

JAN 2023

Health & Wellbeing



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LORRAINE KELLY

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Editor's Letter

HOLLY TREACY

Happy New Year, *H&W* readers! Welcome to our January 2023 issue. This time of year tends to present a fresh slate to start again, make new goals and stride into the year ahead with aplomb. In fact, our fabulous cover star, Lorraine Kelly believes that January is the perfect time for a fresh start, but cautions not to put too much pressure on ourselves. Most of us know that setting high expectations on your January achievements can be both motivating and crippling, especially if it's to start something you're not used to doing. "You just won't sustain it, and you'll feel like a failure," Lorraine tells us on page 20. Her advice? "Take it easy and have small goals that are doable." And over on page 24, our wonderful columnist, Andrea McLean has a refreshing take on traditional resolutions. Instead of intending to try something new, Andrea is all for thinking about what we want to ditch to free up some space in our lives. "How many of us hang on to old habits that stop us from being who we would like to be?" she asks. If you're already feeling overwhelmed by what's on your plate, why not start the year by looking at what you can get rid of that no longer serves you, before adding in more? That way you'll be able to comfortably say 'yes' to the new things you would love to try. Interested in what's going to be big in 2023? Turn to page 114 to discover the latest trends we can't wait to give a go, including adding Pilates to our weekly workouts. If you're Pilates-curious, we've got a great set of moves you won't even need to get off the floor for (perfect if you're still full from festive feasting). Whatever you'd like to do this year, remember you can always change your mind. Making a u-turn on your plans could actually be exciting – find out more on page 8. Here's to a healthier, happier and more evolved 2023.



Holly

Editor's picks...



Laura, senior content creator

"Bad weather won't stop me going out for my daily walk. This beauty keeps me toasty – and I love that it's not too bulky." Platinum Peak insulated hooded jacket, £180, columbia sportswear.co.uk



Daniella, senior content writer

"A new mattress just isn't feasible right now, so this topper is the next best thing for an instant comfort boost. Simba's oh-so springy mattress tech helps keep me cushioned and supported." £279, simbasleep.com



Liz, content creator

"I drink a lot of tea whilst working, and sometimes my cuppa goes cold when I'm absorbed in what I'm doing. Contigo Streteville desk mug (mycontigo.com) keeps your beverage hot for five hours (or icy cold for 15!). It's super stylish and comes in four colourways."



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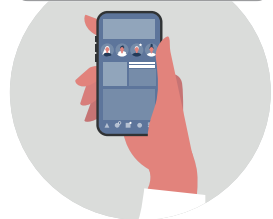
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COVER: Lorraine Kelly

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THE HEALTHY HOTLIST

A bite-size look at what's trending
in the world of wellness

CELEBRATE CASTOR OIL

One of the most common, but also most overlooked, ingredients within skincare is super-hydrating castor oil. Derived from the castor bean, commonly found in Eastern Africa, the Mediterranean Basin, and parts of Asia, castor oil has been used for its beauty benefits since Ancient Egyptian times. Not only is it great for locking moisture into the skin, but castor oil can also help create the appearance of smooth skin, as it contains ricinolein acid, a fatty acid that also helps combat inflammation, redness and irritation. Commonly used in cleansers and make-up removers, castor oil is great for those who find acid-based cleansers too harsh on their skin and want a softer, more hydrating option.



OIL CHANGE



UpCircle Night Cream With Hyaluronic Acid and Niacinamide, £18, upcirclebeauty.com

Formulated with niacinamide to help even skin tone, along with hyaluronic acid, this night cream is full of vitamin A, working to protect against blue light and is a source of pro-retinol, minimising the signs of ageing.



Beauty Pie Superdrops High Intensity Hydration, £60, or £16 with member's discount, beautypie.com

Containing hyaluronic acid and a whole host of ultra-hydrating ingredients, simply massage a few drops of this oil onto clean skin under any mask or moisturiser to give your complexion a glow.



Summer Fridays Heavenly Sixteen All- In-One Face Oil, £53, spacenk.com

Packed with nutrients, the Summer Fridays Heavenly Sixteen All-In-One Face Oil helps to deliver instant moisture to the skin, featuring meadowfoam, cranberry and olive oils for soothing hydration.

H&W BOOK CLUB

The best books to curl up with this month



Mad Honey

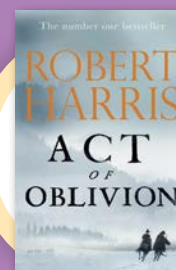
by Jodi Picoult & Jennifer Finney Boylan

Olivia's son Asher is a kind, popular high school ice hockey star with a new girlfriend who Olivia loves. Since Olivia fled her abusive marriage to return to her hometown and take over the family beekeeping business, life has been quiet. But when Asher's girlfriend is found with a catastrophic head injury and he is arrested for murder, life turns upside down.



The Seven Moons of Maali Almeida by Shehan Karunatilaka

Set in Sri Lanka in 1990, Maali Almeida, war photographer and gambler, has woken up dead in what seems like a celestial visa office. He doesn't know who killed him, but during a time when scores are settled by death squads, suicide bombers and hired goons, the list of suspects is depressingly long.



Act of Oblivion by Robert Harris

General Edward Whalley and Colonel William Goffe, father- and son-in-law, are on the run and wanted for the murder of Charles I. Richard Nayler, secretary of the regicide committee of the Privy Council, is tasked with tracking down the fugitives and he'll stop at nothing until the men are brought to justice.

It's okay to **CHANGE YOUR MIND**

Making a u-turn isn't a bad thing – in fact, it's good for us to switch things up

WORDS | *Victoria Stokes*

Change is never easy. It often comes with a whole lot of logistical problems, but perhaps the biggest roadblock to making positive progress in your life – be it changing your ideals, switching careers, or letting go of a relationship that no longer serves you – is the belief that it's not okay to change your mind.

NEW NORMAL

Along with our daily habits and behaviours, our opinions, lifestyles, and careers can feel rigid or set in stone. Changing how you think and behave can be particularly problematic if you've been very open with friends and family about your choices, or have even made a career of sharing this side of yourself online.

Take musician and plus-size icon, Lizzo. When she recently decided to get fit and began sharing workout videos on her social media accounts, many viewed it as a betrayal of her body-positive ideals. Or wellness influencer Rachel Brathen who recently copped some flack on Instagram when she announced she's no longer vegan.

As the new year rolls in, we often think critically about our lives and how we might like to approach them differently. You might notice certain aspects aren't working for you anymore and commit to changing them for the better, only to find those around you aren't quite as supportive as you thought they might be.

FIGHTING THE FEAR

Whether you're giving up a career your family always wanted for you to pursue an endeavour that's your true passion, turning your back on some once tightly-held beliefs, or getting a divorce, you might not only encounter some resistance of your own but naysaying from the people who are supposed to care about you most.

Wondering why yourself and others are finding it so difficult to accept change, even when it's positive progress? Don't worry, it's very human to fear change. "At a physiological level, the brain craves familiarity and stability," explains life coach and hypnotherapist Danny Greeves (thetraumaexpert.co.uk). "As we grow up and develop a stronger sense of self, many behaviours become habitual and we can run on autopilot. This gives us a sense of comfort and security."

Trying to change our minds about who we are and how we live our lives introduces uncertainty. "It brings with it fear, worry and unpredictability," Danny points out. Basically? It feels easier and safer to stick with the status quo.

SAFETY IN NUMBERS

As for the people around you who are less than happy about your choices? Often, we put people into metaphorical boxes. We feel safer when we can categorise people and understand who they are using simple terms, like 'plus-size', 'fit', or 'vegan'.

Danny says we also gravitate towards people who are similar to us. "We like people that are like us, and after we invest time and energy into establishing that connection with someone, we hold an image of that person in our mind. With that comes certain expectations," he explains.

When someone alters their lifestyle or makes a surprising announcement, this violates the image we have of them and breaks those expectations. "This shift in the relationship

dynamics can be unsettling, and the judgement that follows is often defensive and critical in nature, particularly if we perceive they have broken a previously shared value," says Danny.

MINDSET MATTERS

Of course, life would be pretty boring if we didn't seek out change and if we never tried to better ourselves we'd all remain stuck in the same place. So, how can you be more open to change and embrace a more fluid and flexible idea of who you are and how you live your life? Danny says a sense of curiosity is key. "When we can view ourselves as on a journey of personal growth and evolution, we can become curious about what opportunities and experiences we may encounter along the way," he explains.

"In many cases when presented with an opportunity to explore, we view it through the lens of what could go wrong," Danny points out. "When we focus on the benefits the experience will bring, the learning we could discover, and the advantages that will come with it, we can see it from a more balanced perspective and get a more accurate reflection of if it aligns with our values."

TAKING THE LEAP

Say you've decided to bite the bullet then: you've been planning to make a change for some time and you're finally ready to do it. There's just one thing standing in your way: you're fearful of negative reactions. How can you take judgement in your stride, be it from friends, family, colleagues, or online followers?



Danny has a four-step plan: Practice acceptance, depersonalise the response, take time to reflect and invite questions. "With the knowledge that the changes you make will challenge people's expectations of who you are, preparing for some people to be disgruntled with you will lessen the impact," Danny surmises. "When prepared for both supporters and challengers, you can embrace both sides and accept this as part of the journey."

That's the acceptance part sorted, as for not taking it personally, "Understanding that the reaction they provide is a reflection of their own internal thoughts and perceptions, rather than anything about you as a person will help you disconnect from those negative reactions," says Danny.

Next? Allow the dust to settle. "Everyone has their own challenges and is working through their own issues, and this means the immediate response you receive can be affected by a number of different factors and it may not be a true picture of how they really feel," Danny points out. "Giving them and yourself time for the choices to settle and be digested will often lead to a calmer, more measured response."

Finally, inviting people to ask questions can clear up any confusion. "Many of the negative reactions we receive from friends, family or online followers come from a place of confusion, and so engaging in a dialogue with those who initially react negatively, will give them the opportunity to learn more about you and your choices," says Danny. "This often brings with it a new level of appreciation for your actions."

It's normal and natural to fear change. It's also completely human to worry about what others will think. However, as ingrained as these fears may be, they shouldn't prevent you from becoming a better, happier and more evolved person, even if that means doing a 360 on who you were before. **H&W**

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3 OR SCAN ME:



LIVE WELL

Whether you're after a healthy mind, bank balance or relationships, we've got all your wellbeing needs covered this month

DO YOU HAVE SUPER-HELPER SYNDROME?

Exhausted from being the agony aunt, the fixer, everyone's go-to for a favour? You might have a case of the super-helper syndrome. Psychologists Jess Baker and Rod Vincent explain why you need to set solid boundaries to look after yourself too... 📖



All of the irrational beliefs that underpin the super-helper syndrome prevent someone from establishing boundaries. In particular, they make it impossible to say no to requests for help. A lack of boundaries leads to all the adverse impacts: exhaustion, resentment, exploitation and self-criticism. By contrast, the alternative beliefs were designed to lay the foundations on which you can build effective boundaries, such as: **‘My self-worth is not dependent on helping others’; ‘I know and respect the limits of my capacity to help’; ‘I deserve to have my own needs met.’**

Sometimes it’s easier to pinpoint the things you don’t want. Boundaries keep things out as well as keeping things in. Here are some examples to prompt you:

- I’ll protect Tuesday nights for my yoga class.
- When I take annual leave, I’ll make sure that it is truly restful.
- I’ll stop picking up the wet towels on the bathroom floor that are driving me crazy.
- I won’t work more than X number of hours each week.
- I’ll limit my time with X.

It’s a good idea not to take on too much. For now, choose three lifestyle boundaries you can immediately act upon.

These alternative beliefs create the possibility for you to say no. They encourage you to respect boundaries with regard to when and how much you help, not going beyond your capacity or your responsibility to do so, and not helping when it will leave you unable to meet your own needs. So, let’s set some boundaries.

IDENTIFYING BOUNDARIES

Unless you sit down and think through them deliberately, there’s close to zero chance you will set any. Make a list of all the people that you’re helping now. Think about who you are going to help. You need to be honest with yourself about all the people you are currently helping. Are there some who are just draining you? Are there some who are exploiting you? Are there some who rely on you unnecessarily? You may even need to jettison a few false friends who are really just helpees. There might be other people in your life who hinder you from meeting your own needs. You might need to let go of them too.

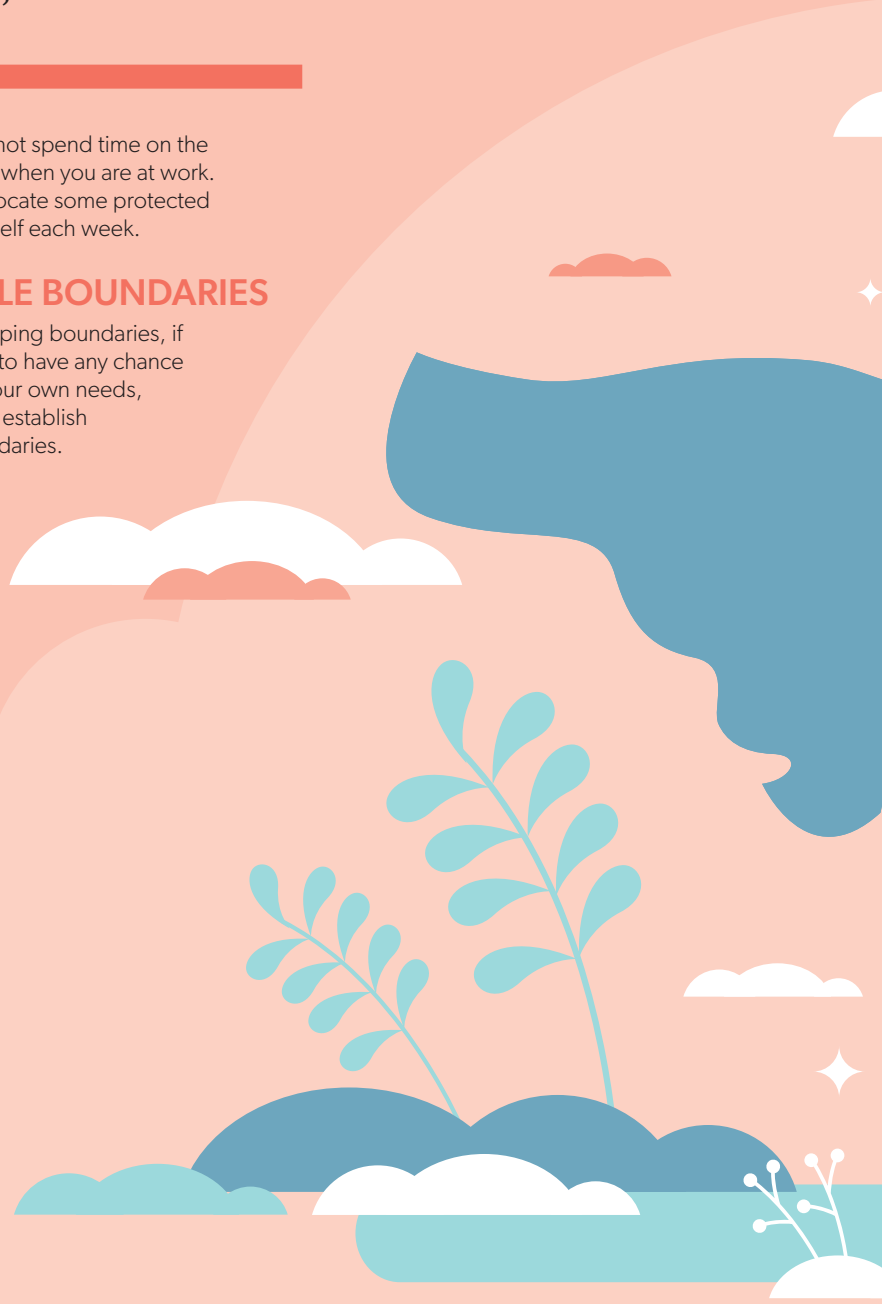
Think about how you are going to help. You might decide that the helping you do as part of your paid job is enough. Perhaps you will only offer a particular person supportive help but not resources help, or vice versa.

Think about when you are going to help. You might limit the time you give to certain people. You might decide to listen to your mother’s problems when you see her for Sunday

lunches, but not spend time on the phone to her when you are at work. You might allocate some protected time for yourself each week.

LIFESTYLE BOUNDARIES

As well as helping boundaries, if you’re going to have any chance of meeting your own needs, you’ve got to establish lifestyle boundaries.



"A LACK OF BOUNDARIES LEADS TO ADVERSE IMPACTS: EXHAUSTION, RESENTMENT AND SELF-CRITICISM"

CASE STUDY: How to be assertive

Charlie is the mother of twin girls at primary school. She chooses to be self-employed as a virtual assistant so she can work at home and be there for her family. Recently, one of the other women, with a daughter in the same class, lost her mother-in-law. She asked Charlie to pick up her daughter from school and take care of her in the afternoons. Charlie (trying to set some boundaries) agreed to do this for a short time until the woman found a new arrangement. She also agreed to look after the girl for a maximum of two hours each day (trying to set more boundaries). After a week or so, the woman "started to take the mickey by popping to the shops on the way home and turning up late without even checking if I had plans". Charlie was frustrated because she ended up not having any post-school downtime with her own girls. She was constantly on the go until clearing up after dinner. As time went by, there was no sign of the woman making new childcare arrangements. Charlie mentioned this to a mutual friend who "gossiped it back to the other lady and she has never spoken to me since". This was "a pretty crap ending to a situation where I was only trying to help".

Her experience is characteristic of compulsive helping as well as an example of not protecting boundaries. Charlie was exhausted. She expressed resentment to the mutual friend, because her helping tendencies were exploited. Charlie was self-critical, blaming herself. Her behaviour was avoidant. She didn't talk to the woman who was overstepping her boundaries, but she did talk to the mutual friend. Let's look at all four options that were available to her.

- **Avoidant:** Allow the situation to continue, say nothing or only speak to someone else.
- **Submissive:** Ask the woman if she's made new childcare arrangements and when she says she hasn't, agree to keep looking after her daughter.
- **Aggressive:** Tell her, 'I'm not looking after your bloody daughter any more. She's still at school now; go and pick her up yourself.'
- **Assertive:** Tell her a fixed date by which you will stop looking after her daughter. Check that she understands this. Remind her just before the deadline. Then stop looking after her daughter. (Do not get involved in finding alternative childcare solutions for her.)





PROTECTING BOUNDARIES

One way to protect conscious boundaries is to tell people about them in advance. But often you haven't deliberately thought about them or written them down in the way that we've tried to do here. People have unconscious boundaries too. Those are the sort that only trip and set off alarms when they are breached. You experience a sense of unease, exposure, wrongness. You don't like someone else's behaviour towards you. You feel compromised. And when that happens, whether the boundaries are conscious or unconscious, it's essential to act. That takes assertiveness.

