladders) can be added to stations to challenge and to combine functional exercises into full body routines. Visit: lifefitness.co.uk.





Kim's tips on...

Cardio movement

1 Get a FitBit or daily tracker to see how far you are walking each day. Keeping your body moving is key to reducing stress levels, boosting metabolism and overall well-being. You should try to aim for around 10,000 steps in a day, or an hour of movement.

2 Split activity if your time is limited. Try 15 minutes power walk before work, twice during the day and once later.

3 Boost heart rate, fat burning and fitness levels more effectively by varying training across comfortable, high intensity and recovery sessions.

4 Every fifth week enjoy an easier week to allow your body to adapt and recover. Book a sports massage, and concentrate on stretching and mobility. This will increase motivation and focus, and reduce injury.

6 Enter a race or set a goal to keep you focused. Add to the enjoyment and get friends involved too. Once you've achieved the goal you'll feel a huge satisfaction and be fitter and stronger. Make it happen!

5 See what 'gadgets' and Apps work best for you to record your progress and keep you on track. This can be anything from a Polar Heart Rate monitor, GPS, or Run Keeper to an old-fashioned notebook and pen. Score your effort and any niggles.


8 Find a club or friends to train with, and try something new each month. This will help build speed and pacing, whether it be on the bike, in the pool, running or HIIT.

7 Don't constantly compare yourself to other people. But if someone does inspire you, observe how they do it, then adapt this to your personal plan for becoming fit and strong too.

9 Make sure you have some cardio sessions which are simply about having fun, some to explore new things, and then others that are really committed and focused. Mix it up!

10 Make time for stretching, strength and core work to enhance cardio training, speed and results.

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⊕ STRETCH & RELAX

The focus of this book has been on getting your mind in shape, as well as your body. Clear 10 minutes every day to stretch and relax – still your mind and be focused on your goals. Flexibility is essential if you want to prevent injury and stay mobile as you get older. See our guidelines to stretching in the Worksheet on pg 65. The first four pages here focus on post workout stretches, then we move onto foam rolling and finally onto a dynamic set of exercises with inspiration from the world of yoga and Pilates.

01 LOWER LEG STRETCH

Often missed out, but it is essential to stretch the muscles in the lower leg to avoid any niggles in the Achilles, calves and foot

- Take a stride forwards, bend the front leg and keep the back leg straight.
- Lean the body forwards slightly but take the body weight into the back leg.
- Take the arms out in front to increase the stretch and add a stretch to the mid-back.
- Bend the back leg slightly to transfer the weight lower into the calf (this doesn't work for everyone). Take the hands behind the back to increase the stretch across the chest.



02 QUADRICEP STRETCH

Stretch out the front leg muscles to free your pelvis and hips and avoid injury. It also gets gluteals working efficiently and effectively.

- Lift one leg off the ground and holding foot, bend the leg behind you raising the heel as far as you can, aiming to touch the buttock. Use your free hand for support.
- Stand tall with your core engaged and avoid tilting or twisting your body.
- Increase the stretch by tilting forwards slightly, keeping legs and knees together. Make it easier to hold the stretch by lying on a mat on your side.





03 HAMSTRING STRETCH

The muscles down the back of the leg can get really tight from training and general everyday use – spend time stretching them.

- Bend the left leg and straighten the right leg as you lean your body forwards, lifting your toes.
- Engage your core, keep your head in line with your spine and support your body weight on the bent leg if you need to.
- Sink your bodyweight

into the straightened back leg, keeping your spine strong and straight.

■ For an increased stretch, inhale and as you exhale try to increase the stretch and hold. Avoid bouncing. If one side feels tighter, work on balancing this out. Can be done lying down.



04 SEATED GLUTEAL STRETCH

Sitting and training can make buttocks feel tight. Regular stretching helps to avoid injury and niggles, especially in the knees.

- Sit on the mat with your body tall. Bend your right leg to 90 degrees and take it across the left leg, resting the foot flat on the floor outside the left knee.
- Place your left hand on the outside of the right leg and your right hand at the base of the spine, flat on

the ground behind you.

■ Breathe in and sit up tall. Gently put pressure on the left hand, aiming for a stretch in the outside of the right hip and gluteal.

■ Look over your right shoulder and lengthen through your spine. Relax and repeat the other side.



05 LYING GLUTEAL STRETCH

Gluteal stretches mobilise the hips and pelvis. If you can do this and #4, make time to do so. Or concentrate on the option you prefer.

- Lie on your back and lift your right leg to 90 degrees, keeping your head and shoulders relaxed on the mat.
- Link your hands together through your bent leg. Bend the left leg and lay your foot across the top of the right leg. Be careful not to put pressure on the right

knee with your top foot.

■ Breathe out and pull the right leg towards you whilst gently pushing the left knee open and away, to increase the stretch.

■ Keep the pelvis as level as possible, and notice if one side feels tighter than the other. Hold, then repeat on the other side.



06 HIP FLEXOR STRETCH

Stretching out the hips and pelvis after training greatly reduces hip tightness and can help to improve lower back pain. Make the time.

■ Lying on your front, bend your left leg at 90 degrees with arms out in front of you. Stretch the body out so you feel the stretch in your gluteals and hips.

■ If you have the flexibility, push your body up with your hands on the mat in line with your chest and

extend through the spine as far as possible. Keep breathing.

■ Some people find the lying position easier, others prefer the raised body extension. Choose whichever gives you the best stretch. Switch sides and repeat.



07 LUNGE HIP FLEXOR STRETCH

Great stretch to open out your hips and improve your range of movement – very good for anyone who sits at a desk all day.

■ Drop into a lunge position leading with your left leg and lower the rear (right) knee onto the mat.

■ Engage your core and clench your buttocks. Support your body weight on the front thigh, sink your pelvis towards the mat until you feel a strong stretch. Breathe.

■ If you can, bring both hands to the mat on the inside of the left leg alongside the foot. This will increase the stretch.

■ Take your right hand up into the air rotating slightly to look at the raised hand. This increases the stretch even more. Try to progress one stage each week.



08 INNER THIGH STRETCH

It's really beneficial to stretch your inner thighs fully to increase range of movement, reduce pelvis tension and improve mobility.

■ Seated on the mat, take your legs as wide as you can, keeping both buttocks level and your posture tall. Breathe in.

■ As you exhale, take your hands towards the inside of the left leg, aiming as far along it to reach the foot if you can.

■ Keep your back strong

and your head in line with your spine. This avoids pressure on your lower back and will give you the best stretch.

■ Come up, re-balance and repeat on the other side. If your range of movement is limited, use a dynaband around the foot to stretch whilst maintaining posture.

09 SHOULDER STRETCH

It's important to stretch your shoulders, especially if you spend a lot of time sitting at a computer. It's quick and easy to fit in.



■ This stretch can be done standing or seated on a chair, cross-legged on the floor or kneeling. Choose the position that you find most comfortable.

■ Take one arm straight out across the body level with your chest. Keep it as straight as possible to

increase the stretch.

■ Support this arm just below the elbow joint with the other hand and gently apply pressure to increase the stretch.

■ Breathe out and lengthen your spine as you hold the stretch.

■ Relax then swap arms.

10 BICEP STRETCH

Not a common exercise but as a sports therapist I find a tight bicep makes the shoulder tight, too. Great for post-kettlebell workout.



■ This stretch can be done standing or seated on a chair, cross-legged on the floor or kneeling. Choose the position that you find most comfortable.

■ Take the right arm out straight in front of you, core engaged.

■ Take your left hand and

place it on the palm of the right hand.

■ Apply gentle pressure to the straight right arm so you feel a stretch in the bicep and across the wrist.

■ Relax and roll the shoulders up, back and down to keep them level. Repeat with the other arm.

11 TRICEP STRETCH

These muscles at the back of the arm often get really tight and can cause problems with posture. This is a great stretch to do daily.



■ Can be done standing or seated (as shown).

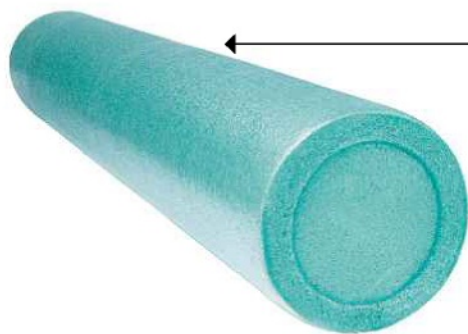
■ Lift your right arm straight up above your head and then bend it behind you to 90 degrees. Keep your posture strong.

■ Take your left arm and place it around the right elbow, making sure your lower core and pelvis are in

a strong alignment.

■ Breathing, imagine walking your right hand down the centre of your back, whilst applying light pressure from the left hand to increase the stretch.

■ Relax, breath and repeat on the other side. If one side feels tighter try working on improving that.



FOAM ROLLING

WHY? Using a foam roller will help to 'flush out' toxins from your muscles the way a massage would. The feeling is slightly uncomfortable, but when you have finished your body will feel recovered, looser and ready for the next day's exercise.

HOW? Place the foam roller underneath the muscle you want to work, using your own body weight to apply pressure. Roll over the big muscles in the legs and upper body. Roll slowly three to five times up and down the full length of the muscle, for example from top to bottom of the hamstring. It will feel uncomfortable, but go with it and treat your muscles to a rejuvenating self-massage.

4 ENERGISING MOVES

THE AIM IS TO
DO 3 - 8 MOVES
IN THIS SECTION



01 LYING LOWER BACK MOBILITY

If you have good core strength this is great for getting the lower back and spinal column moving and waking you up in the morning.

- Lying on your back with your palms facing up, inhale deeply and raise your head gently off the mat. Look up, keeping a fist distance between chin and chest.

- Keep your lower core muscles engaged.

- Without moving your head, breathe out as you lift

both legs as high as you can in the air. Don't over-load your lower back - bend the legs if you have back issues or are still developing your core strength.

- Inhale, then exhale, gently lowering the legs and resting the head on the floor. Pause and repeat.

02 KNEELING CHEST EXTENSION

Opens the chest and increases range of spinal movement. Avoid the extension if any niggles.

- Can be done kneeling or standing.

- Inhale deeply, head looking down, core engaged and hands relaxed by the sides.

- Breathing out, bring the hands onto the base of the lower back with the palms on the back, and bring the head level (A).

- Breathing in, gently extend the head and neck back as far as comfortable, whilst keeping your core muscles switched on (B).

- Breathing out, hold then gently return the head to level, hands by sides. Repeat. Go gently especially if you have low blood pressure.

A



B





03 CLOCKWISE SPINNING
 This move is based on waking up the whole body and energy systems in the morning. Aim to do eight spins – or more if you like!