As we know, helpers seldom attend to their own needs, let alone stand up for themselves. So being assertive is not even on the menu. Some of them worry that they might become aggressive. It's easy to get confused about the difference between assertiveness and aggressiveness.

Assertiveness is standing up for your own rights without trampling on the rights of the other person. Someone who has habitually acted in a submissive or avoidant manner is extremely unlikely to turn into an aggressive person. People with super-helper syndrome have habitually protected other people's rights while ignoring their own. The idea that they might suddenly become aggressive – protecting their own rights and ignoring other people's – suggests an incredible volte-face. It's another irrational fear. The very fact that you might be worried about

“ASSERTIVENESS IS STANDING UP FOR YOUR OWN RIGHTS WITHOUT TRAMPOLINING ON THE RIGHTS OF THE OTHER PERSON”

becoming aggressive shows that it could never happen.

The people around you might be surprised that you are being assertive but they are unlikely to think that you're being rude or aggressive. If you do hear yourself occasionally snap at others, it doesn't mean you're an aggressive person. It could be a sign of a build-up of helper's resentment. In any case, rather than labelling or criticising yourself for it, forgive yourself and keep working on developing assertiveness.

HAVE A ROLE MODEL

Role modelling is a powerful way to adopt new behaviours. It's how we pick up much of what we learn as children. Find someone you respect, who is good at establishing and protecting their boundaries. Someone who does it in a skilled, assertive way.

Observe how and when they do this and what the results are. Make notes on the language they use, how they use non-verbal communication and any other techniques. If you feel comfortable and you trust them, you could also ask them how they learned to protect their boundaries.

PROTECT YOURSELF

Boundaries are the zorb of zen to keep you safe from the super-helper syndrome. If you don't know, zorbing is where you roll down a hill inside a transparent plastic bubble. Here's a thought experiment: Imagine yourself safe and comfortable inside your zorb. You can still interact with the world as normal, but it slows your reactions down. It gives you the opportunity to observe others from within your zorb when they are throwing their emotions at you like wet paper tissues. It prevents you from immediately taking on other people's drama or instinctively giving in to your urge to help. You can use the zorb of zen to shield you from toxic situations that others want to draw you into. It gives you the time to choose how to respond. You don't have to absorb their emotions. **HeW**

For more, read this



Edited extract from *The Super-Helper Syndrome: A Survival Guide for Compassionate People* by Jess Baker and Rod Vincent (Hardback £18.99, Flint Books)



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Lorraine: January is a good time to have a fresh start

The queen of morning TV, **Lorraine Kelly**, tells us about her balanced approach to diet and fitness, reveals her age-defying skincare advice, and how she discovered her confidence

WORDS | *Laura Coppock*

“Hello love,” says the familiar voice on the phone. It’s the one and only Lorraine Kelly, CBE, presenter, journalist, national treasure; it feels surreal to hear her dulcet tones coming through on my mobile. Having grown up watching the star on ITV in the mornings, including her iconic show, *Lorraine*, I couldn’t be happier at the chance to chat with her about all things health and wellbeing, as well as her age-defying looks. Just as expected, she’s relaxed, quick to laugh, and down-to-earth. I like to think we bonded over a love of beauty products, four-legged friends and savvy shopping...

First on my list of questions is to find out whether, after working the early shift on our screens for so many years, she is naturally a morning person. "I have to say, probably not really!" she giggles. "But I have got used to it, and it's amazing because it means you can fit more into your day. Of course, I should go to bed super-early, but I don't always." This, I am about to find, is typical of Lorraine – she's really in tune with what's good for her and lives life to the fullest; she's all about self-care but isn't afraid to break the rules in the name of fun. 'A little of what you fancy does you good', springs to mind.

"Looking after yourself is really important," Lorraine affirms. "Anybody that has to get up really early for work or does shift work knows that you do have to make sure you look after yourself: get enough sleep, drink plenty of water, eat as well as you can." But that doesn't mean she sticks to a rigid diet. "I don't sit there glowering at a lettuce leaf, I eat really well. I eat properly, I like a big bowl of porridge in the mornings in winter. During weekdays I'm usually pretty healthy, and weekends I have what I like, within reason."

Her relaxed approach means she's not denying herself the things she enjoys. "I do my best, and if at the weekend I want to have a little drink or a curry or a pizza, sure!" she says. "Everything in moderation. You don't want to live a life where you're always hungry. And you certainly don't want to go to the other extreme where you're not taking care of yourself, so it's about getting the balance right."

MULTI-TASKING

I wonder what a typical day looks like for the star, who juggles multiple work commitments. "With the show [ITV's *Lorraine*] I finish at 10am, well I'm off air by then, but then we have meetings afterwards to have discussions about the next day. Next, often there's a book to read, a play to go and see or a movie to watch, which is amazing, a massive perk of the job! I enjoy doing research."

It's clear that she loves her work. On top of doing her daily show, she also films for *Celebrity Gogglebox* and hosts the *What If?* podcast alongside her journalist daughter, Rosie. As if that wasn't enough to keep her busy, Lorraine is now also an investor in beauty buyer's club Beauty Pie, a brand she's truly passionate about. Not least because it offers consumers luxury cosmetics without the hefty price tag. "One of the reasons I really wanted to get involved with Beauty Pie is because I do feel that we all deserve a treat and to take care of ourselves, but at the same time, we shouldn't be ripped off. We should be getting access to luxury products at a good price. And that's what Beauty Pie does."

Founded by Marcia Kilgore – the celeb facialist turned entrepreneur who also started Soap & Glory, FitFlop and Bliss Spa – Beauty Pie offers members premium



The Lorraine Loves collection at Bonmarché features figure-flattering styles and designs for all, available in sizes 10-28 online and in-store. To find out more visit bonmarche.co.uk

Collared Dash Print Shirt Dress, £30, bonmarche.co.uk

products at low prices, without the massive retail and marketing markup of other luxury beauty brands. "Last year, I went to the lab in Geneva and saw how they [Beauty Pie products] are made. I'm such a science nerd and it really appealed to me," she reveals. "To see the cost of producing luxury skincare and the cost if you cut out the middle man like Marcia does, how you can give customers amazing products at a fraction of the price. Surely that's what we all want – the best possible ingredients and the best possible stuff at a fair price? I know things are tough right now, I'm very aware of that, but I think it's really good to just treat yourself now and again if you can." You can read more about Marcia's ideas for better value beauty products on page 95.

"Marcia is amazing," Lorraine enthuses. "Rosie and I interviewed her for our *What If?* podcast and it was brilliant. Oprah Winfrey says she's one of the most interesting, influential and inspiring women she's ever met. If Oprah says that, you must be doing something right!"

Investing in a business isn't something Lorraine takes lightly. "It is something I've been asked to do before but I've never really wanted to. For me it's got to be a brand that I use myself, and I've been using Beauty Pie for a couple of years now. I wouldn't invest or talk about a product that I didn't feel works for me," she explains. "And I truly believe in the concept, I'm really proud to be part of something pioneering as well. It's the way forward. During the pandemic we were all shopping online and this is the ultimate way to shop online. To be part of a gang, and the stuff works, it really does."

SKINCARE SECRETS

If Lorraine's skin is anything to go by, sign me up. "For a lady of 62 it's not bad!" she laughs modestly – a huge understatement! And unlike so many other famous faces, Lorraine is not a fan of surgical



"I like to go outside for a nice dog walk every day. Fresh air is good for you physically and mentally"

enhancements: "I could never go down the road of plastic surgery or fillers or anything like that. I've covered so many stories over the years about things going wrong. You see people where you've just gone 'oh no, they were so beautiful, why have they done that to themselves?'. And it's getting younger and younger, girls having lip fillers and things put in their faces and I think, you don't need to do that! But you know, if it makes people feel better, that's absolutely up to them, but just do the research. For me, far better to buy a bloody good moisturiser for prevention and maintenance! And it's a lot cheaper than going under the knife."

So, what does Lorraine use on her skin to keep it in such great condition? "I've got a really good routine. I have slightly dry skin – going through the menopause can make your skin drier so you must pile on that moisturiser," she advises. "What I've learned through Beauty Pie as well is that you've got to use a daily moisturiser with an SPF in it to protect you from the sun, even in the Scottish winters."

Double cleansing is also a staple of Lorraine's routine. "I wear a lot of make-up on air so I need to really cleanse my skin," says Lorraine. "Rosie, who's got beautiful skin, got me into double cleansing; I'd be lying if I said I did it every single day but I do it enough!"

FEELING FIT

Lorraine takes a 360 approach to wellbeing and understands that looking good is about feeling good from the inside out, and doing things to support that as part of your regular routine. "I like to go outside for a nice dog walk every day. Fresh air is good for you physically and mentally, it makes you feel better," she says. "I also drink loads of water and have a balanced diet."

Does she like cooking? "No, my husband does it all. I am not allowed in the kitchen; I don't even know how to turn the oven on. I am hopeless!" she laughs. "I have got a few things I can make but he's so good at cooking. I'm very happy to tidy up. I'll clean up and I'll be sous chef, you know, chop things up but he does most of it, and Rosie, she's a brilliant cook too."

Lorraine and her family seem wonderfully close-knit, and I think she's just as happy at home as she is in front of the cameras. "Rosie has been staying with us while her flat gets sorted out, which is lovely, not only because she's a great cook but also because we've got her wee dog Ruby, who we've sort of adopted," she tells me. "Ruby is so cute, she's like my grandchild! She is the sausage dog that's on *Gogglebox* with us. She's great, she also comes in when we record the *What If?* podcast and sits at our feet."

I mention the other canine companion in her life, who I've admired many a cute picture of on Lorraine's Instagram grid. "Yes I've got Angus the fabulous border terrier, who Ruby torments the life out of, but he

LORRAINE'S SKINCARE HEROES

Check out the star's current favourites from Beauty Pie...

Super Healthy Skin Hot Oil Double Cleansing Balm (typical price £45, or £15 with member's discount). "I use this to take off my TV make-up; it's great."



Über Youth Neck & Chest Super Lift Serum-Spray (typical price £75, or £17.50 with member's discount). "A doddle to use, spritz on to give your skin lots of moisture and added protection."



Triple Hyaluronic Acid Elastic Lifting Eye Serum (typical price £50, or £16 with member's discount) "This is really fantastic."



loves her. The two of them get on really well and he's going to miss her when she goes. So, I might have to get another wee doggy..." I can't wait for the pics!

Aside from daily dog walks, Lorraine also loves doing regular Zumba classes to keep fit. Her go-to is Maxicise (maxicise.tv) by Maxine Jones and the pair even released workout DVDs together in the past. "She is just a ball of energy, which is very inspiring," Lorraine says. "I do Maxine's classes online now. It's not the same as being with all the girls [at an in-person class] but it's the next best thing. You just feel better afterwards. You get to a certain age like me and you don't really dance anymore unless you're at a wedding."

Happily, a punishing fitness routine is not part of Lorraine's philosophy. "It's important to take exercise that you really like so it doesn't feel like a big chore – make sure you're having fun, whether it's walking the dog, doing a Zumba class, swimming, whatever you enjoy."

Again, she considers the bigger picture. "It's not just about feeling fit, you've got to feel mentally strong as well, and exercise really helps you mentally," she says.



Zebra Print Shirt, £16, bonmarche.co.uk

"It's important to think about your mental health as well. We are all doing this more now which is great. When I was a kid, nobody talked about that. We should try to check in on our loved ones more and say 'How are you?' and really mean it, and actually listen.

As someone who exudes positivity and happiness, I find it hard to imagine Lorraine feeling low. Does she ever suffer with down days or January blues? "Gosh yes of course!" is the answer. "To be honest, at the start of 2022 I had put on a stone and a half during the lockdowns and I was okay but I just didn't feel like myself. Especially when you get older, it's harder to lose weight. But it wasn't so much the weight, I just felt sluggish."

So what did she do? "I joined Weight Watchers. I'd lost weight before by going to Maxine's classes and eating sensibly but I just knew I had to do something different this time. By the summer, I'd lost a stone and a half with Weight Watchers, I did it gradually. I've been maintaining since then."

On reaching her weight-loss goal, it's much more about how she feels rather than looks. "You do feel better. I don't mean that you feel better when you're thinner, for me it's not about how much space I take up in the world, it's about how I feel inside. It's about how you feel when you're healthier. It's about being healthier and happier."

For Lorraine, size doesn't matter. "Thankfully, I think we've all got away from the size zero nonsense, and obsessing over what size you are. It really doesn't

matter what size you are it's about being fit," she states. "I'm about a size 10 and that's where I feel my best. I've got friends who are a size 18 and that's where they feel good, or a size 6; everybody's different, it's just when you feel better about yourself."

SAVVY STYLE

Speaking of dress size, I compliment Lorraine on her great sense of style. Does this come naturally to her? "No not at all! That is my daughter who helps me and Bronagh who's our stylist on *Lorraine*, as well as Mark Hayes," she says humbly. "I rely on Rosie for what I wear off screen – she's really good at steering me in the right direction – she's like 'step away from the frumpy cardie, mum!'"

The star has grown in fashion confidence with age. "Be bright, be bold. I think as you get older you just think 'I'll wear what I want'. You don't care as much, so I enjoy that aspect. I suppose I got into fashion quite late, I was 50 before I was bothered about it. Before that it wasn't something I was really interested in."

Lorraine is definitely making up for it now, and it shows. She's recently worked with Bonmarché for the Lorraine Loves Collection (check it out at bonmarche.co.uk). "Again, I only work with brands that I use myself. What I love about them is that they're really affordable clothes that anybody can wear. I've got trousers from Bonmarché that are so comfy, I live in them. My mum's got the same pair and Rosie's got them too, it's brilliant. Clothes that fit you really well, are really flattering plus they're such good value."

LOOKING AHEAD

Having accomplished so much in life, I wonder if Lorraine is a fan of goal setting and New Year's resolutions. "January is a good time to have a fresh start but don't put tons of pressure on yourself. Do whatever works for you," she offers. "The last thing you should do in January is think, right, I'm going to run 10 miles every day if you're not used to running, because you just won't sustain it, then you feel like a failure and you go back and eat comfort food. We've all been there in that horrible cycle. So just take it easy and have small goals that are doable, even if it's just going for a walk for 20 minutes."

"When you get to my age, I just want to be fit; I want to still be able to do everything that I want to do," she continues. "My husband and I just got back from a camping holiday in Namibia; we're going to Antarctica in 2023 – and you've got to be fit to do these things. I don't want to not be fit and well and healthy and happy and all of that."

Looking back, I wonder what Lorraine would say to her younger self. "When I was a teenager, I was very self-conscious and quite shy; quite nerdy," she reveals. "I used to worry about my bum or belly being too big, but I looked fine! I'd love to tell my younger self, you look good, you've got nothing to be worried about and don't be so shy! Just get out there and enjoy yourself and don't let things hold you back." Sage advice for us all at any age I think, coming from a remarkable woman who seems to be absolutely nailing it when it comes to all-round wellbeing. **HOW**

Lorraine Kelly is an investor in beauty buyers club Beauty Pie. Visit beautypie.com to find out more.



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This month WE PRESCRIBE...

Just a few of the little things that are bringing us joy

1 Sitting by a real fire

You've been for a blustery walk, your nose is red, your eyes are watery and your hands are a tingly. What better place to warm up than in front of a cosy, crackling fire? Dancing flames can quickly take you to a more relaxed, trance-like place, which is thought to help reduce blood pressure, as well as a host of other health benefits associated with generally being zen. Just add hot chocolate.



Hygge here we come!

2 Tuning into your senses

Everything we see, hear, touch, taste and smell has the ability to transport us to a different time and place. We love the Miller Harris Mandarin Candle, £50, for its knack for transporting us away from the rain-soaked streets to a sun-soaked Italian garden, with a joyful mix of Sicilian green mandarin, grapefruit and lemon with fresh marjoram, geranium and a base of cedar, moss and sweet musk. Made using natural wax, it's a gorgeous blend of soy and rapeseed that's been developed to be sustainable and give the perfect burn and scent throw, millerharris.com

Pure escapism



3 Getting creative

Who doesn't love a box-set? But if you feel like you've watched one-too-many episodes of *The Crown*, a simple way to bring more joy to your time indoors is to craft. Notjustashop.arts.ac.uk has a selection of craft kits to suit every whim, from candle-making and keyrings, to making your own leather wallet. The joyful side-effect is mindfulness. Hunker down and warm up those hands!



Get crafty

4 Keeping your feet cosy

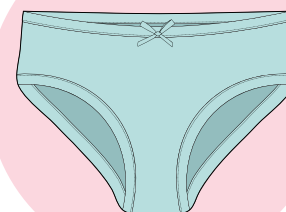
When slipping into your pjs don't forget your feet need some joy, too. Padding around barefoot can cause the rest of you to get chilly, fast. However, encasing your tootsies in some fluffy slippers can quickly rectify the situation. Blood vessels are more dilated in warm feet, which means the blood can flow more freely, distributing that happy glow of warmth around your whole body. Onaie's sheepskin slippers are hand-crafted from genuine leather and sheepskin off-cuts, making each pair one of a kind. What could be more joyful than that? Onaie.com

Joyful feet



5 Wearing comfortable pants

Whilst it's sassy to sashay around in a skimpy thong under your 'out-out' outfit, we're embracing something altogether cosier. With a little help from Modi-bodi we've rediscovered the pure joy of generous pants. Check out their Classic Full Brief Everyday Bundle with moisture wicking technology. Perfect for working out, warm weather or simply lounging. They're made from super-soft and comfy bamboo with a magical moisture-wicking Merino wool lining, £62 for a pack of five, modibodi.co.uk



Comfy knickers

Andrea McLean

“Quitting isn’t for losers”

It’s the time for New Year’s resolutions, and this month our columnist tells us why considering what we want to drop is just as important as setting goals for what we want to do

This isn’t the kind of column you’d normally expect to see in January, the time of year when you can’t walk the length of your street without someone telling you to ‘Go Go Go!’ rather than ‘Stop!’ I get it. As regular readers of this column will know, I have mentioned before about why we place such importance on this date in the calendar for making huge changes to our life. As humans we like to have something to attach to this point of change for our fresh start, it is what is known as a ‘temporal landmark’, and we find the idea of ‘firsts’ very attractive. That’s why we often say we will start our health kick on Monday – the first day of next week, or next month, or the biggest temporal landmark of them all, the first day of a brand, shiny new year.

As a coach I also like the idea of setting goals and targets, because I know that they work, they are great motivators when it comes to taking action towards specific results. If nothing is planned, scheduled and executed then it simply remains a pipe dream, a ‘what if...’ or a ‘wouldn’t it be nice to...’ that never actually happens and we are confused as to why.

But this January, why not do things a little differently, and focus on what you can stop doing, rather than what you want to start? And by this I don’t mean just the obvious things like smoking or eating junk food for every meal. I mean quitting other things that on the outside may seem good for you, but are having the opposite effect on your wellbeing.

WHY LESS IS MORE

I recently interviewed an incredible woman called Jodie Cook, a successful entrepreneur who started and sold a multi-million-pound business in 10 years, has written 20 books and represents Great Britain competitive powerlifting. A busy woman! But meeting her, I was struck by how calm and peaceful she seemed, and I was curious, how could she manage to do all of these things and not have every hair standing on end with stress? Her answer was simple: STOP.

As someone who never has enough hours in the day to do the things I need to, has a to-do list that never ends, who every evening gets annoyed that it’s dinner time because I have nothing in the fridge, no idea what to cook and no time to eat it, the idea of stopping sounds like a heavenly utopia that exists for ‘other people’. I don’t mean to have such full days, but running my own business means I am like an all-hands-on-deck octopus doing as much as I can myself to get things done, whilst also trying to be a good wife, parent, daughter and friend.

Jodie explained that this is normal, that our tendency is to add, rather than subtract. We don’t want to let people down, so we say yes to things we could say no to, we keep going with things as we have always done them because we don’t have time to figure out ‘another way’. Her solution is called: ‘Stop, Start, Less, More’.

Draw a big cross in the centre of a piece of paper, and in each quarter write the headings: Stop, Start, Less, More. In each section, write down what you would like to stop doing, what you would like to start, what you’d like less of in your life and what you’d like more of. It’s ridiculously simple. To implement it, you must remove something in your life that is in the Less or Stop list, before you even think of starting anything else. Why? Because otherwise you are simply adding more things to your already over-crowded to-do list, which adds to your feeling overwhelm, and you are much more likely to give up. You need to make space.

NEW YEAR’S RESOLUTIONS

January marks the time in our life when we practice ‘out with the old and in with the new’, but how many of us hang on to old habits, behaviours, attitudes, hobbies, jobs, relationships that stop us from doing and being what we would really like to do or be? How much of our precious energy is spent on people or things we actually don’t like or want? Is it any wonder that we are all exhausted, and constantly looking for something to fix us?

THIS GIRL IS ON FIRE

I help midlife women feel great about themselves again – so they can do whatever they want. After two decades working in live television as a national broadcaster, I pivoted to follow my passion for helping women in midlife, through my business This Girl Is On Fire. What started four years ago as a passion project and a free blog is now a global platform dedicated to helping midlife women feel great about themselves again.

I understand that for women in midlife, finding what you need to help you feel good right now depends on your current challenges and what you're ready to commit to. Maybe a quick guide will do to start with, or a book (I've written four). Or you want to take a deeper dive and immerse yourself in a course, or commit to 90 days of group coaching with other women who want to feel great. You may simply want to start by joining a community of women on the same journey as you who want to support each other. I offer all these things globally through online courses, podcasts and live events. My private This Girl Is On Fire community can be accessed on our exclusive app, available on the App Store and Google Play. Or to find out more visit andreamclean.com



A new supplement, the latest super-food, the must-do fitness fad – all of these things are simply another thing that we add to our groaning list of things to take, have or do, when really what we need to do is stop.




Quitting isn't for losers. If this January you have given up with your latest resolution before the month is even out, it is probably not because you are weak willed, as the gremlin in your head is whispering to you. Perhaps you didn't put a plan together, or fully understand what your motivation was? Or most likely, you added yet another thing, without making space for it to be there.

Start by quitting the things that are already overwhelming you and wearing you out before adding more. It works, this is what I did:

- In 2019 I quit saying 'yes' when I wanted to say 'no'.
- In 2020 I quit my job.
- In 2021 I quit listening to rolling news or anything that made me feel bad about myself.
- In 2022 I quit doing what I thought I should and started doing what felt right to me.
- In 2023 I am going to quit thinking I need to do it all, and I will delegate. No more octopus arms trying to do every job!

What are you going to quit this year? **H&W**

Join Andrea's 90 Day Blaze LIVE Coaching Programme to help you set goals and stick to them in 2023. The deadline to join is 2nd January 2023. To find out more head to andreamclean.com/90-day-blaze

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When I read about Health Coaching, I had no idea what it was - but I went for it and loved it. HCA has taught me a systematic approach that has enabled me to guide people to dramatically improve their health & lifestyle and launch a successful practice too. I work with so many women and am coaching clients all over the globe now - I want everyone to experience and live this! I would highly recommend this course.

Vicky Barnard - "Health as a way of life"



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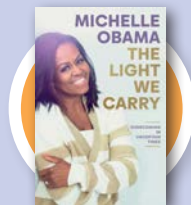
GOING COLD TURKEY

If you're considering giving up alcohol or taking a healthy break from weekend boozing this January, then getting in the right mindset is key. "When we say that we're 'giving up alcohol' it gives us a huge sense of FOMO (fear of missing out) because we really do feel that we're about to lose something," says Michaela Weaver, the alcohol coach (thealcoholcoach.com). "But really, there is nothing to give up! You are doing something hugely positive for your physical and mental health. To be happy and confident in a changing situation, it helps to have a clear vision for the future. Think about the longer term and the short-term benefits. Focusing on the future by imagining how healthy and motivated you will feel without alcohol getting in the way, how authentic you will be, and how much stronger your relationships will be with others, can put you in the right mindset."



See

Love watching winter sports? The 2022 Special Olympics World Winter Games runs from Saturday, 21 January 2023 to the 27th January 2023. Watch athletes tackle alpine skiing, cross-country skiing, figure skating and floor hockey for the seven-day-long event.



Read

To tie in with National Storytelling Week (28th Jan to 5th Feb 2023), why not re-read your favourite book, or swap books with friends, to celebrate the tradition of storytelling? Our top pick is Michelle Obama's new book, *The Light We Carry* (£25, Viking), which has fresh stories from her life and reflections on change.



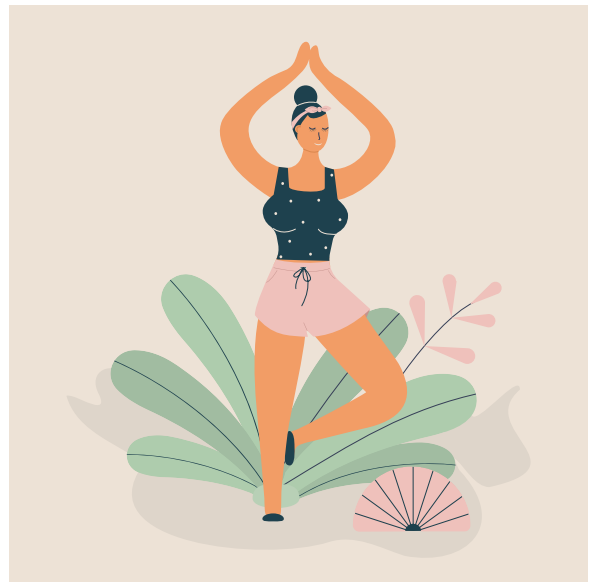
Do

Research published in the *British Journal of Sports Medicine* reveals that regular yoga sessions can help improve the symptoms of depression – key to overcoming Seasonal Affective Disorder (SAD). It can also help you be more present by focusing on your breathwork and meditation, which can help us to manage feelings of anxiousness or stress.

H&W

WELLBEING TIP OF THE MONTH Consider natural HRT

"Red clover isoflavones are a natural alternative to HRT," says Andrew Petrou, training manager for PharmaCare Europe, dietary counsellor and osteopath. "They attach to beta estrogen receptors, found mainly in heart and bone tissue, so any breast or endometrial tissue stimulation is negligible. What's more, they contain all four isoflavones, which makes them different from regular soy isoflavones, which contain only two."



BODY IMAGE BATTLES

Many of us suffer from self-esteem issues related to the way we look, so, to help the nation, Been There, a new app-based charity, has set out to provide a pioneering support system connecting people battling body issues with mentors. The app offers free one-to-one mentoring

support, via an app, from a real person who has experienced similar problems. Mentors are both vetted and trained to help support you, with the aim of empowering and building confidence to help those feel secure in the way they look. Find out more at beenthereapp.com



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back the wheel

WORDS | *Liz Frost*



Have you ever become fixated on one particular problem or thought, so much so that it's as if your brain is stuck in a loop or a spiral? It happened to me once on a trip to London early in my career. On the train there, I became increasingly pre-occupied with the fact that my clothing wasn't suitable for the weather. I'd had a busy, stressful morning getting ready for an important interview, and I couldn't get it out of my head: I'd made an error in judgement, I was going to be too hot, I might even start to smell. I wouldn't feel nice, I wasn't going to have a good day. Emerging into the blazing sun in London, I began to sweat and I could think of nothing else. My choice was simple enough: to head to the nearest store and spend money on something new, or tough it out and be uncomfortable for the day ahead. But my brain got stuck in a loop (I forgot to shave my legs, if I change, does that mean buying a razor and finding somewhere to shave, too? What if I spend money on something new and then the weather turns?/What if I feel just as uncomfortable in something else?/Am I just being self-indulgent?). It wasn't exactly a life-or-death situation and I was mortified to have succumbed to such anxiety over something so trivial, but at the same time, I had entered a very real state of anxiety and was stuck in a mental limbo, unable to move forward or back.

Ordinarily, our brains love to solve problems and fix things. They're great at taking in information, learning new skills, decision-making... but sometimes, can they just get stuck? "In mindfulness we call brain loops rumination," says mindfulness expert Neil Seligman (theconsciousprofessional.com). "As the word suggests, it is about attempting to digest information by processing it over and over again. Although that might sound similar to contemplation, it is most often accompanied by worry, negativity, and sometimes a lack of self-compassion. Here we now have the recipe for a full brain loop and we find ourselves going nowhere, except in circles!"

BRAIN DRAIN

The problem with brain looping rumination is that it feeds anxiety and is extremely draining. On the other side of my brain loop, in a new, breezier outfit, I felt relieved it was 'over' but also exhausted and depleted, not from my

initial wrong choice of wardrobe, but from the excruciating spiral-shaped route my brain had taken to get there. Of course, my spiral had more to do with nerves about my imminent interview than my clothes, but our brains can be funny like that, choosing to obsess over things we can control in the absence of control over the real root of the worry. "If we give ourselves over to it, we are unlikely to solve our problems. Instead, we are teaching our brains to become even more impressive worriers by grooving and re-grooving the related neural pathways," says Neil. "Remember – neuroscience teaches us that the brain is plastic, meaning it can develop with you through your lifetime based on how you use it. It also warns that dominant mental states like worry, over time can become neural traits."

Brain loops or, as consultant psychologist and co-founder of The Chelsea Psychology Clinic (thechelsea-psychologyclinic.com) Eleanor Touroni refers to them 'Thinking traps', can also prevent us from seeing the bigger picture, which can lead us to make unhealthy (or unhelpful) decisions in life. Because we believe something to be true, we end up behaving as if it is true. And so it can end up becoming a self-fulfilling prophecy. "Thinking traps are patterns of thought – usually with a negative swing – which distort the way in which we see ourselves and the world more generally," she says.

So, how can we recognise a brain loop has started? "The best thing you can do is to start developing awareness around your thoughts," says Eleanor. "Start by keeping a mood diary. What kinds of stories do you tell yourself? Are there any recurring themes that come up in your worries? What happened right before the thoughts came up?"

Mindfulness can be helpful in this process as it helps us become more aware of our thoughts and how we can become entangled in them in ways that aren't necessarily helpful.

As Neil suggests: "If you notice yourself becoming preoccupied with a repetitive thought, a replay of a conversation or event, or seem to be obsessing over something without making any progress, try and bring awareness to your rumination by asking: am I falling into a brain loop here?" Read on for expert tips on how to break the cycle and get back in the driver's seat again.

JUST STOP

"If you find yourself starting a brain loop, I recommend trying a short mindfulness practice called STOP, which helps you regain clarity and calm before deciding your next move," says Neil.

1) Stop and pause. Ground yourself for a moment. Feel gravity pushing you into your seat or stance.

2) Take a series of conscious breaths feeling the physical sensations of the breath in the body and bring both palms together holding your hands in a gentle clasp. Feel the warmth and energy of your aliveness.

3) Open – widen the focus of your awareness by observing non-judgmentally what is happening internally and externally. Is there a new opportunity presenting itself?

4) Proceed

BE A FRIEND TO YOURSELF

"Most of us talk to ourselves in a way we'd never dream of speaking to a friend," says Eleanor. "Try rooting for yourself in the same way you would do a friend. Instead of berating yourself, try saying things like, 'I know it's hard, but you've got this' or 'I believe in you'."

WRITE IT DOWN

"Pause the loop, reflect and journal freely on these questions," suggests Neil: What is most important to me in this situation? What emotions are present right now? What is in my control? What are three practical things I could do right now that would help me feel safe?

ACTIVELY QUESTION YOUR THOUGHTS

"Play devil's advocate with yourself," says Eleanor. "Remind yourself that thoughts aren't facts. Ask yourself, 'Is this thought I'm having a fact or is it an opinion?' Not all thoughts need to be taken seriously."

MEDITATE

There is an abundance of good meditation material online. "When a brain loop shows up – if it feels like a trap – make the powerful choice to press pause on the worry and head into one of your favourite meditations," Neil suggests. "I always find Jack Kornfield full of wisdom and care. Try Jack Kornfield's guided meditation, A Steady Heart for free on insighttimer.com



SET YOURSELF 'WORRY TIME'

It might sound counterintuitive, but many people find that scheduling worry time gives them a sense of control over their worries. "Schedule your worry time for the same time each day – around 20 minutes or so – and make sure it's not too close to bedtime," says Eleanor. "When worries come up either side of that, tell yourself you'll come back to them at your allotted time."

COMMIT A RANDOM ACT OF KINDNESS

There is surely no better way to avert a pattern of worry and repetition than by committing a random act of kindness. "Get your colleague their favourite treat," says Neil. "Gift a meaningful book to a friend. Call a teacher and thank them for their wisdom. Guaranteed to shift your focus and bring you back to centre."

REFRAME YOUR WORRY

For example, instead of thinking, 'what's the worst-case scenario?', ask yourself, 'what's the best that could happen?' suggests Eleanor.

WATCH OUT FOR THE SECONDARY ARROWS

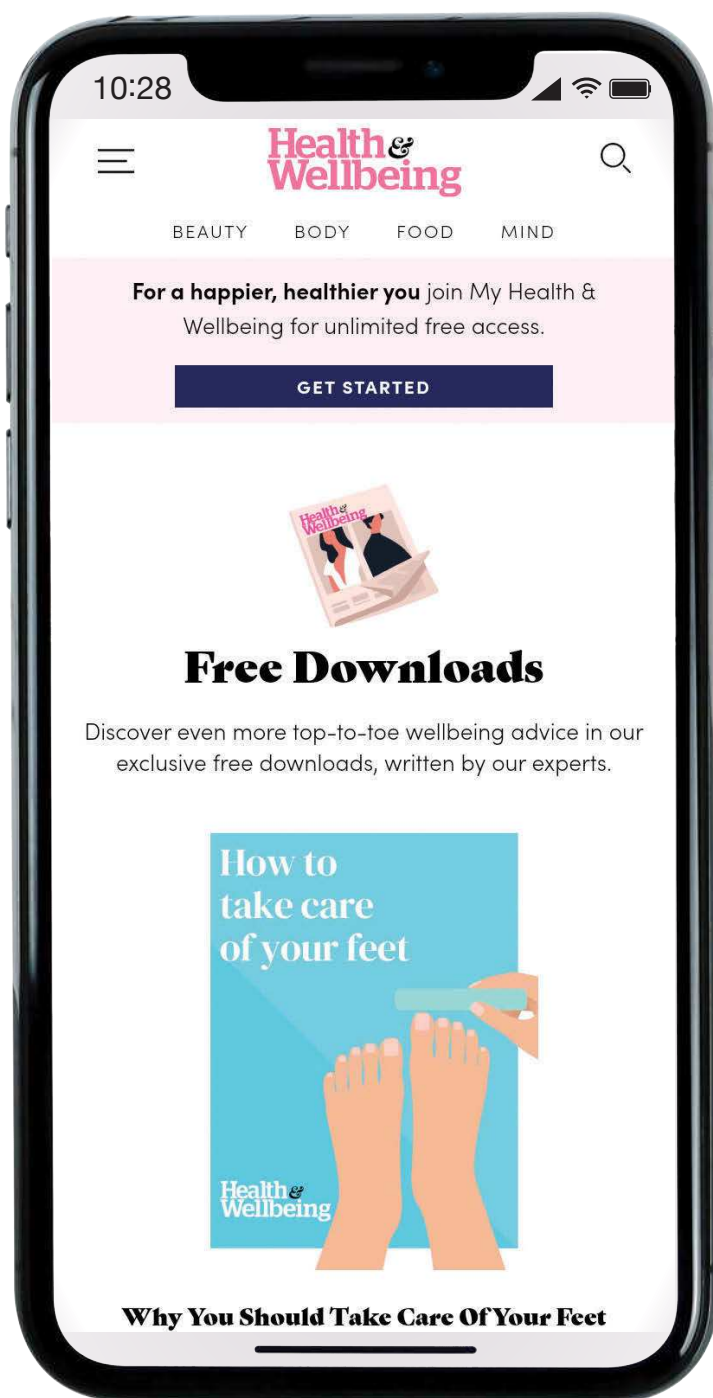
"One of the most useful lessons from mindfulness is that of the primary and secondary arrows," says Neil. "Let's imagine Alex lost her job. The primary arrow is losing the job. The primary arrow is a fact. It happened and has consequences in the real world. The secondary arrows are thoughts like these: I won't be able to pay the mortgage; I'm going to starve; I'm going to end up homeless. Through mindfulness we learn to differentiate between the primary arrows and the secondary ones – between what is real and what is imagined. We learn to work with the facts and navigate towards rational planning and responsiveness rather than anxiety, and imagined catastrophe. In simple terms mindfulness can help us stay grounded in reality and productive through our challenges." **H&W**

"If we give ourselves over to it, we are unlikely to solve our problems. Instead, we are teaching our brains to become even more impressive worriers by grooving and re-grooving the related neural pathways"

- NEIL SELIGMAN

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Amanda Byram

Healthy Quitting

If you need a helping hand to kick the habit, our wellness guru has compassion and advice in spades

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A recent study has concluded that many Brits are turning to unhealthy habits in response to the rising cost of living; in fact, nearly half of all smokers in the UK admit to smoking more cigarettes since the start of the cost-of-living crisis. Despite the well-documented health complications caused by smoking, roughly one in five 25–34-year-olds in the UK still regularly smoke, with half of those trying to quit.