- Find a point to keep your focus on and take a deep breath, engaging your core as you breathe in.
- Take your arms out straight to either side of you, with your palms face down and keep your shoulders level.
- Start to spin on the spot in a clockwise direction

keeping your body and posture upright and tall.

- Increase the speed of your rotation unless it affects your ability to maintain control of your upright posture and the movement as a whole.
- Keep your breathing steady and your arms strong and level.



04 REVERSE BRIDGE
 Increases range of movement in mid to upper back, and engages the core. Note, needs good shoulder stability and core strength.

- Sit with hands by your hips, fingers forwards and body tall. Inhale deeply. As you exhale, lift your body up from your hips, taking the effort on your arms – keep shoulders in line with spine – and your feet, into a reverse bridge. Keep hips in line with knees

and head as shown, left.

- With strong core and control, breathe gently taking your head back into extension. Keep hips level and strong.
- Inhale deeply, gently bringing the head and body back to the start position. Relax and repeat.

05 FULL BODY WAKE UP SALUTATIONS
 Based around a yoga move to wake up all the muscles in the body, or relax them at day's end.



- Lying face down, hands by your chest, inhale deeply and push your body up, breathing out as you go. If you can, extend through your neck, keeping core engaged to

support the lower back (A).

- Breathing in, relax your head and neck and push your body up into a triangle shape (B). You may need to bring the legs in a little. Aim to extend through the hips. Pause for a couple of breaths. Exhaling, lower the body smoothly, arms close to the chest like a tricep press up. (You may need to lower through the knees Inhale deeply a couple of times, repeat. Aim to flow.



Kim's tips on...

Relaxation & life

1 Make time for movement and good food, as well as for quality sleep, rest and recovery. As you'll have seen from this book it's important to be in the moment, to take stock of the time you have. Enjoy the moment, the tough times and the good.

2 Make time for quality sleep and rest, ideally between 10pm and 6am. Rest balances your adrenals helping to improve recovery, immunity, mood and muscle tone.

3 When life is stressful and the pressure is on, be kind to yourself. Focus on eating well and getting enough sleep. Move your body but don't train hard as this boosts adrenalin and might increase stress.

6 Do something every day or week that makes you smile and laugh. Laughter and joy are key to developing resilience to stress.

5 Create a 'Big Dream'/bucket list of things, big and little, that you want to do or achieve in your lifetime. Review the list every few months to see how you are doing in reaching your goals.

8 No matter how busy, find time for yourself every day. Five minutes to walk, reflect, write down what makes you tick. What makes you happy, what are you missing out on, what what you would like more of? Meditation or mindfulness boosts well being.

9 Have courage to make changes. It takes courage, support and time to move from what we know, to what we don't.

4 Focus on achieving three key things at any one time, then develop them. 'Cycling' priorities is key to achieving goals whilst keeping life balanced.

7 Make time each month to write, talk to and/or see family or friends who are really important to you. Send them a card, give them a call, have a drink with them. Make it real time, adding value to your life and theirs.

10 Listen to your language. Make sure you are talking and sharing things that you want to happen and letting go of what you no longer want. Be mindful on your focus.

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Sue's *food diary*

Using Kim's tools I always made sure that I planned what I was going to eat, wrote down what I wanted to get from my food, and used pictures and mood boards to help me focus on healthy eating



PLAN RIGHT

Preparation has been key to improving my diet and eating habits. Like most people, I struggle to find the motivation and time to go food shopping and used to use this as an excuse for buying pre-packed sandwiches during lunch at work. Now I make sure that I always take in food for lunch. By taking lunch to work – a salad for summer, soup for winter – I found I wasn't tempted to nip into the local Pret A Manger or M&S. For me these were both danger zones, as I'd always be tempted to grab a piece of cake while I was there.

I always ensure that I have snacks such as nuts, seeds and gluten-free oat cakes in my desk drawer when I need a snack. When travelling for work, I also now ensure that I take healthy snacks to avoid munching on the inevitable biscuits during meetings!

Munchy Seeds – a sweet or savoury, nutrient-dense healthy snack
munchyseeds.co.uk



>>>For more snack ideas go to page 48-49

Sue's 30-Day Goals

- ✓ Make less alcohol a way of life
- ✓ Eat a more balanced diet all the time
- ✓ Become an active person, not just go to classes

3 SIMPLE CHANGES THAT HAD AN IMPACT

- Going gluten-free at breakfast (porridge and cereal) gave me more energy, and switching to organic meat and vegetables made me feel better about the fuel I was putting into my body.
- Taking sugar-free almond milk not only saved me calories but also made me feel more balanced.
- Recognising that I prefer exercise and its results to anything I get from alcohol!

WHAT'S CHANGED IN 30 DAYS?

If I fancy chocolate I'll have it, and still really enjoy it. Kim spent time with me teaching me how to switch the way I view 'treats' like chocolate, cakes, wine, etc, from something I'd get cross about and feel a failure if I included in my diet, to something that I will have occasionally and allow myself to enjoy. Even more than food, I find exercising after alcohol really difficult, so for this reason I tend not to drink much. But I do make sure that I drink lots of water during the day.

I can really tell if I don't eat well as my energy levels drop. Kim noticed that I wasn't eating enough so suggested I add carbs (wild rice, couscous, etc) to my diet. I made this change on day 10 of the programme, and very quickly felt so much better.