I often spare a thought for the smokers I spot at this time of year as they huddle together outside office blocks, restaurants and pubs, reminding me of the emperor penguins who cluster together in sub-zero conditions hoping to find some semblance of warmth amidst an Antarctic winter.

I myself used to be a smoker, so I feel their pain, not only because of the cold but also because I know what it feels like to experience the mental itch that has to be scratched. It's an all-encompassing, highly invasive compulsion that begins as a whisper, then gets louder and louder demanding to be heard above all else. Only when you relent and light up does the voice quiet again... for a little while at least. I know the struggle so here are a few tips that might help if you're looking to quit.

Firstly, all goal setting requires a few ground rules. You'll need to plan out your destination and then follow the route, just as you would if you were putting a postcode into your GPS. Without the destination in sight, you'll never get there, and without following the plan you'll get lost and most likely end up where you started.

Time frame:

Try quitting for 21 days. It has been proven that three weeks is the right time frame to break addictive patterns. If you have a number in your mind's eye, versus 'forever', it is much easier to work towards.

Stress:

Is stress your trigger? Just like anxious eating or nail biting, we all gravitate towards unconscious habits that help relieve tension. If smoking is a stress reliever, try to replace it with something that will really relieve stress, long-term. Try a walk-in nature or five minutes of long, deep breathing.

Make a fund:

Cigarettes cost anywhere from between £10–£15 for a pack of 20, so if not for the health of your body, then quit for the health of your bank balance! Joking aside, when it comes to quitting, the high price of cigarettes is actually a positive because that money could be used for something more pleasurable and the high price means it'll soon add up. When I finally quit, I created a cash fund which I deposited into anytime I felt the urge to buy a box of cigs, and before long, I'd saved £500 which I spent on a spa weekend complete with facials, massages and manicures. Bliss.

Exercise:

Quitting smoking will also have your lungs rejoicing. You will be able to reclaim your body's wellbeing and even though you may not realise your breathing will become deeper and in turn your energy levels will increase. This means more time and energy to go and get some exercise, further helping you to achieve your all-around health goals.

Accountability:

Unplanned promises made on a whim are as easy to break as they are to make. So being held accountable is crucial for the discipline to continue. The easiest way to find accountability is to select a friend, loved one or even a professional to whom you declare your intention and who will then act as a walking, talking conscience. It might even inspire them to join in and then you can benefit from the bonus of having a companion to inspire you when you feel like giving in. **H&W**

“Without the destination in sight, you'll never get there, and without following the plan you'll get lost”

For more, read this
THE SWITCH



For more tips on how to use NLP and switch your everyday language for better mental health, check out Amanda's book *The Switch*, available to order now on

amazon.com or signed copies from her website, amandabyram.com

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January is a tricky month for the bank balance at the best of times, and this year folks are feeling it more than ever. We believe that taking care of your health and fitness doesn't have to cost a fortune, that's why this month's special is dedicated to just that. On page 41 you'll find fakeaway recipe ideas that save both money and calories; while on page 37 there is a range of wellness tips that don't cost a thing. Want gym-free training advice? Check out page 44 for alternatives to boost your fitness at a fraction of the cost. Plus, there are budget travel ideas to book (or at least offer a healthy dose of escapism) on page 46. Wishing you a happy, healthy new year!



LIVE WELL For less



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Get fit FOR LESS

Looking to tighten your belt? Here are 10 wellness tips that won't cost you a penny

Take a dip

Lots of celebrities swear by it, a guy called Wim Hoff is famous for it, there's plenty of free opportunity for it at this time of year – what are we on about? Cold water immersion, of course! Taking a dip in cool water is said to reduce inflammation and improve your body's natural recovery process and even boost your mood. But before diving right in you need to build up your tolerance first, beginning with cold blasts in the shower. Visit wimhofmethod.com for details.

1

2 Tap in

Want a (non-surgical) way to boost your complexion that doesn't involve shelling out for expensive beauty products? Tapping therapy is a brilliant technique that can make a real difference to how you look and feel, and you can DIY. "The use of tapping increases oxygenated blood flow to the face creating face and lip plumping, skin radiance and improved circulation to the face, neck and décolletage," says qualified tapping specialist Poppy Delbridge. "It increases collagen production, improving skin firmness and tightness and overall skin quality. It also promotes lymph drainage, helping to eliminate damage from free radicals and support more restful sleep." Follow Poppy on Instagram @poppydelbridge to find out more about the techniques.

LIVE WELL For Less

3

Walk regularly

Okay, we might be biased here at *H&W* because we love walking anyway, but that's because it's so good for you both mentally and physically, it's easy, and you guessed it... free. All you need is a decent pair of trainers, some warm clothes depending on what the weather is doing, and off you go. Step towards a fitter, healthier, happier you, without spending any money. In fact, it might even save you some £s if you walk instead of driving or using public transport to get from A to B.



6

Drink more water

It's an oldie but a goody... and a freebie: guzzling two litres of water every day is a no-brainer. It can help with weight loss, fight fatigue, aid digestion, support skin, prevent headaches and can even improve your sleep.

5

Slow down

We're all so busy these days that we rarely make time to pause and just be, but this can be an effective way to deactivate stress.

"Slowing down brings with it a clearer mind," says Cat Meffan, leading yogi and founder of the Soul Sanctuary (mysoulsanctuary.co).

"One of the simplest, but most powerful tips to get started is to set a reminder to pause on your phone or watch every 1-3 hours. Sometimes all we need is two minutes to take some deep breaths, close the eyes, check in with our emotions and we can then move forwards with a slightly more peaceful feeling in our bones."



4

Get an early night

Probably the most important thing you can do for your overall health and wellbeing

is get enough good quality sleep, which of course costs nothing. Yes, for some of us that's easier said than done, but most of us will quickly feel big gains from making little routine tweaks to support sound snoozing. Simply going to bed early, having a wind down routine, not staring at our phones all evening and drinking less alcohol and caffeine can make all the difference.



Plan your meals

7

We all know that food bills are rising, but with some careful organisation and planning we can avoid overspending when we don't have to. "Before shopping, make a meal plan for the week ahead and check which ingredients you already have in the cupboards," suggests nutritionist and author Rhiannon Lambert (rhitrition.com). "Not only will this be kinder to your purse it will save you time in the shops and in the kitchen too." A stitch in time saves nine as they say.

"BEFORE SHOPPING, MAKE A MEAL PLAN FOR THE WEEK AHEAD AND CHECK WHICH INGREDIENTS YOU ALREADY HAVE"



9

Get strong

Let's not ignore the muscles we can't see

as part of our fitness routines. Pelvic floor exercises are simple and cost nothing. "It's easy to strengthen your pelvic floor, prepare for a healthy pregnancy, recover vaginal tightness after childbirth, improve bladder control and enhance sensations during intimacy," says Dr. Paraskevi Dimitriadi, cosmetic gynaecologist (centreforsurgery.com). "Follow these steps: Squeeze the muscles that you use to stop your urine flow. Make sure to focus only on your pelvic floor muscles. Hold for at least four seconds. Slowly exhale through your mouth and gradually release the hold." Easy enough to do while the kettle boils!



10

Meditate

Meditation is a game-changer when it comes to mental wellbeing, and it needn't be complicated or expensive to do. Styles vary, but giving yourself a few minutes to zone in and deepen your breathing can be enough to calm your mind. "With meditation you can become more connected to the present moment and less distracted by worries and overthinking," says Derek Aidoo, meditation coach for audio-led fitness app WithU (withutraining.com). "Just a short exercise of meditation can be of benefit, and it's the ongoing practice that leads to long-term gains." Try Derek's guided Daily Living Meditation sessions on the app, designed to be integrated into your day, such as hanging laundry, or being on the underground, and are all four to 10 minutes long. The app is free to download and a range of sessions are available for free.

Try habit stacking

8

Making New Year's resolutions is free, but how effective are they really? Especially if each goal is vague, such as 'get fitter' – it doesn't specify how, or help with motivation. Far better to try a technique known as habit stacking, which involves putting a new habit together with an existing one. For example, while waiting for the kettle to boil for your morning cuppa, you perform squats or stretches. Before long, your daily squats become part of your morning routine.

LIVE WELL Far less

IS EXERCISE THE KEY TO LOSING WEIGHT?

Nutracheck's nutrition and fitness expert Emma White answers your questions around exercise and weight loss



People often ask me how important it is to exercise if you want to lose weight. I'm always aware that some people can't do much physical activity due to personal limitations, while others simply don't have a good relationship with exercise. It's often these types of people who are worried that their lack of regular exercise could hold them back. I'm here to answer some of your common questions around the role exercise plays in weight loss success to help you achieve your goals.

CAN YOU LOSE WEIGHT WITHOUT EXERCISING?

Weight loss is all about creating a calorie deficit; this can be achieved through diet, exercise, or a combination of the two. So it is possible to lose weight without doing lots of exercise, as you can create a calorie deficit by eating fewer calories.

That said, regular exercise is a great way to boost weight loss as well as to improve health. Exercise plays a key role in weight maintenance, as it helps to boost and maintain your metabolism in the long term. While there's no denying that exercise is beneficial for overall health, it's estimated



that weight loss success is around 70-80 percent diet and 20-30 percent exercise – so diet does indeed play the biggest role. If you're unable to exercise, you should still be able to achieve your weight loss goal through diet alone. But if you can exercise, it certainly has its added benefits.

WHAT IS THE BEST EXERCISE TO HELP YOU LOSE WEIGHT?

The best exercise for weight loss is one you enjoy and will keep doing regularly. It sounds simple, but all types of exercise have their benefits, from burning additional calories to building muscle mass. There are so many ways we can move our bodies that you don't have to force yourself to do something you get absolutely no pleasure from. If you like to run, great. But if you prefer to dance, that's also a fantastic aerobic activity.

Variety is also great for gaining the most fitness benefit as some activities such as walking and cycling boost our cardiovascular fitness, while others such as lifting weights or climbing build muscle and strength. The key is to be as active as you can, and try to progress the level of difficulty you do over time.

CAN YOU SHIFT FAT FROM SPECIFIC PARTS OF YOUR BODY?

Many people wish they could exercise to shift fat in a specific body area, but sadly that's not possible. We lose excess body fat when we create a calorie deficit, but which fat stores our body uses up first is not something we can control.

Research shows that targeting specific body areas through exercise does not lead to extra fat loss from that area specifically. However, targeted exercises can help to build up muscles, which may help to improve the appearance of certain areas.

Ultimately, if you have excess fat stores you would like to lose, the only way to do this is by creating a calorie deficit through diet and exercise.



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Takeaway FAVOURITES

Full of flavour, these quick and easy takeaway dupes from author and cookery writer Becky Excell save from splurging both excess £££s and cals. Plus, they're all gluten-free!

WHY CORNFLAKES?

Well, as corn is a hard grain, it makes the coating super-crunchy when fried – even more so than if you used batter or breadcrumbs!

4-INGREDIENT CORNFLAKE CRUSTED COD GOUJONS 🌱

SERVES 2-3

READY IN 20 MINS

GF

DF

• 5 tbsp cornflour (cornstarch) • 1 tsp salt • ½ tsp white or black pepper • 2 medium eggs • 140g (5oz) gluten-free cornflakes • 2 skinless cod fillets (not too chunky) or use a block of halloumi instead to make it vegetarian • Vegetable oil, for frying

1 Mix the cornflour, salt and pepper together well and spread out on a large dinner plate. Beat the eggs in a medium bowl. Tip the cornflakes into a large bowl, then use both hands to crush them for 30 seconds; ensure there are no whole cornflakes left or they won't stick to the fish!

2 Slice the cod fillets into strips that are 2.5cm wide and 10cm long. Dredge half of the fish in the cornflour until evenly dusted on all sides, then dip

them into the egg until well coated. Finally, dredge in the cornflakes, gently compacting the cornflakes onto the fish.

3 Pour oil into a large frying pan to a 5mm depth. Place over a medium heat for five minutes, or until it is cooked through. Line a large plate with kitchen paper, ready for later.

4 Once the oil is hot, carefully lower all the coated fish strips into the oil using a pair of tongs – they should sizzle nicely. Cook for 5-6 minutes, turning halfway – the coating should be golden brown. While they are cooking, coat the remaining fish strips, ready to fry. Remove the fried goujons using a slotted spoon and place on the plate lined with kitchen paper to absorb excess oil. Repeat the frying process for the rest of your goujons.

5 Serve with chips, tartare sauce and mushy peas, or chop into chunks and serve in gluten-free crunchy tacos with smashed avocado, sweetcorn and chilli jam.

LIVEWELL For Less

SPEEDY SUPPER

This is my go-to recipe when I need a quick dinner and, dare I say it: it tastes better than the one I remember ordering from my local Chinese takeaway. Think chunky egg, peas, spring onion and prawns or chicken, topped with a spicy sweet chilli sauce. It tastes too good to have been made in 10 minutes.



KING PRAWN OR CHICKEN FOO YUNG ☺

SERVES 2

READY IN 10 MINS

GF

- 3 tbsp garlic-infused oil • 100g chicken breast fillet, thinly sliced, or cooked king prawns
- 3 tbsp frozen peas • Sweet chilli sauce, to serve

For the egg mixture:

- 5 large eggs • 1 tbsp gluten-free soy sauce
- 1 tbsp sesame oil • 1 tsp sugar • ¼ tsp salt
- 2 tsp water • Handful of spring onion greens, sliced

- 1 Crack the eggs into a medium mixing bowl, then add the soy sauce, sesame oil, sugar, salt, water and chopped spring onion greens. Mix until smooth and combined.
- 2 Place a large wok over a high heat and add the garlic-infused oil. If using chicken, once the oil is hot, add the chicken and stir-fry until cooked through, followed by the frozen peas. Briefly fry until the peas are bright and green. If using cooked prawns, add the peas and prawns at the same time and stir-fry for 30 seconds.
- 3 Pour in the egg mixture and immediately stir so that the peas and prawns/chicken are evenly dispersed.

TOP TIP

To make this vegetarian, replace the chicken or prawns with thinly sliced mushrooms and fry in the hot oil. This is a great recipe for using up any leftovers lurking in your fridge! Also, you can add whatever veg you like, just ensure you fry them at the beginning until slightly softened; red pepper and mushrooms work especially well here.

- 4 Gently stir occasionally to create a chunkier texture (or it will form a very flat, more omelette-like texture). After two minutes, use a spatula to break the omelette up into quarters, then flip and fry for a further minute.
- 5 To serve, drizzle a little sweet chilli sauce or gluten-free dark soy sauce on top.

MANCHESTER DHAL

SERVES 4

READY IN 2 HOURS

GF

VG

V

• 200g dried red lentils (If you can't find gluten-free dried lentils, use canned lentils instead – drain the can well and reduce the water quantity in the recipe by half) • 2 small sweet potatoes (about 400g), peeled and chopped into 1cm cubes • 1 onion, finely diced, or 60g leek, finely chopped • 2 tbsp garlic-infused oil • 1 x 400g can chopped tomatoes • 1 tbsp minced ginger paste • 1 tsp minced chilli paste • 2 tsp ground cumin • 1 tsp ground coriander • ½ tsp garam masala • 1 tsp salt • ¼ tsp black pepper • 1 gluten-free vegetable stock cube, crumbled • 40g creamed coconut block (optional) • 700ml boiling water • Handful of fresh coriander, roughly chopped, to serve

To cook in the oven:

Preheat your oven to 140C/325F/Gas 3. Place all the ingredients except the fresh coriander in a large, lidded casserole dish, pop the lid on and place in the oven for around two hours until thick and creamy.

To cook in a slow cooker:

Place all the ingredients except the water and fresh coriander in the slow cooker. Mix thoroughly so everything is well dispersed (ignoring that the coconut, if using, is still a solid block), then add the water. Stir briefly and use a wooden spoon to gently compact everything down below the water as much as possible. Pop the lid on and cook on low for around four hours, or high for two hours. For the last 10-20 minutes, cook with the lid removed to allow it to thicken up to your liking.

To cook in a pressure cooker:

Place all the ingredients except the fresh coriander in the pressure cooker, pop the lid on and cook for 20-25 minutes. Use the quick-release function to release the pressure and, with the lid open, set to a sauté setting and cook for a further 5-10 minutes to allow it to thicken up to your liking.

Serve topped with fresh coriander, alongside rice and/or my speedy naan.

TOP TIP

This dhal recipe is super versatile and can be made in either the oven, slow cooker or pressure cooker. You can adjust the spices according to your taste.

WHY THE NAME?

I realise that Manchester isn't a city that's famous for its dhal. However, it is the place where I first tried it years ago. Since I moved away from Manchester, I've created my own version to satisfy my cravings – it is thick and creamy, mildly spicy and packed with a warming, cosy blend of spices.



SPEEDY NAAN

MAKES 4

READY IN 20 MINS

GF

V

• 250g gluten-free self-raising flour, plus extra for dusting • 260g Greek yoghurt (or any thick, natural yoghurt) • 2 tsp nigella seeds • Pinch of salt

Mix all the ingredients together in a large mixing bowl, then use your hands to bring it together into a slightly sticky ball. On a well-floured surface, knead the dough briefly until smooth, combined and no longer sticky. Divide the dough into four equal pieces and use a lightly floured rolling pin to roll out each dough portion to a 3mm thickness, aiming for an oval shape.

Place a large frying pan over a high heat. Once very hot, carefully transfer a naan bread to the dry frying pan, using a cake lifter or a pizza peel. Cook for two minutes, or until nicely browned underneath, then flip and cook for one minute. After flipping, press down firmly on the naan using a spatula – this encourages the naan to puff up a little. Repeat with the remaining dough.

For more, read this



Recipes from *QUICK + EASY GLUTEN FREE* by Becky Excell (Quadrille, £20) Photography © Hannah Hughes

LIVE WELL Far less

More bounce for YOUR BUCK

A period of personal austerity isn't the end for your fitness goals. In fact it could be the beginning of some beautiful new habits...

WORDS | *Anna Blewett*

Inching into the icy brine fizz that fringes the waves at my nearest beach, I like to remind myself of the £8.60 plus parking I'm saving by taking my swimming outside. With no lifeguards, no hot showers and no discreet changing cubicles, you could say this swimming option was all a bit 'no-frills'. A budget swim. Essentials range exercise. And yet researchers know – and so will you if you've tried it – that swimming with friends in open waters is an experience bursting with physiological and psychological benefits that a cube of chlorinated H2O can't possibly deliver. So, as gyms and leisure centres lower their thermostats and raise their prices, it could be time to see what else is out there for exercise adventurers on a tight budget.

DITCHING MEMBERSHIP

Breaking up with your gym or class instructor can be tough, so think of the money. According to Government stats, Brits spend an average of £40 on gym subs each month (or much more if you're on a super-doooper diamond membership, no shaming here) so the savings can really add up. But handing back your wristband or deleting the doorcode to your local studio doesn't have to mean quiet quitting on your fitness goals. "Training at home can actually be more beneficial than the gym," says Dr Folusha Oluwjana, a GP and personal trainer with a penchant for the weights (@fitdocfolu). "I know from my own experience, and clients', that a one-hour gym session can be a two hour round trip once you add in travel, finding the equipment, waiting for equipment... Sourcing your own workouts can make it easier to stick to your routine as you're just stepping into your garage or in front of a screen. It can make motivation, especially in these dark months, more consistent."

As lockdown taught us all, there's a

galaxy of free content waiting online, with everything from swipe-through fitspo on Instagram (@kayla_itsines is a perennial source of good guidance) to chirpy seven-day challenges (hi, Joe Wicks!) and running programmes (Public Health England's Couch to 5K passed five million downloads last year). "I really like Yoga with Adriene," says London-based foodie tour guide Jen Earle (JenniferEarle.com), whose professional consumption of cake and chocolate leaves her craving movement.

"During the first lockdown I did most of the 30-day challenges while my daughter napped, and noticed the difference in tone and my general wellbeing." However she has noticed a pitfall; like many of us, Jen's burnt through the best free content and is now hungry for new workouts. "My husband uses Joe Wicks' free videos," she says, "but I just can't do the same workouts over and again. It gets really boring and demotivating."

PLAYING THE FIELD

You can widen your search for free workouts (have you tried Nuffield Health's 24/7 platform, Freeletics, or the free trial most platforms offer?) but if you want an edit that fits without the faff of shopping around, paid apps could be for you. For around the same monthly cost as your favourite streaming subscriptions you can get behind the paywall of some fitness behemoths that may have screened on demand to expand the classes offer in your old gym: Les Mills, Fiit, or Gymondo. And the good news is that training apps have evolved, no longer just bombarding you with workouts but creating blended models aiming to plug that gap your gym cancellation creates: a plan. "I'd say that's the most important thing when you're working out from home," says Folusha, "having a progressive plan over time. Don't just do random things at random times. To keep motivated and disciplined you need to set goals and keep working to reach them, whether that's speed or fitness or weight loss. Despite being a PT myself I still follow a programme, otherwise I'd lose focus and interest in my workouts."

And while setting appropriate goals can mean checking in with a PT like Folusha (you may find tactically-scheduled face-to-face sessions a cost-effective option) it can also mean tapping into the endless virtual PT

3 WAYS TO SAVE

Kit up

"My number one recommendation is invest in some basic home equipment," says Folusha. "Free weights – either dumbbells or barbells – are really versatile and will pay for themselves really quickly, then you have them for life." Scour Gumtree for secondhand weights and you can get even better value.

Exercise parks

"There are more outdoor gyms popping up with relatively decent weight-lifting equipment," Folusha tells us. "They can be restrictive – if you're experienced with weights your needs might surpass the resistance they offer – but they can be a great addition to the mix."

Get your group on

Research suggests joining a collective will hone your motivation and discipline. There are some great free options – from Mental Health Swims to Parkrun – manned with supportive and experienced fitness lovers from your own community.



LIVE WELL For Less

apps that use your data to build a responsive plan. You'll find dashboards charting your steps, sleep and water intake (WeGLOW, from £15.99 per month) or mobility assessments (Pliability, £12.13 per month).

Put off by the idea of a faceless fitness app? Another option is to join an online fitness members club that provides workouts as well as access to a community of like-minded people to help lift motivation and stave off boredom. Lisa's Living Club (lisalivingclub.com) is a great example of this; it offers live and on-demand classes and opportunities to make new fitness friends and meet up IRL in the form of classes, bootcamps and more, so you get the best of both worlds.

In fact fitness apps are making a landgrab for more of our lifestyle. Fed up with running alone? Try Fitify, the dating app that matches couples by their exercise preferences. Want precision bespoke plans? Step up BioSynergy's DNA app, which uses your biometric data to deliver personalised workouts. Of course you could opt for the free alternatives: make savvy use of the fitness trackers built into your phone, or do some free research to inform your own exercise trajectory.

NEGOTIATE LIKE A PRO

Love freebies? It's only right to pay experienced fitness professionals fairly for their time but if you (like Greta Thunberg and many besides) are starting to question the entire capitalist model you could explore the barter economy. "I'm often looking for volunteers to come for a free retreat in exchange for helping me with lighting candles, rolling out mats, or get out paddleboards," says Jenny Clark, who runs yoga, nature and paddleboarding retreats in the Lake District and Somerset (thewildtimes.co). "I know quite a few retreats do that: it can be a good way to attend if you're on a budget. A lot of yoga studios have what they call a 'calmer yogi' programme where you work one shift a week, or offer four or five hours helping out in return you get free yoga classes. It means you can get free access."

So there you have it. Prioritising your fitness doesn't have to be about the pounds and pennies you can spare each month. Some of the best things in life really are free. Now if that beach could just install some hairdryers... **How**

Change of DIRECTION

Escapism was high on the agenda in 2022, but as demand has increased, so have prices. After something more affordable? We've scoured the internet for the best getaways that won't break the bank

PASSPORT-FREE ESCAPE

For those wanting that 'going abroad' feeling while still being a short distance from home, the Isle of Wight is a little gem that has scores of free things to do, from exploring the more than 20 different beaches across the island, to a seasonal walk through the Needles headland. Quarr Abbey is also a great place to immerse yourself in peace and tranquillity. Once you've done a tour of the ground and its original 12th century monastery (tours are free but donations welcome), make a beeline for the coffee shop to try the soup of the day and a delicious cream tea. Kids will love the grounds' pigs that you can feed and there's also a woodland trail to explore in around 30 minutes. Go by [redfunnel.co.uk](https://www.redfunnel.co.uk) for a speedy ferry crossing and last-minute deals.



Image: Red Funnel

TAKE A SPA-CATION

Based in Huddersfield, Titanic Spa is the UK's first eco spa and is a great affordable option for those looking for a greener break. Powered by renewable energy, the spa also has its own original water source 100 metres below the spa, which supplied the building from when it was a working as an Edwardian textile mill. The Pennine streams also provide fresh drinking water and bathing water for its plunge pool, salt regulated swimming pool, showers and ice experience. As well as its eco-friendly credentials, Titanic Spa has an extensive list of relaxing treatments, as well as innovative and earthy facilities, such as the mud chamber and heat and ice experience. Plant-based foodies will be pleased to hear that the spa contains organic and fair-trade ingredients from locally sourced, in-season produce with a vegan head chef at the helm. Head to [titanicspa.com](https://www.titanicspa.com) for more details.



Image: Red Funnel





Image: Tolcarne Beach Village

WAKE UP TO THE WAVES

Picturesque views and a relaxed ambience, Newquay is the perfect spot for a weekend getaway. Set against a dramatic backdrop of cliffs, Tolcarne Beach is an ideal place with plenty of amenities. To experience the beauty of the bay, book yourself a beach hut which shows off the ever-changing views of the Atlantic Ocean. The family-run holiday spot is made up of a collection of quaint beach huts and global-inspired hotel rooms on the Newquay coast, and is open all-year-round. Its beach houses offer a front row seat to winter storm watching and stunning surrounds, each bursting with character and charm. Make sure to cash in throughout the month of January where Tolcarne Beach has a special storm watching deal with beach huts starting from £90 a night. Check out tolcarnebeach.co.uk

TAKE OFF TO TOULOUSE

Holidaymakers looking for an inspiring destination to spend a special weekend getaway need look no further than Toulouse. Known as the Pink City, Toulouse offers fantastic weather, plenty of cultural, sport and music events throughout the year, as well as some of the best French cuisine. For those looking for an educational break, head to Museum de Toulouse, which unveils the secrets of the living world and the relationships that link mankind and nature – it's also free on the first Sunday of every month. Where to stay? A new affordable Eklo hotel has recently opened its doors in the heart of the Cartoucherie district. Based on its ethos that everyone can travel, the hotel offers different amenities such as an all-you-can-eat buffet breakfast or family room deal with breakfast for just €83 per room per night. Find out more at toulouse-visit.com



Image: Titanic Spa



Image: Toulouse

LIVE WELL Far Less



Image: Home Farm Cottage

FAMILY FUN

Staying in Beaulieu, said to be one of the prettiest villages in the New Forest, you'll be surrounded by the National Park's famous ponies and donkeys who wander free. You'll see them mooching around the high street, country lanes and gastro pubs on a regular basis. Just outside the village is Home Farm Cottage that sleeps four, where you can enjoy bike rides and walks from your doorstep. There are also plenty of days out and all-year attractions such as the Beaulieu National Motor Museum, Palace and Abbey, Buckler's Hard and The New Forest Wildlife Park. For a change of scene, walk the one-and-a-half-mile pebble spit at Milford on Sea to Hurst Castle, King Henry VIII's coast fortress west for half an hour for the golden, sandy beach at Highcliffe Castle and go crabbing on Mudeford Quay at the entrance of Christchurch Harbour. Seven nights start at £573, newforestcottages.co.uk



Image: Home Farm Cottage

SKIERS' PARADISE

Good news: skiing doesn't have to be off the cards if you're trying to be more mindful of your budget. Situated between France and Spain, Andorra offers a great skiing destination, especially for families and beginners due to its small size. For a Sunday to Friday bargain, Hotel Austria by Pierre & Vacances sits right in the heart of the Pyrenees, spanning over 60 rooms with magnificent mountain views so you can recharge your batteries after a few hours on the slopes. To explore flights, transfers and accommodation, visit heidi.com to find the best deal for you. **H&W**

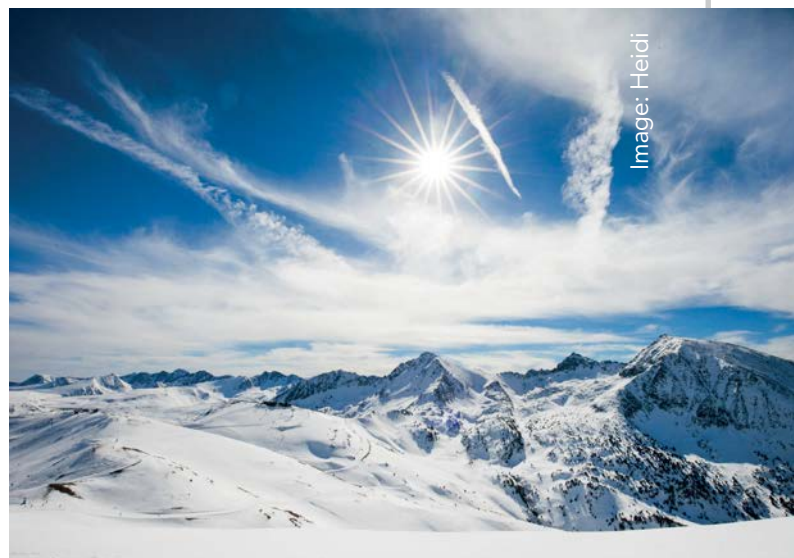


Image: Heidi



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No Artificial Sweeteners

Great for Baking
Only 2 Calories Per Serving
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GRANULATED 125 g

GRANULATED 125 g e

Splenda
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TASTES LIKE Sugar!
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EACH PAIL BY SWEETENING LIKE A TEASPOON OF SUGAR



MISSING THAT CHEWY TEXTURE OF MEAT?

KINGS' latest range has all the same benefits for active and on-the-go snackers as you'd find in its traditional jerky. Made from vegetable protein, Kings' veggie black bean flavour and vegan smoky bacon.




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EAT WELL

From delicious healthy recipes to the best nutritional advice, we guide you through what should – and shouldn't – be on your plate this month

THE PATH TO PLANT-BASED

Ella Mills, or Deliciously Ella as she's better known, believes a plant-based approach isn't all or nothing and rather, a diet of fresh, nutritious food, filled with fruit and veg to help you feel better. Here are three recipes to update your meat-free repertoire 



Coconut rice with steamed greens

"A one-pan wonder and a true weeknight saviour that always hits the spot after a long day. It's simple but flavoursome, relatively quick to make and of course, packed with veg."

SERVES 4

Ready in 30 minutes

V DF GF VG

1 tbsp coconut oil • 1 small onion, finely chopped • 2cm piece of ginger, grated • 2 garlic cloves, grated • 1 tbsp ground coriander • Small bunch of coriander, stalks finely chopped, leaves reserved for garnishing • 3 tbsp desiccated coconut • 200g basmati rice • 1 x 400g tin of coconut milk • 200ml hot vegetable stock • 200g green beans, halved • 200g mangetout or sugar snap peas, trimmed • 200g frozen peas • 200g frozen edamame beans • Sea salt and black pepper • 2 limes, halved, to serve • Dukkah, to serve

1 Heat the coconut oil in a 28-30cm lidded casserole over a medium heat.

2 Add the onion and fry for five minutes until it browns a little then add the ginger, garlic, ground coriander, coriander stalks and desiccated coconut. Fry for another two to three minutes.

3 Add the rice and coconut milk; rinse the tin out with the stock, then add that too. Season well with salt and pepper and stir briefly to bring everything together.

4 Bring to the boil then carefully lay the vegetables on top of the rice. Put the lid on, turn the heat down as low as it can go and let everything steam for 15 minutes.

5 Remove from the heat and set aside for five minutes. Serve the rice and greens with the lime halves. Sprinkle over the reserved coriander leaves and a generous helping of dukkah.



One-pan veggie and butter bean orzo

"A simple, midweek dinner that loads you up on veggies and plant protein. The coconut milk makes it deliciously creamy, and the leftovers make for a brilliant speedy lunch later in the week – reheat it gently over a low heat with a drizzle of olive oil."

SERVES 4

Ready in 30 minutes

V DF GF VG

1 tbsp olive oil • 1 white onion, diced • 1 small red onion, diced • 3 garlic cloves, crushed • 1 sweet pointed pepper, diced • 1 tsp smoked paprika • 1 x 400g tin of butter beans, drained and rinsed • 300g orzo • 400ml vegetable stock • 1 x 400ml tin of coconut milk • 100g frozen peas • 200g cherry tomatoes, quartered • 20g fresh basil, finely chopped • Juice of ½ lemon • Salt and pepper

1 Place a large saucepan on a medium heat and add the olive oil and a



generous sprinkling of salt. Once it's warm add the onions and cook for five minutes, until softened.

2 Add the garlic and pepper and cook for a further five minutes, until the pepper starts to soften.

3 Add the paprika and butter beans, cook for a minute or so before adding the orzo, stock and coconut milk. Bring to the boil, then turn the heat down to low, place the lid on the pan and simmer for 15 minutes stirring it every five minutes or so.

4 Add the peas and cherry tomatoes, stirring them through. Cook everything for a further five minutes, until the tomatoes soften and the peas are cooked. Then stir through the basil and lemon juice and season to taste.

Photography: Clare Winfield/Sophia Spring

TIP FOR TINIES:

Cut the butter beans in half for very little ones.



TOP TIP

You can split the batch of dough in half and make some of each version. Just be sure to half the quantity of the chocolate or raisin ingredients you add to each batch.

The perfect cookie, two ways

"These cookies are perfectly crunchy on the outside, chewy on the inside and completely addictive. I've made them two ways for you; one version has dark chocolate and sea salt, the other has cinnamon and raisins."

MAKES: 15 COOKIES

Ready in: 15 minutes

V DF GF VG

200g plain flour • 70g ground almonds • 200g coconut sugar • 1 tsp baking powder • Pinch of sea salt • 60g coconut oil, melted • 90ml oat milk • 1 tsp vanilla bean paste

For the chocolate cookies

• 70g dark chocolate (70 - 80 percent cocoa solids), cut into small chunks • Flaky sea salt

For the cinnamon raisin cookies

• 70g raisins • 1 tsp ground cinnamon

1 Preheat the oven to 200C/400F and line two baking trays with baking parchment.

2 Mix the flour, almonds, sugar, baking powder and salt together in a large bowl. Then stir in the melted coconut oil, oat milk and vanilla to form a dough.

3 Add the dark chocolate or the raisin and cinnamon and mix well to combine.

4 With wet hands, roll the cookie dough into 15 balls (about a tablespoon of mix for each one) and divide between the two trays, making sure to leave plenty of space between them as they spread out a lot when cooking. Gently flatten them a little.

5 If you're making the salted chocolate version, sprinkle over some salt.

6 Bake in the oven for 10 minutes. Remove from the oven and leave to cool on the tray. They'll finish setting while they cool. I think they're most delicious about an hour later when they're perfectly chewy.

7 Once cool, store in an airtight container at room temperature for up to five days.

For more, read this

HOW TO GO PLANT-BASED



Recipes extracted from *How To Go Plant-Based: A Definitive Guide For You and Your Family* by Ella Mills, (£26, Yellow Kite) which is out now.



3

WAYS WITH LEFTOVERS

Keep the compost empty and bellies full using scraps from your fridge



TURKEY CASSEROLE

READY IN: 40 MINUTES

MAKES: 4

GF

- 8 Opies Pickled Walnuts, halved • 50g butter
- 50ml olive oil • 2 onions, sliced • 250g bacon lardons
- 25g plain flour • 650g cooked turkey, shredded
- 200g carrots, sliced • 700ml chicken stock
- 250ml white wine • Salt and black pepper
- 100g frozen peas

- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Heat the butter and oil in a shallow pan. Add the onions and lardons, fry until the onions have softened and the lardons have browned.
- 3 Place in a casserole dish together with the turkey, walnuts and carrots.
- 4 Stir in the flour, and pour over the stock and wine. Season to taste.
- 5 Cover tightly and bake in the oven for approximately 20 minutes.
- 6 Remove from the oven and stir in the frozen peas. Re-cover and return to the oven for 10 minutes.
- 7 Serve immediately with crispy jacket potatoes.