Dear Diary, Today I ... Keeping a journal of what she ate, her exercise and other influencing factors in

| | <i>Meals</i> | <i>Snacks</i> | <i>Exercise</i> | <i>Comments</i> |
|--------------|---|--|--|---|
| DAY 1 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Shop-bought noodles Dinner: Gluten-free pasta with Philadelphia cheese and chorizo | Three gluten-free oatcakes with one apple | 600m pre-work swim | Feeling very rested and focused on exercise and eating correctly. Had a weekend 'off' with friends. First time in months. Drank three pints of lager on Saturday. Plus lots of water. |
| DAY 2 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Chicken, salad, black olives, four gluten-free oatcakes Dinner: Two poached eggs on a slice of gluten-free toast | Five almonds (am); five almonds (pm); bowl of gluten-free porridge | Swimming lesson 60 mins walk at lunchtime | Had porridge at 4pm as was hungry - didn't have anything in the office and knew I needed to fuel pre-7pm swimming lesson. |
| DAY 3 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Tuna, avocado, cucumber, sweetcorn Dinner: Chicken curry | Two gluten-free oat cakes; 0% fat natural yogurt and a handful of blueberries; two jaffa cakes | HIIT strength and skipping | Went out for a curry with friends. Picked out the chicken from the sauce and had one spoonful of each side dish. Drank half a lager and then switched to tap water. |
| DAY 4 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Hummus, vegetables, avocado, seeds Dinner: 60g gluten-free muesli, almond milk | Three gluten-free oatcakes with one apple | None | Worked late. Had lazy cereal for tea. Should have made time to exercise though. |
| DAY 5 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Turkey, vegetables Dinner: Crayfish, spinach, cucumber, lettuce, avocado | Almond milk yogurt; three organic dried apricots; chilli and lime chocolate (100g); 0% fat yogurt, almonds, goji berries | HIIT strength and core. 30 mins of swimming drills | Great day's training and eating! |
| DAY 6 | Breakfast: 60g gluten-free muesli, almond milk, poached egg and rye bread Lunch: Turkey, vegetables Dinner: Avocado and feta cheese mixed salad | Two organic rice cakes with hummus; slice of fruit cake | HIIT strength and core (90 mins) | Monumental decision - no more 'EastEnders'. This will release two hours back into my life per week! Aim is to fill this space with exercise/stretching/rolling/swim/steam/sauna/jaccuzi |
| DAY 7 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Turkey, vegetables Dinner: Pepper with cottage cheese; 0% fat yogurt, almonds, goji berries | Two organic rice cakes with hummus; three dried apricots Mid-morning: poached egg and rye bread | Rest day | I was hungry today after lots of exercise over the last few days |
| DAY 8 | Breakfast: Smoothie Lunch: Poached eggs, spinach Dinner: 120g chicken; half a tub of hummus | Two gluten-free oatcakes; one apple; a handful of carrot sticks to graze on | 45 mins spin, 3km walk at lunchtime 45 mins swimming lesson | Oat cakes are so handy to have when I get hungry at work after walking at lunchtime |

her day, Sue could monitor trends and patterns over the 30 days of the plan

| | <i>Meals</i> | <i>Snacks</i> | <i>Exercise</i> | <i>Comments</i> |
|---------------|---|---|--|--|
| DAY 9 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Turkey, vegetables Dinner: Turkey, veg, lentils | Two gluten-free oatcakes; one apple; a handful of carrot sticks | HIIT strength and skipping; 50 mins walk at lunchtime | |
| DAY 10 | Breakfast: Smoothie Lunch: Beetroot, avocado Dinner: King prawn stir-fry | One apple; Bounce Ball (pg 49); 0% fat yogurt, goji berries | Rest day | Day in London shooting the MagBook with Kim and the team. Brought pre-prepared lunch |
| DAY 11 | Breakfast: Muesli, almond milk Lunch: Feta, avocado salad Dinner: King prawn stir-fry, added cashew nuts | Bounce Ball (pg 49); 0% fat yogurt, almonds, goji berries | HIIT strength, stretch and roll; 30 mins walk at lunchtime | Extra cashews satisfy hunger pangs and make dinner tasty |
| DAY 12 | Breakfast: Smoothie Lunch: Feta, avocado salad Dinner: Griddled tuna steak with portion of kale | One apple; 0% fat yogurt, almonds, goji berries | Swim | Love using my griddle again! |
| DAY 13 | Breakfast: Muesli, almond milk Lunch: Chicken wrap Dinner: Salmon pasta | Seeds | Body boarding | Holiday in North Cornwall. Pleased to find a gluten-free wrap at coffee shop! |
| DAY 14 | Breakfast: Healthy eggs/ bacon and vegetables Lunch: Egg-based salad Dinner: Haddock, salad | One apple | Skipping, core workout, stretch and roll | Holiday in North Cornwall. Fish is a good option when I'm eating out, and fresh fish, yum! |
| DAY 15 | Breakfast: 60g gluten-free muesli, almond milk Lunch: Pasty Dinner: Rump steak, spinach and roasted sweet potato | One apple; ice cream | Strength workout, stretch and roll | Holiday in North Cornwall – treated myself to a pasty and ice cream today |
| DAY 16 | Breakfast: Muesli, almond milk Lunch: Chicken, seeds, salad Dinner: Chicken, bacon and avocado salad | Handful of seeds; two glasses of red wine | Skipping, core workout, stretch and roll | Holiday in North Cornwall – really enjoyed two glasses of wine |
| DAY 17 | Breakfast: Rye bread, eggs Lunch: Wild rice, salmon Dinner: Home-made bread with cheese and a salad | Two gluten-free oat cakes with an apple | Body boarding | Holiday in North Cornwall |
| DAY 18 | Breakfast: Smoothie Lunch: Turkey, vegetables Dinner: Salmon, sweet potato chips, vegetables | Six almonds | Rest day | A smoothie with oats, berries, avocado and fruit is super filling |
| DAY 19 | Breakfast: Porridge Lunch: Avocado and tuna Dinner: Chicken breast with stir-fried vegetables | Protein shake | 60 mins cycle with hill intervals | Porridge got me off to a good start for walking and cycling |

| | <i>Meals</i> | <i>Snacks</i> | <i>Exercise</i> | <i>Comments</i> |
|---------------|---|--|---|--|
| DAY 20 | Breakfast: Smoothie Lunch: Poached eggs, spinach Dinner: Organic chicken and vegetable stir-fry | One apple ; handful of carrot sticks | Swim | Carrot sticks are a handy way to graze at the office |
| DAY 21 | Breakfast: Rye bread, eggs Lunch: Wild rice salad Dinner: Poached salmon, salad, rice cakes | Handful of carrot sticks and some hummus | HIIT circuits with core workout | It's nice to have eggs for breakfast, they fill me up |
| DAY 22 | Breakfast: Smoothie Lunch: Feta, avocado salad Dinner: Rump steak served with wilted spinach | Two gluten-free oat cakes with an organic apple | Cycle | I enjoy red meat to keep my iron levels high |
| DAY 23 | Breakfast: Porridge Lunch: Avocado and tuna Dinner: Haddock with peas, wilted spinach, broccoli and a serving of wild rice | Handful of carrot sticks | Swim, skipping, strength workout, stretch and roll | Enjoyed a healthy meal out, haddock and wild rice |
| DAY 24 | Breakfast: Healthy eggs/ bacon and vegetables Lunch: Healthy wrap Dinner: Shared a bowl of olives; sea bream with lentils and leeks; glass of red wine | Two gluten-free oat cakes with an apple | Rest day – hot stone massage | Went out for lunch and dinner with friends. Cycled so that I could have a glass of wine in the evening. |
| DAY 25 | Breakfast: Muesli, almond milk Lunch: Feta, avocado salad Dinner: Sandwiches | Handful of mixed seeds; three dried apricots; one apple; glass of red wine | 60 mins cycle with speed intervals; core workout | Overnight stay in Birmingham with work. Sandwiches, etc provided in the evening so couldn't choose! |
| DAY 26 | Breakfast: Poached eggs, rasher of bacon, tomato Lunch: Wild rice salad Dinner: Chicken/veg stir-fry | Two gluten-free oat cakes; one apple | 20 mins swim interval training at hotel | Took my swimming costume so could train after breakfast in the hotel. I didn't over-indulge in the buffet breakfast! |
| DAY 27 | Breakfast: Muesli, almond milk Dinner: Chicken/veg stir-fry Lunch: Turkey, vegetables | Two gluten-free oat cakes | 30 mins run/walk (3 mins run with one min walk intervals) | Excited to start run training again. My aim to be able to run a lot more of my next triathlon! |
| DAY 28 | Breakfast: Eggs, bacon, veg Lunch: Feta, avocado salad Dinner: Two sausages with a portion of green beans | Two gluten-free oat cakes with an apple | Body boarding | A day at the beach. Took a picnic of healthy salad to balance out the cooked breakfast |
| DAY 29 | Breakfast: Muesli, almond milk Lunch: Hummus, seeds, salad Dinner: Chicken, veg, lentils | Two gluten-free oat cakes with an apple | 45 mins spin | A generous sprinkling of seeds today – spinning burns some serious calories |
| DAY 30 | Breakfast: Muesli, almond milk Lunch: Poached egg, salad Dinner: Salmon pasta | 0% fat yogurt, almonds, goji berries, blueberries, almonds and seeds | 30 mins run/walk (3 mins run with one min intervals) | Feeling great. Celebrated by doing the second run as part of my new triathlon goal for the autumn! |

Sue's *exercise diary*

Deciding what I wanted from my life, and how I wanted to feel about food and exercise, meant that planning exercise was simple. I had a clear vision of what I wanted to achieve, including taking part in a triathlon

PLAN RIGHT

Doing exercise doesn't have to take all evening. Previously I thought it meant I had to allocate a whole block of time, but it doesn't have to be like that - you can exercise first and then go out and party. And now I organise work so that I exercise and then work on my laptop in the evening if I need to. Like every element of the 30-day challenge, it's all about planning and focus. It takes discipline, but with the right motivation it can be done.



3 SIMPLE CHANGES THAT HAD AN IMPACT

- I walked to and from work and maintained a fast pace (not listed on diary).
- Rather than sitting at my desk I run/walk at lunchtime at least once a week, and walk every day. (Read the guide on how to Run Yourself Fit on page 94).
- Skipping! I love the skipping rope and it was so easy to pack into my holiday bag for a very quick 20 minute cardiovascular workout wherever I was.

WHAT'S CHANGED IN 30 DAYS?

I have really noticed an improvement in my cardio work - I can go for longer and faster. The strength and core exercises have also helped with this - I can hold the plank for 15 seconds longer since the start of the 30 days. I feel I can put more power into the movement, and my posture is better so I'm performing well.