Opiesfoods.com

SPANISH RICE

SERVES: 4

TAKES: 20 MINUTES

GF

- 2 tbsp olive oil • 130g pancetta, or streaky bacon or chorizo • 1 onion, finely chopped • 3 celery stalks, finely diced • 1 large carrot, finely diced • 4 garlic cloves, crushed • 3 large or 6 small tomatoes, roughly chopped • 1 tsp smoked, sweet paprika • 300g paella rice or risotto rice • Salt and pepper • 600ml stock • Large handful flat leaf parsley, chopped • 400g tin chickpeas • Lemon wedges



- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Heat a little olive oil in an oven proof casserole or frying pan and add the pancetta. Fry until golden then add the onion, celery, carrot and garlic and cook until softened.
- 3 Add the tomatoes, paprika, rice and seasoning and stir together. Add the stock and parsley and stir again. If you're using a frying pan, transfer the mixture to a baking dish.
- 4 Drain and rinse the chickpeas and shake them over the rice mixture. Cover the baking dish with foil or put the lid on the casserole and bake for 20 minutes. Check carefully to see if the rice is cooked and put the dish back in for a further 10 minutes if it needs a little longer.
- 5 Serve with lemon wedges.

Lovecelery.co.uk



MUFFIN TIN FRITTATAS

SERVES: 6

TAKES: 35 MINUTES

GF

- 150g baby new potatoes, quartered
- 3 shallots, sliced into chunky rings • 2 tbsp olive oil • A pinch of dried herbs • 5 eggs • 30g freshly grated parmesan • A handful of frozen peas
- 120g cooked turkey, chopped • Salt and freshly ground black pepper

- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Tip the potatoes and shallots into a small roasting tin. Sprinkle over the herbs and season well with salt and pepper. Drizzle over half the olive oil, tossing to cover the potatoes and slide into the oven to roast for 15-20 minutes, stirring half way through cooking, until they are just cooked through.
- 3 Lightly beat the eggs in a jug then stir through two thirds of the parmesan and set aside.
- 4 A few minutes before the potato and shallots are due out the oven, drizzle the rest of the olive oil into the holes of the muffin tin and brush well all over. Slide into the oven to heat up.
- 5 Remove the hot tin and the roasted potatoes and shallots from the oven. Quickly pour the egg mixture into the holes of the muffin tin while the oil is still hot (this will help prevent sticking). Then, divide the roast vegetables evenly between, spooning them in gently.
- 6 Finally, gently scatter over the peas and turkey, so the egg doesn't spill out (they will be quite full). Sprinkle over the reserved parmesan.
- 7 Slide the tin into the oven and bake for about 12 minutes until the egg has just set.
- 8 When removed from the oven, allow to cool in the tin for a few minutes or so, then slide a knife around to release.
- 9 Serve warm or leave to cool to room temperature before storing in the fridge.

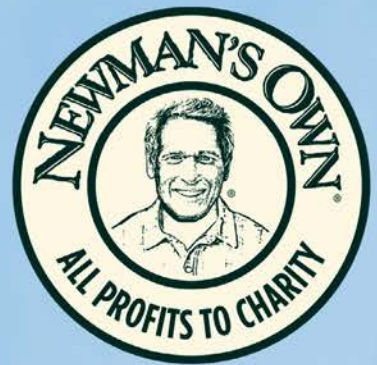
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THE LATEST FOOD NEWS FOR YOU

WHAT'S TRENDING THIS MONTH...

Protein balls

If you're on the hunt for healthier snacks, why not consider making some high-fibre, high-protein balls? Using whole foods, such as ground nuts, dried fruit and cacao powder, protein balls are easy to blitz up and can provide you with a healthy, homemade, on-the-go snack. If you want to save some time, why not grab some ready-made ones instead? We love Claire's Amazeballs Apricot & Hazelnut Cacao, £16 (for eight), clairesamazeballs.com



ADD COLLAGEN TO YOUR DIET

IF YOU HAVE
10
MINUTES

Keeping our bones healthy and our joints supple is key to ageing well, but what we eat can make a huge difference to our overall mobility. "The key protein in bones is collagen," says registered nutritionist Christine Bailey MSc PGCE MIFM MBANT (bonebalance.co.uk).

"This represents more than 90 percent of the organic matrix in bone and brings flexibility and tensile strength to bones. Key vitamins that help to heal and maintain optimal bone density include vitamin C, D and K2 and minerals such as calcium, magnesium, boron, copper, manganese, silica, phosphorous, potassium and zinc are also essential." There are plenty of collagen supplements on the market, but you can also try bone broth, which is full of vitamins and collagen, to top up your levels.

EAT SOME ALMONDS

IF YOU HAVE
5
MINUTES

If trail mix is your go-to 4pm snack, then here's some good news for you. A recent study from King's College London has revealed that eating almonds can significantly boost your gut health. The study found that eating a handful of the nuts a day increases the production of butyrate, a short-chain fatty acid that promotes gut health. The researchers also found that eating whole and ground almonds improved peoples' diets the most.



DID YOU KNOW?

1 in 3

of us don't know where to start when it comes to leading a healthier lifestyle.

Money Expert

FERMENTED FUN

With the festivities of Christmas over, Seasonal Affective Disorder (SAD), can often creep up on us. To help us keep our spirits lifted, it's important that we factor in foods that can boost our levels of the happy hormone (serotonin). "Fermented foods, such as sauerkraut and kombucha, are naturally rich in serotonin, a chemical messenger known to function as a mood stabiliser," says leading nutritionist and Sunday Times best-selling author Rhiannon Lambert (rhitrition.com). "Fermented foods feed the beneficial bacteria in the gut, which produce short-chain fatty acids to support the communication loop between our brain and gut. This can improve mental clarity and a positive state of mind. Kefir is a great addition because not only is it gut-aiding, but you're also adding tryptophan into your diet, which is an amino acid that helps produce our happy hormone, serotonin when paired with a carb."

 facebook.com/healthwellbeinguk

 instagram.com/healthwellbeinguk

Take it EASY

Slow and steady wins the race with these delicious slow-cooker meals. And the best part? Just prep and leave them to simmer in their own sweet time...

WARMING ROOT VEG DAHL

SERVES 4

PREP 30 MINS

COOK 2-5 HOURS

This is a great dish to have around – it can be a light lunch, a snack, or a more substantial dinner with rice and bread. It also freezes really well, so make a big batch (double the quantities if you have a large slow cooker) and freeze in individual portions for those times when you need something hearty and comforting and don't have the energy to cook.

• 2 vegetable stock pots • 3 tbsp oil • 1 large onion, finely diced • 2 tsp ground cumin • 2 tsp ground coriander • 1 tsp ground turmeric • 1 tsp black mustard seeds • 1 tsp red chilli flakes, plus extra to serve • 1 tbsp ginger purée (paste) • 1 tbsp garlic purée (paste) • 200g carrots, peeled and diced (about 2 medium carrots) • 200g parsnips, peeled and diced • 200g sweet potatoes, peeled and diced • 250g dried red lentils • 1 cinnamon stick • juice of ½ lemon • a large bunch of fresh coriander (cilantro), roughly chopped • sea salt • naan breads or rice, to serve (optional)

1 Preheat the slow cooker. Dissolve the stock pots in 1 litre of boiling water in a jug and set aside. Heat the oil in a frying pan over medium heat and add the onion. Stir to coat in the oil and begin cooking while you measure in the cumin, coriander, turmeric, mustard seeds and chilli flakes. Stir well and cook for a few minutes until the onion is browning and the spices smell aromatic.

2 Add the garlic and ginger purées and cook for a couple more minutes



before tipping the lot into the slow cooker. Use a little of the stock to deglaze the pan, then tip that into the slow cooker along with the rest of the stock, root vegetables, lentils and cinnamon stick.

3 Add a good pinch of salt and give everything a good stir. Pop the lid

on and cook for 2-3 hours on high or 4-5 hours on low until the vegetables are tender.

4 At the end of the cooking time, stir in the lemon juice, then add the coriander and more salt to taste – it will take quite a lot of salt. Serve on its own or with naan breads or rice.



COCONUT CURRY FISH PARCELS

SERVES 4
PREP 30 MINS
COOK 1 HOUR

To prepare four of these parcels, you will probably need a 6-litre slow cooker so that they all sit flat and allow the carrots to cook through in time (I like to give them a quick blast in the microwave first, to start them off). Or you can halve the recipe and just make two parcels in a smaller cooker.

- 3 medium carrots, peeled and sliced very finely on the diagonal
- 8 large baby corn, halved lengthways
- a large handful of mangetout (snow peas)
- 4 white fish fillets, such as cod, hake or coley

For the spice paste

- 2cm piece of fresh ginger, peeled and roughly chopped
- 2 large garlic cloves, roughly chopped
- 3 lemongrass stalks
- 2 small Thai red chillies (or more if you want it hotter)
- a bunch of coriander, stalks and leaves
- juice and zest of 1 lime
- 2 spring onions (scallions), sliced, plus extra to serve (optional)
- 8 heaped tbsp coconut cream
- salt

To serve

- rice
- lime wedges
- sliced red chilli (optional)

1 Preheat a large 6-litre slow cooker to high. Blend the spice paste ingredients in a mini chopper or the small bowl of a food processor. If you can't fit the coconut cream in, you can just stir this in at the end once you have blended everything. Season well with salt.

2 Put the finely sliced carrots in a microwaveable bowl and add a splash of water. Microwave for 2 minutes on high, then add the corn and give it all another 2 minutes to start them off, or they can be a bit crunchy in the parcels.

3 Lay out 4 large sheets of baking paper. In the middle of each piece of paper, make a little trivet for the fish by spreading out a quarter of the softened carrots, then top with 4 halves of baby corn and a few mange tout.

4 Place a piece of fish on top of each veggie pile, then spread a quarter of the spice paste over each one. Gather two sides of each sheet of paper and scrunch them together above the fish to create a sort of tent, trying not to disturb the paste on the fish, if you can. Roll in the sides to seal and place the parcels in the slow cooker, making sure each one sits flat on the base and they aren't piled up.

5 Cook for 45 minutes-1 hour, depending on how thick the fish fillets are, until the veg is tender but still with a bit of a crunch, and the fish is cooked through. Serve with rice, lime wedges for squeezing over and extra chilli and spring onions, if you like.

BANOFFEE RICE PUDDING

SERVES 4
PREP 20 MINS
COOK 3 ½ HOURS

The banoffee frills here are really just an interesting way to jolly up a reliable, staple recipe. You can, in fact, stir anything into this delicious creamy rice pudding to make it a bit more exciting – jam, berries, honey, etc – but this take is a firm favourite of mine. If you haven't got time to make the caramel sauce, don't sweat it – just buy it in.

For the rice pudding

- butter, for greasing
- 150g pudding rice
- 1 litre whole milk
- 200ml double (heavy) cream
- 50g light soft brown sugar
- 2 tsp vanilla extract

For the caramel sauce

- 125g caster sugar
- 100ml double (heavy) cream
- 30g salted butter

To serve

- 2-3 bananas, sliced
- grated dark chocolate (optional)

1 Grease the slow cooker with a little butter, then preheat the slow cooker to low. Put the rice, milk, cream, sugar and vanilla extract in the slow cooker and stir everything together. Put the lid on and cook for 3½ hours, or until the rice is tender and the liquid is almost all absorbed, but the mixture is still loose and creamy.

2 While the rice is cooking, make the caramel sauce. Put the sugar into a saucepan and add 4 tablespoons water. Stir until the sugar has dissolved, then leave it to cook for 5 minutes or so, without stirring, until it is a nice caramel colour. Remove from the heat and add the cream and butter – it will bubble and spit at first, but keep stirring and it will come together into a smooth sauce.

3 Spoon the rice pudding into bowls and top with the sliced banana and a drizzle of warm caramel sauce. Finish with chocolate gratings, if you wish.



Extracted from:
Foolproof Slow Cooker
 by Rebecca Woods
 (Quadrille, £14),
 Photography © Rita Platts

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Souper Heroes

Healthy, hearty and easy on the budget, these winter warmers tick all the boxes this January



ANYTHING GOES VEGETABLE SOUP (V)

Ready in 40 minutes

SERVES: 4

- 1 large onion, chopped
- 2 garlic cloves, chopped
- 400g root vegetables, such as potato, parsnip, carrot or swede, peeled and cut into chunks
- 1 litre boiling vegetable stock, suitable for vegans
- 200g green vegetables, such as cabbage, leek, spinach or courgette, cut into chunks
- 400g can white beans in water, such as cannellini, haricot or butter beans, drained and rinsed
- 1 tbsp dried herbs or ground spices
- 227g can chopped tomatoes (optional)
- A splash of Tabasco, balsamic vinegar or sherry vinegar

1 Put the onion, garlic, all the root veg and the stock in a large saucepan over a high heat. Bring to the boil, then turn the heat down, pop a lid on and simmer for 15 minutes.

2 Add the green veggies, beans, herbs or spices and tomatoes, if using, and gently simmer for 5-10 minutes or until all the vegetables are lovely and tender.

3 Blitz with a stick blender until smooth (or you can use your food processor). Season with salt to taste, grind over some black pepper and serve with a splash of Tabasco, balsamic or sherry vinegar.

SWEET POTATO, CHICKPEA AND CHORIZO SOUP

Ready in 35 minutes

SERVES: 4

- 1 large onion, chopped
- 2 large sweet potatoes, peeled and cut into small chunks
- 1 large carrot, diced
- 1 garlic clove, crushed
- 1cm piece fresh root ginger, peeled and grated
- 1 tsp ground coriander
- 900ml boiling vegetable stock
- 400g can chickpeas, drained and rinsed
- 2 roasted red peppers in brine from a jar, drained and roughly chopped
- 60g chorizo, finely chopped
- Fresh coriander leaves, to serve
- Sliced spring onions, to serve

1 Put the onion, sweet potatoes, carrot and 200ml boiling water in a large saucepan over a high heat and bring to the boil. Cook for five minutes, then add the garlic and ginger and cook for three minutes, stirring, until the vegetables start to stick and caramelize.

2 Stir in the ground coriander and stock and bring to the boil. Reduce the heat to medium and simmer gently for 10 minutes or until the vegetables are tender. Add the chickpeas and red peppers then, using a stick blender or food processor, briefly blitz the soup. Season to taste and keep hot.

3 Put a small non-stick frying pan over a high heat and cook the chorizo for 1-2 minutes or until it's nice and crispy. Ladle the soup into bowls and top with the crispy chorizo, coriander and spring onions to serve.



MISO SOUP WITH SMOKED TOFU (V)

Ready in 30 minutes

READY IN 30 MINUTES

• 2 tbsp soy sauce • 300g plain firm smoked tofu, drained and cut into small chunks • Low-calorie cooking spray • 4 tbsp miso paste (no oil or sugar) 4cm piece fresh root ginger, peeled and freshly grated • 2 medium pak choi heads, sliced • 200g baby corn, sliced on the diagonal • 250g exotic mushrooms such as shiitake, halved if large • 100g fresh bean sprouts, rinsed • 2 tbsp chopped fresh coriander, plus sprigs to serve • Grated zest and juice of ½ unwaxed lemon • Fresh mint leaves, to serve

1 Preheat your oven to 200C/400F/Gas 6. Put the soy sauce in a shallow dish and add the tofu chunks, tossing to coat on all sides. Arrange them in a baking tray lined with baking paper, lightly spray with low-calorie cooking spray and bake for 20 minutes.

2 Once the tofu is in, pour 1.5 litres water into a large saucepan over a high heat. Add the miso and ginger and bring to the boil, then tip in the pak choi, baby corn, mushrooms, bean sprouts and chopped coriander. Simmer for two minutes, then stir through the lemon zest and juice.

3 Divide between bowls and top with the tofu and remaining herbs to serve. For even more flavour, you could break up four sushi nori seaweed sheets and scatter over each finished bowl. And if you fancy a bit of heat, add a little chopped chilli.



HONEY-ROASTED PARSNIP SOUP WITH HALLOUMI (V)

Ready in 1 hour

SERVES: 4

• 1kg parsnips, peeled and cut into small chunks • Low-calorie cooking spray • 2 level tbsp clear honey • 1 large onion, chopped • 2 garlic cloves, crushed • 1.5 litres boiling vegetable stock • 150g fat-free natural fromage frais • 90g reduced-fat halloumi cheese, suitable for vegetarians, cut into bite-size chunks • Chopped fresh parsley, to serve

1 Get your oven warmed up to 200C/400F/Gas 6. Cook the parsnips in a saucepan of boiling water over a high heat for five minutes. Drain well and give them a little shake. Tip the parsnips into a large non-stick roasting tin, spray with low-calorie cooking spray and drizzle with the honey. Sprinkle over some seasoning, toss well and spread the parsnips out. Roast for 25-30 minutes, turning halfway.

2 While the parsnips are roasting, put the onion, garlic and three tbsp stock in a large non-stick saucepan over a low heat. Put a lid on the pan and cook for 10 minutes or until the onions are soft and golden. Tip the parsnips into the onion pan. Add a splash of stock to the roasting tin and scrape up all the caramelised juices from the base with a spatula. Add the juices to the onion pan with the rest of the stock and bring to the boil. Put the lid back on and simmer for 10 minutes.

3 Blitz the soup until smooth using a stick blender (or use a food processor and return to the pan). Remove from the heat, stir in the fromage frais and check the seasoning. Spray a non-stick frying pan with low-calorie cooking spray and put over a high heat. Add the halloumi and cook for 2-3 minutes or until golden, turning often. Serve the soup with piles of halloumi and chopped parsley on top.



CLASSIC CHICKEN SOUP

Ready in 30 minutes

SERVES 4

- 1 large onion, finely chopped • 2 garlic cloves, finely chopped • 4 medium carrots, cut into batons
- 2 celery sticks, chopped • 1 tbsp chopped fresh rosemary (or 1 tsp dried) • 1 tbsp chopped fresh thyme (or 1 tsp dried) • 3 bay leaves • 1.2 litres boiling chicken stock • 1½ level tbsp cornflour
- 3 cooked skinless and boneless chicken breasts, shredded or chopped • 150g plain quark
- Chopped fresh chives, to serve

1 Put a large saucepan over a high heat and add the onion, garlic, carrots, celery, rosemary, thyme, bay leaves and 200ml stock. Once it's boiling, turn down the heat, pop a lid on the pan and simmer for five minutes.

2 Mix the cornflour with a little cold water to form a paste. Stir it through the vegetables, then gradually add the rest of the stock and the chicken and cook for five minutes or until the soup thickens, stirring all the time.

3 Get rid of the bay leaves and stir through the quark. Season to taste, ladle into bowls and scatter over the chives to serve.