The dynamic moves, such as 'Sit Up, Get Up, Jump', 'Burpees' and 'Gorilla Crawl Sprints' were challenging (see pages 88-93). They were difficult but I have noticed I can do more reps now for each of the exercises in the time.

I used to feel a lot of pain in my knees whilst walking down the stairs, but this has almost disappeared now as my leg muscles are becoming stronger and more effective.

I prefer to train in the morning: I often have to work long hours but now if I need to work late, I'll take my laptop home when I can and finish working after my training session. I just used to get cross and cancel the session, but now I'll devise a plan so that I can work and exercise.

Sue's Favourite Moves

Sue had a love-hate relationship with these exercises, but her commitment to seeing it through went a long way to getting her into the best shape of her life. Find them on pages 66-85



SIDE SHUTTLE RUNS

This one never failed to burn (pg 88), no matter how good she got, but Sue loved her new thighs

GLUTEAL BRIDGE

A favourite from Workout One, Bums And Legs (pg 72), saw instant results and a pert bottom



PRESS UP

How could you not love this great upper body and core strengthener in all its variations (pg 78)

THE PLANK

A tried and tested hold for a strong inner 'girdle' and stabilising core muscles (pg 67)



SEATED SHOULDER PRESS ON THE SWISS BALL

Tough love for shoulders, posture and core (pg 85)



ASSISTED HAMSTRING STRETCH

Sue appreciated some help to extend the stretch on tight hamstrings (see pg 107)



How *she* did it

A year in advance, Sue never would have dreamed she'd complete a triathlon, but with some careful planning, some patience – and following 30-day training blocks – she did it!

As I drove to my first triathlon I found myself crying. I felt so scared, but doing a triathlon helped me overcome all of my self doubt and negativity once and for all.

Kim encouraged me to have a goal at the beginning of the year. Before now, I was the one who had watched my friends and family run marathons or do crazy endurance events. Now it was my turn. I hadn't had the courage to do it before, and none of my friends had done one, so I thought it would be a different challenge to try.

Kim recommended that I enter two women-only races as they offer an encouraging and supportive environment. So I entered one in the Cotswolds – a 400m open water swim, 20K cycle, 2.5K run – and one at Eton Dorney – a 400m open water swim, 21K cycle and a 5K run.

Extra Support

I attended a women-only beginner's Triathlon Workshop (run by Kim and *Tri-Girl*) in April. I was really nervous and thought it would be full of really



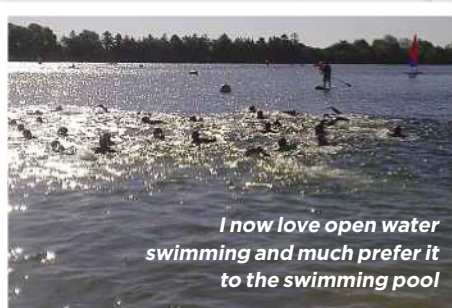
Glowing with well-deserved pride, Sue sports her finisher's medal

fit triathletes, but I discovered a group of women just like me. We were all different levels of fitness but shared a common excitement and goal of each doing our first triathlon. Kim ran through all we would need to know about competing and offered some really useful tips, including how to change a bike tyre, and even advice on how to wear your hair – a pony tail just won't work when you put your bike helmet on after the swim! We all kept in contact afterwards and I went to my first race confident that at least I'd know two other people who were competing.

Kim also devised a training programme which I followed, and she worked with me on my focus. She



Finishing was one of the most amazing experiences I've had (and I've had a few)! I burst out crying because I'd done it.



encouraged me to define my race goals - to finish and enjoy it - and visualise the race beforehand so that I knew how I would behave. Because I know it works, I wrote these goals down so that I could read through them before the race.

Feel the Fear ... and Do It Anyway

Swimming in open water was a huge challenge, so I had a couple of lessons before the event to calm my nerves. I drove to my first session absolutely petrified - not being able to see in the water was really scary. Wearing a wetsuit in front of people was scary too - I used to hate my body so much that there was once a time I would never have done such a thing. The open water swim was also the element that most of the other girls were nervous about, and the one that we all celebrated when we'd done it! I now totally love open water swimming and certainly much prefer it to the confines of a swimming pool.

Tears For Fears

Driving up to my first race I couldn't quite believe that I would actually be



competing. It was a very emotional journey. I felt very proud as I arrived on my own and got my bike ready. Lots of women had partners doing theirs but I used my new-found skills to sort mine out single-handed. Even this gave me confidence as the old me would have relied on my partner to get my bike ready for me.

I set my bike up in transition and put on my wetsuit ready to hit the water. Two of my really close friends turned up to support me, and then just as I was about to start I noticed that my parents had also made the journey to be there and cheer me on.

Excited Not Nervous

At the start of the race I was so excited. I knew that I had trained well and I knew that I could finish it. I also knew that I wouldn't be fast but that the goal was to enjoy it. And I did - every minute. Finishing was one of the most amazing experiences I've had (and I've had a few)! I burst out

crying because I'd done it - I was a competitor and not a spectator. I know that my friends and parents were really proud of me too, and I was bursting with delight that they had come to support me. They have been hugely supportive of the changes that I've made to my life and can see how much happier and healthier I am as a result.

I did my second race a couple of months later at Eton Dorney. This time my brother and his family came to watch. I loved this as much as my first. I improved the times for my swim and cycle, but had to watch everyone overtake me as Achilles problems forced me to walk the run. My transitions were also slower this time. I was originally going to pull out because I knew I wouldn't be able to run well, but Kim and I discussed what I would gain if I did the race versus what I would lose if I didn't. Doing it won hands down and I'm so glad I did. Another very proud day!

Kim's 30-Day Challenge

Recovering from Wells Disease impacted on her training, but a combination of cardiovascular and shorter intense weights sessions saw Kim through to her goal

I commit to:

- ✓ Eating right to improve my health and neurology
- ✓ Increasing my muscular strength and balance
- ✓ Increasing my confidence and kicking ass on stage/photoshoot

PLAN RIGHT

I lifted weights six times a week and did functional exercises like those in the strength workouts (pages 66-85) - short, intense sessions lasting no more than 20 minutes maximum. Making my training sessions shorter and much more intense (and therefore more uncomfortable) meant that I gained more by doing less.

I increased my weights by 10 per cent for three weeks, dropped down slightly for a week and then took up the heavier weights again. I built in a weekly rest day.

I did tabata workouts - a form of high intensity interval training (HIIT) - using them to boost my cardiovascular fitness and build endurance for the marathon. My neurological condition meant long runs simply weren't for me (see page 8).

I resolved to prepare and eat good meals and hydrate well, and to eat protein with every meal: women and endurance sports people often under-eat quality protein which affects mood and energy.

I kept a journal and spent five minutes on it every day, removing mental limits and building positive focus on my goals.

I planned in fun with friends and family every week to keep things in perspective.



An inspiring demonstration of strength in mind and body, and commitment to perfect technique



3 SIMPLE THINGS THAT MADE A BIG DIFFERENCE

■ **Health and Neurology:**

Cutting out all refined sugars, carbohydrates and processed foods boosted lean muscle, improved my mood and helped to keep my hormones balanced.

■ **Strength:** Increasing my weights regularly and focusing on good technique, keeping the sessions short and intense, and making sure I had quality rest and sleep were key to making progress.

■ **Confidence:** Keeping a journal and reviewing my week, and planning the sessions into my diary. Setting my intention whilst mentally rehearsing the end goal for each week.

Kim overcomes her
demons and works the
crowd with her new sass



WHAT'S CHANGED IN 30 DAYS?

By observing and modeling excellence, and building my vision board to success in a new sport and area of fitness, I am proud that I achieved some amazing results both for myself and for my clients.

By being consistent in my six short training sessions a week, I found that over the 30 days I was lifting heavier weights than ever before. And I ate better than I ever had too. Many people think you have to eat very little, but actually I ate more - just that it was lots more of the good stuff. Real, proper food, fresh and home-cooked. I drank lots of water, listened to my body, enjoyed lots of quality sleep and trained smart.

I committed to learning and practising stage and photo angles and presence each week, and I really listened to my coaches to develop the on-stage sass I needed, as I hope my pictures show!

Although hugely challenging in many ways, I loved it because I'd followed the process in this book. I never thought I could transform into the person I became on stage, but I realised I can, and I did.

Many people think you have to eat very little, but actually I ate more - just that it was lots more of the good stuff

Keep Your End Goal in Focus

As time passed I noticed gradual changes in my body shape, and more importantly in my confidence. It's important to stay focused on the bigger goal, whilst meeting and celebrating each week's mini goals.

We're all human, and when you are training for something totally different, it's a real challenge. Old habits do sneak in as they are easier than what you are doing now. But by being clear of my end goal, I found the confidence and focus to keep going.



Strike a pose - not a hint of nerves as Kim rises to her on-stage challenge

Photography: BodyPower 2014 and Fivosphotography

TAKE THIS AWAY

If you are reading this and thinking you can't achieve your goals, then write down the following:

- *What will you gain by doing it?*
- *What will you lose by doing it?*
- *What will you gain by not doing it?*
- *What will you lose by not doing it?*

When you answer these questions, the solution is usually staring you in the face and you can begin. Sometimes when you become stuck, it can be a simple case of pulling yourself up a little, but remember to be kind to yourself too along the way, especially when you have achieved something, no matter how minor it seems. Change is a series of small steps through life, a continual but gradual journey of awareness and learning towards your bigger end goal.

Fiona's 30-Day Challenge

Fiona planned her 30-day challenge around a hectic work schedule. But she emerged leaner, stronger and feeling healthier inside and out, ready for her 18th

I'm starting from a 'high' level of fitness. Over a long period of time I've chipped away at elements of health and fitness, from giving up smoking, to starting running, to taking part in my first marathon at the age of 34. Small chunks of time, small changes. I've found that this is the way to make the biggest difference.

PLAN RIGHT

I'm a natural planner and write regular 30, 60 and 90-day plans. I find that it really helps with every aspect of my life.

I knew that to fit strength training into an already hectic schedule was going to be tough. To feel less guilty about missing out on running I switched from adding up weekly mileage to counting hours of training, and aimed to do eight hours a week – my average in the early stages of marathon training. As the marathon schedule progresses I usually hit 12 hours with increasing running. The strength work was done before I reached this stage, again all planned around my training schedule. The more I built a foundation of strength, the better I would deal with the demands of long runs.

On the nutrition side, fuelling right for running has long been one of my biggest weaknesses. As someone who's always busy, I often grab and go! I knew I would need to plan meals and recipes for smoothies – shopping online helped here.