BROCCOLI AND STILTON SOUP

Ready in 50 minutes

SERVES 4

- 2 medium onions, finely chopped • 4 garlic cloves, crushed • ½ tsp dried chilli flakes (optional) • 1.25 litres boiling vegetable stock • 2 large broccoli heads, broken into small florets, stalks peeled and finely chopped
- 1 large floury potato such as Maris Piper, peeled and diced • 60g Stilton cheese, crumbled (Stilton isn't usually vegetarian so swap it for Dolcelatte if you need to make this soup vegetarian) • 150g fat-free natural Greek yoghurt

1 Put the onions, garlic, chilli (if using) and four tbsp stock in a large non-stick saucepan over a low heat. Cover and cook for 10 minutes or until the onions are soft. Add the chopped broccoli stalks, potato and the rest of the stock and bring to the boil over a high heat.

2 Put the lid back on, turn the heat to low and simmer for 20 minutes or until the vegetables are tender. Stir half of the broccoli florets into the soup and return to a simmer, then cover and cook for four minutes.

3 Using a stick blender, blitz the soup until smooth (or use a food processor and return to the pan). Tip the rest of the broccoli florets into the pan, bring back to a simmer and let it bubble for around four minutes or until the florets are tender.

4 Take the soup off the heat and stir in 50g Stilton, most of the yoghurt and some seasoning to taste. Then divide between bowls and top with the remaining yoghurt and cheese plus a little black pepper to serve.



SMOKY SAUSAGE AND BEAN SOUP

Ready in 30 minutes,

SERVES 4

- 6 Slimming World Pork Sausages (available from Iceland stores – if you can't get them, choose another low-fat sausage)
- 1 large onion, halved and sliced
- 3 carrots, diced
- 2 celery sticks, thinly sliced on the diagonal
- 350g new potatoes, cut into small chunks
- 4 bay leaves
- 1 tsp smoked paprika
- 1.5 litres boiling chicken stock
- ½ sweetheart cabbage, cored and shredded
- 400g can borlotti or haricot beans, drained and rinsed
- Chopped fresh parsley, to serve

1 Cook the sausages according to the pack instructions, then slice into

bite-size chunks. While the sausages are cooking, put a large non-stick saucepan over a high heat. Add the onion, carrots, celery, potatoes, bay leaves, paprika and stock and bring to the boil, then turn the heat down, pop a lid on and simmer gently for 7-8 minutes.

2 Add the cabbage and cook for another five minutes. Add the sausages to the pan along with the beans and a little seasoning. Cook for a few more minutes to heat through, then get rid of the bay leaves, ladle into bowls and scatter over the parsley to serve.



For more info

All recipes are taken from Slimming World's new *Souper Heroes* cookbook, available to buy in groups for £4.95/€7.95. Recipes are based on Slimming World's Food Optimising plan and the liberating concept of Free Food – food that is naturally lower in energy density (calories per gram) and most satiating, so you stay fuller for longer. To find out more about Slimming World and how to join, visit slimmingworld.co.uk or slimmingworld.ie, or call 0344 897 8000 or 01 656 9696.

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Clinical studies have reported WBV-induced increases in strength, power and performance in young healthy adults*. Yet the benefits for older individuals and those with less than optimal health may be even more valuable.

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*Clinical Study references are available on request.

**Trials with 42 participants: age range 39-85 years.

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Research has shown that back pain is very often the result of a chronic inability to relax, both physically and mentally. Research also shows that rocking motion helps to synchronize brain waves and calm the nervous system.



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Excerpt from an Article on Back Care by an Osteopath (Daily Mail: 6 November 2010)

Osteopath Garry Trainer reported on six gadgets that can help with back care - but only after pointing out his reservations:

"I am a skeptic when it comes to back gadgets. At best many don't work, and at worst they could do damage. But I understand that back pain sufferers are often in such agony they are willing to try just about anything, and pay anything, to find relief. If you have even a moderate back problem for more than six weeks, get it checked out by a physician. If they don't have anything helpful to say, see an osteopath or other back expert. In the meantime, it is worth experimenting with some tried and tested gadgets – and, yes, there are some I recommend, despite my reservations. Here are six that I believe really work."

Of the 6 products Garry reported on, this was his comment on the FlexxiCore Passive Exerciser: "BEST LUXURY OPTION: Great for back maintenance, but this won't provide pain relief if you already have a problem. Lie down with your feet on the ankle rests, and the whole body starts to oscillate – it's a very nice sensation. The effect stimulates the circulation, and keeps the soft tissues loose and supple."

► Our FREE information pack includes a report on our Trial Results with over 200 Practitioners, and two articles from TalkBack, the magazine of the BackCare charity.

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MOVE WELL

Whether it's a running sesh, a yoga class or simply playing with your kids – here's the latest news and views on how to move more this month

THE BODYWEIGHT MASTERCLASS

Personal trainer Lucy Gornall reveals the top moves to build your best body



Cold mornings and short, dark days can really destroy our motivation to work out – even stepping out of the house to go to the gym feels like a struggle. Well, the good news is that you can break a sweat from the comfort of home, while also saving time and staying warm. In fact, you don't even need to put your gym kit and trainers on. How is all this possible, you ask? We introduce the wonder that is, bodyweight movement. As the name suggests, this type of exercise involves your own bodyweight, with no other added resistance. Mastering your own bodyweight is by no means easy, and just because they don't involve any equipment, these exercises are not to be sniffed at.

SO, WHAT ARE THE BENEFITS OF BODYWEIGHT EXERCISES?

Firstly, they don't require any equipment, making them free and easy to do wherever you are and whenever you want, but they're often easier on the joints and can help improve strength, balance, flexibility and even power. Oh, and not to mention the scientifically-backed mental health benefits of exercise – movement has been shown to ease anxiety and lower the chances of depression.

Plus, bodyweight exercises can help you to improve in other areas of fitness. Lower body exercises, for example, could make you a more powerful runner, while working your upper body can help in the swimming pool, or just with day-to-day activities such as carrying the shopping. Core bodyweight movements on the other hand, help strengthen our torso which can improve posture, reduce back pain and improve our balance.

SOUNDS GREAT! WHERE DO I START?

This five-move circuit using bodyweight exercises targets all of your muscles. The moves are suitable for all abilities, however some regressions and progressions have been added, should you need. Clear yourself some space, lay down a mat and grab a timer. You'll be working for 30 seconds on each move (for the lateral lunges and split squats, go for 15 seconds on each leg), with a 30-second rest between each movement. Complete the entire circuit three times. Too easy? Increase the work time, decrease the rest time and go for another round of the circuit.

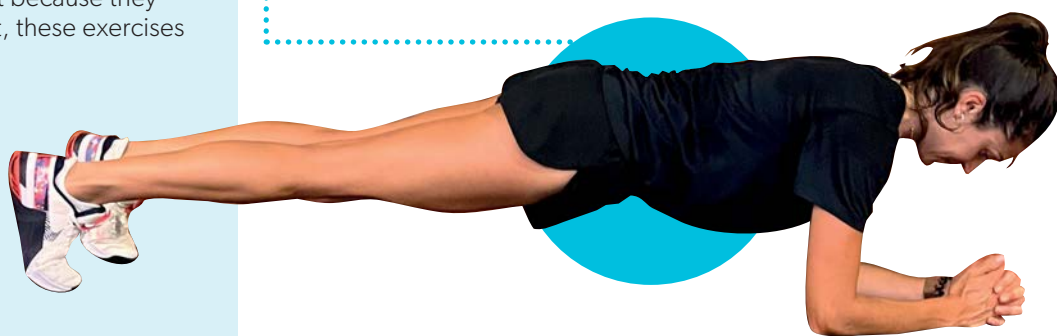
FOREARM PLANK

TARGET: CORE, LOWER BODY AND UPPER BODY

1 To hold the plank, rest your body in a straight line on your forearms and toes. Elbows should be directly under your shoulders with your forearms on the ground in front of you. Keep your body stable and squeeze your glutes and core as you hold.

WANT TO PROGRESS? TRY AN UP-DOWN PLANK.

2 Starting in a forearm plank, slowly push up away from the floor from the left forearm onto your left palm and follow with the right side. When you're up in a high plank, drop down one side at a time back into a forearm plank. Keep repeating the up and down motion, keeping your hips as still as possible as you do this.



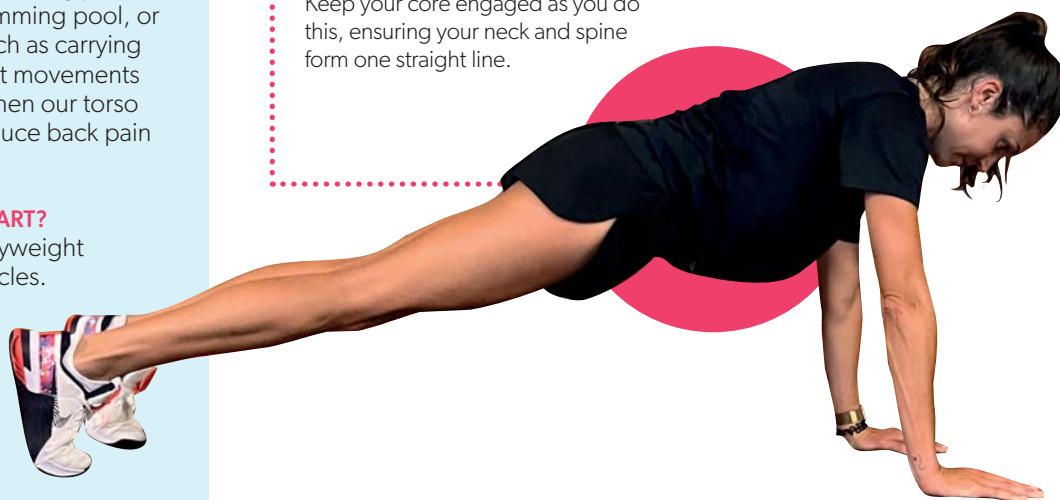
PRESS UPS

TARGET: UPPER BODY, BACK AND CORE

1 From a high plank position (hands directly under shoulders, legs straight behind you resting on your toes) slowly lower your chest down to the floor by bending your elbows. Keep your core engaged as you do this, ensuring your neck and spine form one straight line.

2 When your elbows are at a 45-degree angle, push yourself back up into a plank position.

PRESS UPS ARE NOT A WALK IN THE PARK. IF YOU'RE STRUGGLING, START ON YOUR KNEES INSTEAD.

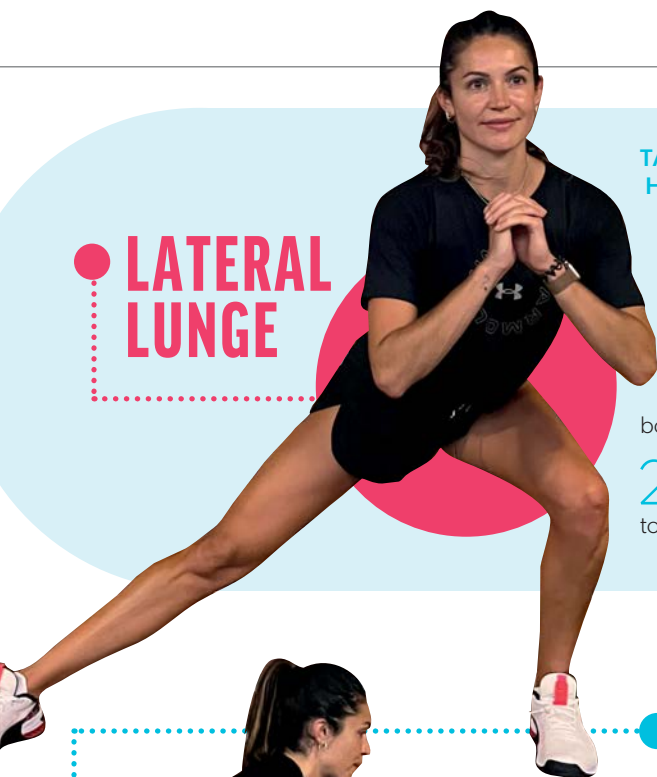


LUCY GORNALL
Personal trainer

Follow @lucyizabethgornall for workouts as well as trusted fitness advice on Instagram.

Photograph: Future Media

LATERAL LUNGE



TARGET: GLUTES, HAMSTRINGS AND QUADS

1 Stand tall, feet hip-width apart. With your right leg, take a big step out to the right, push the hips back, bend the right knee and drop down into a lunge with your left leg remaining straight. Ensure both feet are facing forwards.

2 Next, push up through the right heel to come back up to standing.

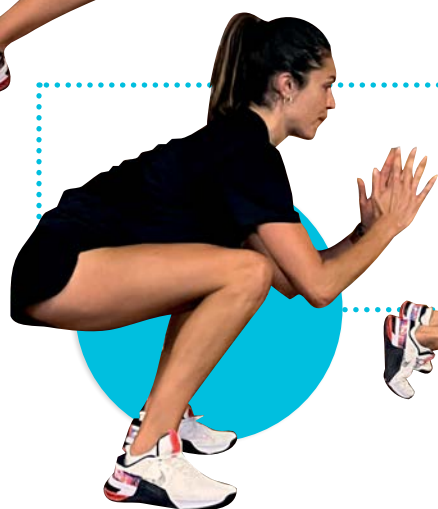
TARGET: FULL BODY

1 Start standing with feet shoulder-width apart. Lower down into a squat, place your hands on the ground in front of you and jump both feet back, so your body rests in a straight line.

2 Drop into a press up, let your body drop to the floor, then push back up into a plank using your hands. Jump both feet forward, inside your hands and then explosively jump up into the air.

3 As you land, go straight back into your next burpee. To make this a little easier, remove the press up, and immediately after jumping both feet back into a plank, jump them forward again and go from there.

BURPEE



SPLIT SQUAT

TARGET: GLUTES, HAMSTRINGS, QUADS, CALVES AND CORE

1 Stand tall, feet hip-width apart. Step back with your right foot about three feet.

2 Bend both knees, maintaining your foot placement and lower your body down. Push through the front left heel to rise, before dropping down again. Keep your back flat and core engaged as you do this.



TAKING THINGS UP A NOTCH

Of course, bodyweight movements can be made more challenging with some extra resistance. Just be sure you've mastered your bodyweight form before adding any weight. Try holding a dumbbell during lateral lunges and split squats. If you're at the gym and have access to a 5kg plate, ask a friend to pop this on your back while you hold a plank or drop into a press up. Ankle weights and wrist weights can also add an extra level of intensity to your burpees.

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LIFT ME UP

Avoiding the gym weights rack like a pile of ironing?

Discover why strength training could be your new favourite workout



Cardio workouts have their upsides, but ask any fitness expert and there's a high chance they'll agree that resistance (strength) training is fundamental to a healthy body, especially as you get older. Muscle loss can start as early as yours 30s, so it's important to exercise in a way that's going to keep your muscles healthy and working their best. That's where strength training comes in. Mountains of research is stacking up to show the benefits of strength training, from the obvious, such as stronger muscles, improved bone density and boosted confidence to the not-so-obvious, like reduced anxiety and a stronger immune system. Still on the fence? Here's why these experts are strong advocates for picking up those weights.

STRENGTH TRAINING – WHY SHOULD I START?

When starting something new, it's always important to have a why. As mentioned, ageing doesn't just mean fine lines and wrinkles; your muscles feel the impact once you hit your third decade too. While loss of muscle (also known as sarcopenia) is a normal part of the ageing process, it's not the best news for your health or longevity, particularly as a woman. "Sarcopenia can accelerate when you reach the menopause and this degeneration of muscle can impact quality of life dramatically and even shorten life expectancy," warns Anya Lahiri, master trainer at Barry's UK (barrys.com). With a healthy, high-protein diet and regular exercise, it is possible to continue to maintain and even build muscle over the years, she adds.

OKAY, SOME GOOD POINTS. WHAT ELSE?

From improved sleep to boosting confidence, there's so much more to strength training than simply getting bigger and stronger. Daily activities, such as carrying the shopping and walking up the stairs certainly get easier – and you may even start edging closer towards that PB you've been chasing. "Strength training will also reduce visceral fats located within areas like the abdomen and losing this [type of] fat will lower the risks of developing chronic diseases such as fatty liver and type 2 diabetes," explains Abbie Watkins, personal trainer at Origym (origympersonaltrainercourses.co.uk). While

the outcomes of exercise go so much further than the aesthetics, it's still nice to know that strength training makes you appear physically leaner as a side effect. Abbie tells us not to get disheartened if you don't see the number decreasing on the scale because the muscle you build will be naturally denser (weigh more) than fat.

I'M IN MY 40S. IS IT TOO LATE TO START?

Absolutely not. Abbie says that you're never too old to see the benefits of strength training and points to the research published in *Frontiers in Physiology* that shows even older, untrained individuals can build muscle just as effectively as long-term endurance athletes. "Your body's muscles will always respond and rebuild regardless of how much experience you have with strength training and you can also experience benefits, such as a reduced risk of heart disease, blood pressure, diabetes and cancer," she explains. Just be sure to pace yourself and not push too hard before you're ready.

BUT WON'T TRAINING WITH WEIGHTS MAKE ME LOOK BULKY?

When *H&W* asked each of our experts to share a myth around strength training that they'd like to bust, this won by a country mile. If a bulky aesthetic is holding you back from picking up those weights, don't let it. Why? Well, "women have a different



hormone profile to men which means it would take an extreme amount of heavy weight lifting and calorie consumption to even remotely 'bulk'," explains Emily Chadwick-Vint, an EvolveYou app trainer (evolveyou.app). What's more, Abbie says the real culprit behind a bulkier physique is a build-up of fat. "This is because your physique is determined by your body's fat percentage, which can actually decrease with strength training. Therefore, it can be concluded that you'll appear leaner rather than bulkier." Settled.

I'M A BIT NERVOUS ABOUT STARTING WITH WEIGHTS. IS THERE ANY OTHER WAY TO INCREASE MY STRENGTH?

Yes, you can still build muscle without stepping foot in the gym. "It's important to note that strength training has many difference faces," says Emily. "It can be done at home using kettlebells and dumbbells or even light weights in fitness methods like barre. Above all, I recommend finding a programme for motivation and support, and to focus on being consistent. The EvolveYou app has hundreds of workouts to follow which can be done both in the gym or at home, and caters to all levels and ages."

WHAT ABOUT NUTRITION?

When you're strength training, protein should be a priority to repair and rebuild your muscles, explains Rebecca Williams, senior nutrition manager at Huel, a nutritionally-complete protein powder (uk.huel.com). "When we go to the gym, we're trying to overload the body and get the muscles to do more than they're used to. This causes microtears in the muscle fibres, and with good nutrition and recovery, the body can repair these fibres bigger, stronger and better than before. To take advantage of this opportunity your body needs enough protein, which is made up of amino acids that are like Lego pieces the body uses to repair and rebuild."