To make running non-negotiable was a plan in itself, so even if I ran less than scheduled when work pressure mounted, I always ran. I made sure I had an A and B goal every week in terms of time allowed for running. I used the notes on my computer (also on my phone) to write my weekly non-negotiable running plan.



I commit to:

- ✓ Get strong for running
- ✓ Eat right for running
- ✓ Making running a non-negotiable

3 SIMPLE CHANGES THAT HAD AN IMPACT

■ Running with my friend Sam, and writing everything down each week

■ Working with Personal Trainer, Matt Shore, to make sure I did the Fit Inside Out strength work

■ Commitment to making nutritious Nutribullet smoothies every day



WHAT'S CHANGED IN 30 DAYS?

I made a Nutri Bullet smoothie every day, usually in the morning after exercising. My favourite ingredients are: spinach; fruits such as blueberries, raspberries, strawberries, banana, apple, pear, mango, watermelon; seeds; Chia seeds; Green Powder (see page 51 for the ultimate 'green magic'); nuts; coconut water, and almond milk. I loved smoothies primarily because they saved time. I knew I could get nutrients, fibre, five portions of fruit and veg, quickly and easily. Plus it was easy to add Green Powder, and nuts or seeds for extra nutrition.

- ✓ Run five days a week
- ✓ Run twice a day for two days
- ✓ Do a plank every day for one minute
- ✓ Do the Turkish Get Up twice
- ✓ Do one long run

Why runners need to focus on strength

■ Running at a low intensity only results in holding onto fat. High intensity cardio makes the body more efficient at using oxygen, so it continues burning calories when training ends. It is also muscle sparing - more muscle leg mass means a greater ability for burning fat.

■ A study in the *Journal of Strength and Conditioning Research* showed that runners who add three days of resistance training to their weekly programme increase leg strength and enhance their endurance.

■ Strength training makes your body more efficient at converting metabolic waste into energy which means you recover more quickly.

■ Resistance work helps to reduce the risk of osteoporosis by boosting bone quality and density.

HOW I GOT STRONG

The best strength training programmes are simple and stick to fundamental movement patterns. Becoming stronger in rep ranges of three to five for most movements is the best way forward for endurance athletes. Gradually, increasing the weight every week. Higher rep training is specifically for muscular endurance. Running training takes care of all the muscular endurance you need, so with the help of my personal trainer, Matt Shore, we selected movements from the Fitness Inside Out plan and tailored them to help me Run Strong!

The Turkish Get Up

This is a highly technical exercise which aids mobility, balance, stability, coordination, posture and body awareness – all vital for strong running

Lay on your right with your knees drawn up. Hold the Kettlebell with both hands and roll onto your back with the Kettlebell on your chest, right foot on the floor, knee bent. Raise the bell in your right hand, placing your left leg at 45 degrees to the side, right knee bent (Fig 2), and look up at the bell.

Drive through the hip extension, push your left elbow into the floor and come up onto it then onto the hand in a tall sit (Fig 3). Push up through your right heel into a stable bridge (Fig 4). Sweep the left foot low, out and back, bringing the left knee and hand in line with the right foot (Fig 5). Flex at the hips, drop the right hip level and into a kneeling lunge under the raised

Kettlebell, switch your gaze forwards (Fig 6). Engage your abs and come up slowly to standing (Fig 7). Pause, then reverse the sequence slowly and with control (Figs 8-13). Switch sides and repeat.





Signing off...

She's fitter, slimmer and happier – and it really did take only 30 days for Sue to change her life

All of the work and changes I have made with Kim's guidance have helped me become happy and confident again. Doing my first triathlon reminded me that my body can do amazing things – I just need to love it and look after it well: feed, train and rest it properly!

Making changes in 30 days really helped me to focus and plan. My previous negative mindset meant I put pressure on myself: 'I've got to do running. I've got to do triathlon training.' But now I see it as something I just do. It's broken down into easy, manageable chunks and therefore done in super-quick time.

Loving My New Lifestyle

I can walk in my lunch hour, or do a 30 minute circuit before I go out in the evening. As well as walking, I cycle as much as I can and I'm having swimming lessons. I'm not a gym junkie, it's not taken over my life – but I'm a very different person to the one who first took up this challenge.

I don't forget I like other things too, because I do. I still go out and enjoy a curry and glass of wine with friends, but I enjoy it differently now. Before I would think no, I can't do this, or eat this because I'm on a diet. Nothing has been taken away from my life – but so much more has been added.

What Next?

I'm training for one final triathlon this season in September. My goal is still to enjoy and finish it, but on this occasion also to try and improve my times. I'd really love to carry on with it next year so I will focus on my strength and core training over the coming winter months.

I'm going to enter a 10K run in December, as I'd really like to 'conquer' running once and for all. I ran a mile as part of the Sri Chimnoid Races in July and really enjoyed it. I took it at my slowest pace and was surprised how much easier it was not having swum and cycled beforehand.

Write it Down

Of course, before signing off I'll just jot down my new 30-day goals!



Sue's 30-Day Goals

- ✓ Take part in my next triathlon and complete it faster than before
- ✓ Strengthen my core and get strong
- ✓ Master running and take part in my first 10K

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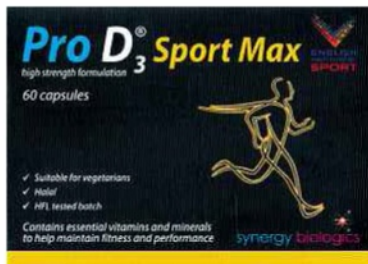
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