HOW MUCH PROTEIN DO I NEED?

"The recommended daily allowance (RDA) for protein is 0.8g of protein per kg of body weight per day, irrespective of gender," notes Rebecca. So, if you weigh 75kg, that's about 60g protein or two chicken breasts. "The RDA is for sedentary people [someone with an inactive lifestyle], but as soon as you get moving, your protein needs go up. When it comes to building muscle, double that RDA, and aim for 1.6-2.2g protein per kg of body weight," she adds. **H&W**

THE GET-STRONGER WORKOUT

Feeling inspired to start your strength training journey? Haylene Ryan-Causar, founder of the Energy Studio at Volonté (cafevolonte.com), recommends these four key exercises to build foundational movement patterns.



02

LUNGE

- Start with your feet together and take a casual step forward. Bend your front knee to lower your body to the floor maintaining good posture until your front quad is parallel to the ground. After a short pause, engage both legs to stand.
- Start with dumbbells in each hand to increase the load.



04

TRICEP KICKBACKS

- Begin with a lighter weight that allows you to fully extend your elbow without rounding your back. Position your feet parallel with slightly bent knees, engage your core and maintain a straight spine. Start with the elbows bent.



- Engage your triceps by extending your elbows behind you and hold for a second before returning to the start. This can be done with one arm at a time or both.

01

SQUAT

- Start with your feet hip-distance and toes slightly turned out. Drive your arms forward to shoulder height as you lower your hips towards your heels, continuing past 90 degrees. Stand up and repeat.



- Once the movement is consistent and uninhibited, gradually add load. Start with dumbbells and then progress to a barbell for variation. A goblet squat refers to a squat with dumbbell held with both hands just below the chin and a back squat is when the barbell is placed high on the shoulders.



- Start with three to four sets of 10 reps and once you feel more confident, increase the reps to 15. Reduce the repetitions to 10 and add weights gradually.



03

CHEST PRESS

- Start by lying flat on your back on a bench with your arms straight and feet pressed into the floor. Lower your elbows to 90 degrees towards the floor, keeping your forearms vertical. Slowly press the dumbbell back up to the start.



- Once you feel stable, you can continue to use the barbell.



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TIPS AND TRICKS TO KEEP YOU ACTIVE



IF YOU DO ONE THING THIS MONTH...

...get on your bike. Running, swimming and HIIT workouts are all great forms of cardiovascular exercises, but did you know that cycling can boost your brain's ability to function? Peddling away can cause your heart rate to jump, which, in turn, can lead to an enormous boost in good-mood chemicals in your brain. According to researchers from the University of Illinois, a mere five percent improvement in cardio-respiratory fitness from cycling led to a 15 percent increase in performance in mental tests. Experts also believe that the extra oxygen being pumped into the brain can make you feel positive and calmer.

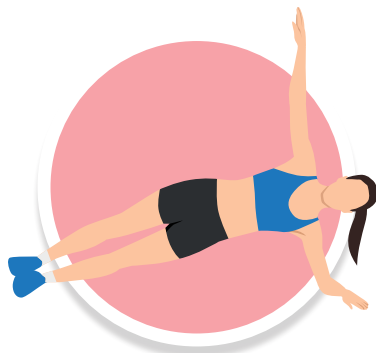
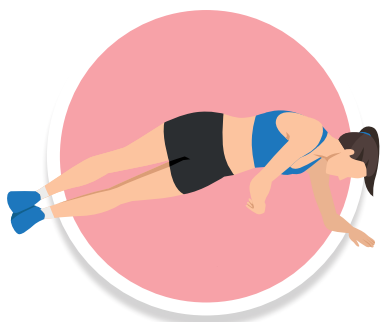


MASTER THE MOVE

Yoga instructor Kristina Rihanoff (sooyoga.com) gives us a step-by-step rundown of side plank:

STEP 1: Start the posture in a regular push-up position with palms strongly engaged into the floor directly under your shoulders. While keeping your right hand on the floor, swing your entire body sideways facing the left wall. Keep your legs straight, flex your feet and stick them one on top of the other.

STEP 2: If you want to step it up a notch, extend your left arm into the air, slightly lift your left hip toward the ceiling and take a long breath. Hold the posture for 5 to 10 breaths. When complete, practice the pose on the other side.



H&W

QA

ASK THE EXPERTS

Q: I'm struggling with menopause-related weight gain, what can I do?

Dean Zweck, PT and product development manager at Total Fitness (totalfitness.co.uk) says:

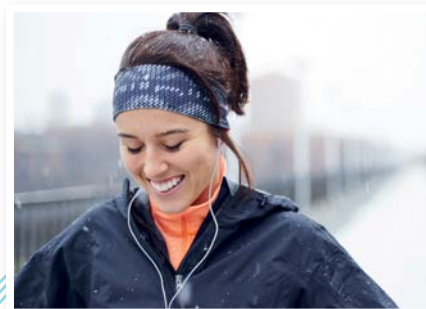
"A large proportion of the calories you burn over the whole day is from activities such as walking, not through exercise. Try to be as active as possible by using stairs rather than lifts, having walk-and-talk meetings at work and parking further away from the shops. All of this will contribute to the calorie burn needed to lose weight. Additionally, as we age, we naturally lose muscle, which further affects our appearance. Exercises that target many muscles at once, such as squats, lunges and deadlifts, may give you the most bang for your buck."



One in 10 (9%)

Brits say health and fitness myths result in them not actually exercising regularly.

Herbalife



Tech talk

For those who like to take to the outdoors for their exercise, bad weather can easily put rain on your parade, stopping you from exercising and confining you to your sofa. Nothing can put a stop to your daily run quite like poor weather conditions, but having a good jacket can help you navigate those wetter runs – look out for features such as sweat-wicking and ventilation, which will keep the jacket breathable. We love the Brooks Running Canopy Jacket (£90), which is a lightweight, packable layer that provides reliable protection from wind and rain. Find out more at, brooksrunning.com

7 ways TO INCREASE YOUR MOBILITY

Laptop getting more work than your glutes?
Here's how to break up with a sedentary lifestyle

Anyone with a desk job knows that emails and meetings aren't exactly conducive to upping that daily step count – and those long, stationary hours spent sitting means our joints are paying for it. Although this may seem normal, our hunter-gatherer biology says otherwise, and humans are actually designed to keep moving, even if it's only for a few minutes at a time. Luckily, office workers aren't doomed to aching joints and there are plenty of solutions to ensure our movements are silky smooth. Let's get into it...

1

CONSIDER YOUR COMMUTE

It's no secret that you can spend a lot of time travelling just to get to work, making the window for some movement gradually smaller and smaller as your day goes on. To skip the traffic jams and packed tubes, start your day on the right foot with a walk, which is a great way to fit some exercise in and boost your productivity. Can't avoid public transport? "Get off a few stops early on the train and walk the remainder of the time," suggests Charlotte Tooth, global fitness instructor and founder of Body Bond Online (bodybondonline.com). "This could be a great chance to get outdoors in nature, listen to a podcast or practice some mindfulness." We heard that *Walk to Wellbeing* is a great one to accompany you on your strolls...

2

FLEX THOSE HIPS

Beyond the discomfort (and inconvenience) of having stiff hips, you may also find that your range of motion has decreased in your lower back and knees. The good news? "Releasing your hips and quads can have a major benefit on decreasing lower back pain significantly," says director of performance at mobile and recovery app, *pliability* (pliability.com). "By sitting at your desk for long periods of time, your hips become very tight so the dragon stretch is super-important to practice. Stand upright and take one small step forward into a lunge. Reach up with both hands, push your hips forward, lean back and away from your back leg. Hold this stretch for about 20 to 30 seconds and repeat at least two to three times on each side."

3

STAND UP EVERY HOUR, ON THE HOUR

The NHS says the UK average adult spends nine hours a day sitting – yikes. To offset these sedentary hours, club manager and personal trainer at John Reed London, Sharon Sharp, (johnreed.fitness) says to move every 45 minutes to an hour, especially if you're office-based. "Get up, grab some water (hydration is key) tea or a coffee and follow on with just a quick walk around the office to get the blood flowing. Not only is this good for your body and mind, but also your mood – it'll be lifted just by simply having a little walk and thinking of something other than work for those few minutes."



4

TAKE THE STAIRS

You've heard it a thousand times before, but we'll say it again: taking the stairs instead of the escalator or lift is an easy way to increase your heart rate and build lower body muscle mass. "The average person burns around four and a half calories climbing to the next floor," explains head trainer at F45 Milton Keynes Central, Matt Wilman (f45training.co.uk). "So, if you work on the third floor and climb up and down the stairs three times a day, that adds up a significant calorie burn over the course of the week." Simple, really.

5

TRY THE ACTIVE PUPPY PRESS

When was the last time you sat up? Like, properly sat up straight? We're all guilty of adopting a pretzel-like position while we're tapping away at our keys, but the problem lies when we're doing it on a regular basis. "General feelings of stiffness often originate from a lack of mobility around the ribcage, and spending long periods of time hunched over a desk can close off or compress the front of the ribcage," explains pre- and post-natal fitness specialist, Lulu Adams (luluadams.co). To open up your chest, Lulu's favourite stretch is the active puppy press: "Start on your hands and knees in an all-fours position, with your hips stacked over your knees. Keep your thighs in this vertical position and walk your hands forwards as your drop your head, chest and armpits down towards the floor. Breathe here for a few moments and then start to gently press your palms into the floor like you're trying to push the floor away from your face." And breathe.

6

STRETCH IT OUT

Predicted to be even more popular in 2023, Pilates is a work out for your body and mind. One particular move is the mermaid, which benefits all kinds of people, says Gaby Noble, founder of Exhale Pilates (exhalepilateslondon.com). "This side stretch lengthens and opens the side of the body, which is great to do after sitting at a desk all day, cycling or holding a heavy bag. This is also great for mums who tend to hold their babies on one side. "To do the mermaid, sit on your right hip with your knees bent – your top leg should be directly on top of your lower leg. Hold your ankle with your left hand, inhale and reach your right arm overhead with your upper arms as close to your ear as possible. Exhale and bend your body directly to the left. The top of your head should reach towards your ankles and your hip should stay anchored to the ground. The right side of the ribcage reaches to the ceiling, then inhale and rise back up tall." Inner mermaid, channelled.

7

WATCH YOUR WEIGHT

Haven't added strength training to your regime yet? Allow us to offer more reasons to get started now. "As we age, we lose muscle mass, but training with weights can counter this," says Rachael Sacerdoti, personal trainer and founder of fitness programme, It's So Simple (itssosimple.co.uk). "In terms of improving mobility, using the correct weighted exercises acts as loaded stretching and it's a functional way of increasing range of motion." Need some more proof? Head to page 71 for your strength training starter pack.



DON'T GET UP...

Pilates is a fantastic exercise for strengthening the core and focusing the brain, but however much verve you're approaching your new year's resolutions with, sometimes you just want a bit of a lie down. We've got you. Founder of Exhale Pilates (exhalepilateslondon.com) Gaby Noble is here with five classic Pilates moves, you won't have to get up for.

Five Classical Pilates moves that will boost your mood, mind and body, all without getting up off the floor

1 SINGLE LEG STRETCH

Do this move to warm the body and wake up your core

The Single Leg Stretch is the first of the ab series known as the 'series of 5', which is part of the Classical Pilates sequence. The primary intent of Single Leg Stretch is to develop strength and learn to move from your centre. It's also an exercise to stabilise the torso against flowing controlled movement of the lower and upper body whilst targeting your lower abs. This is a great exercise to warm the abdominals up.

Action

Start lying down on your back with your knees bent. Carefully lift your head and shoulders whilst keeping the base of your shoulder blades on the mat. Pull the right leg towards your chest and extend the other leg out at 45 degrees or higher (if your back is lifting). Make sure you keep your lower back anchored to the ground. Inhale and as you exhale switch legs bringing the alternative leg back towards your chest. As you switch legs try to feel the sensation of pulling your abdominals away from your thigh to enhance the feeling of a scoop. This will not only work your deep abdominals but protect your back.

DO 5 - 10 SETS

2 CRISS CROSS

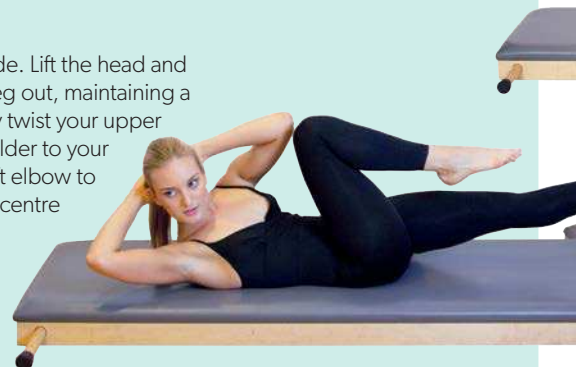
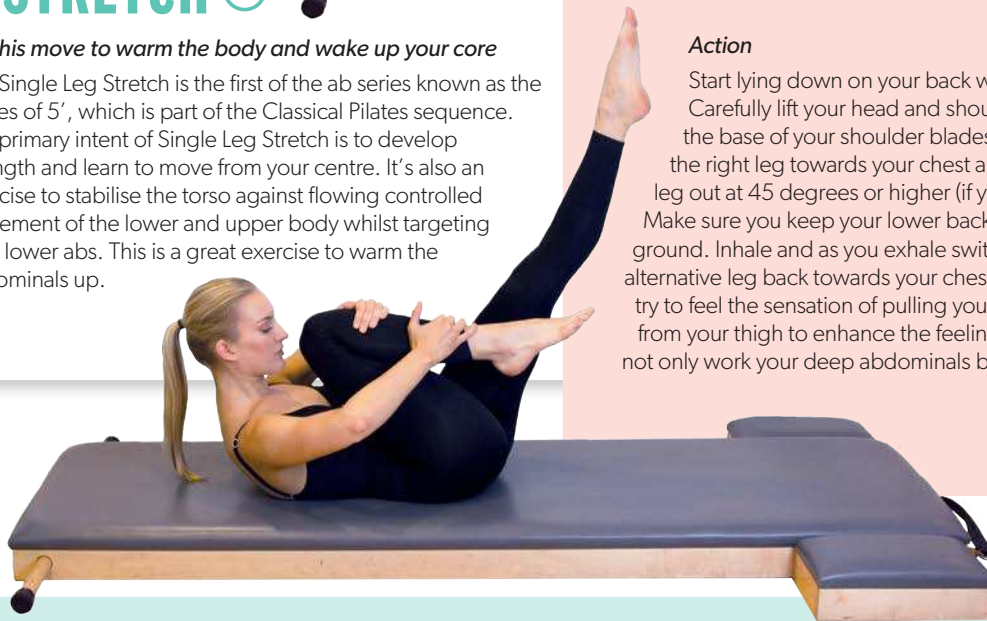
Do this move to whittle the waist and increase your stamina

Criss Cross is the last of the ab series and will target your entire torso as well as challenge your stamina. Because you don't have your hands to support your legs, the exercise really tests all aspects of what Pilates is about which is strength, stamina and control.

Action

Lie on your back with knees bent into your chest, place your hands behind your head with your

elbows wide and out to the side. Lift the head and shoulders. Extend your right leg out, maintaining a flat back as you simultaneously twist your upper body reaching your right shoulder to your left knee. Look back at your left elbow to increase stretch. Return to the centre and repeat on the other side. Keep elbows wide and twist from your waist not your neck. Repeat and hold each move for 3-5 seconds.



3 SWAN PREP >

Do this move to ease the feelings of anxiety and improve posture

Swan prep is a great exercise you can do to open the front-body, expand the chest and stretch the abdominals. This is particularly effective after working the core.

Action

Lie on your front with your hands placed on the floor under your shoulders and elbows close to your

body. Keep feet together to connect to your powerhouse and glutes. If you feel any tightness in your back even with your abs and glutes engaged keep your legs hip width apart. Inhale as you draw your navel to your spine, lifting your head and chest off the floor. Exhale as you continue to stretch the back and chest to straighten the arms. Make sure you are keeping your neck long and don't crunch the neck back. Inhale and exhale deeply as you slowly lower your body back to the floor, lengthening your chest and legs away from one another and continue a two-way stretch.



DO 3 - 5 REPS



4 MERMAID >

Do this move to counteract the negative effects of sitting down

The Mermaid is a great move to increase strength and flexibility in the arms, shoulders and torso. The Pilates Mermaid side stretch lengthens and opens the side of the body which is especially great to do after sitting at a desk all day, cycling or holding a heavy bag. This is also great for mums who tend to hold their babies on one side.

Action

Sit on your right hip with the knees bent. The top leg should be directly on top of the lower leg. If this is uncomfortable remain on your hip and open the knees so they are in line with the shoulders. Hold the ankle with the left hand. Inhale and reach the right arm overhead with the upper arms as close to the ear as possible. Exhale and bend the body directly to the side (left). The top of the head should reach towards the ankles and the hip should stay anchored to the ground. The right side of the ribcage reaches to the ceiling. Inhale and rise back up tall.

REPEAT 3 TIMES AND THEN SWITCH SIDES

5 THE TEASER >

Do this move to mobilise the spine and develop core and back strength

This great finale move can provide a sense of strength and control and this empowerment can be translated and used in your everyday life.

Action

Lie on your back, raise the legs to 45 degrees with arms extended behind the head. Keeping the legs

stable, inhale as you slowly peel off the floor into a V position. Leave the legs lifted as you roll the body down slowly so you can really open and stretch the spine.

For an advanced version, keep your legs straight along the mat and come up simultaneously with your upper body into a controlled V.

REPEAT 2 - 3 TIMES



DO 5 - 10 SETS



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LET'S GET WALKING

Join us in our campaign #walktowellbeing and take control of your health one step at a time

It's no secret that as we get older, our joints get stiffer, but did you know that low-impact exercises, such as walking, are great for improving mobility? A study by the Baylor College of Medicine has shown that people who regularly go on walks can reduce new frequent knee pain. The study was based on people who were aged 50 and older, who had been diagnosed with knee osteoarthritis. Researchers also found that walking for exercise may be an effective treatment to slow the damage that occurs within the joint over time. According to the Arthritis Foundation, breaking up your walks into three-to-six 10-minute strolls every day can help you slowly build up your stamina if you struggle to walk for 30 or 60 minutes at a time.



Step forward together

Looking for a way to nurture your relationships and connect more deeply with those who matter? Pull on your trainers and head out for a walk together

WORDS | *Claire Munnings*

We all know that walking can help boost our mood, reduce stress and improve our fitness levels, but now it's time to add another benefit to that ever-growing list. Yes, that's right – according to the experts, strolling with loved ones can help bolster your relationships.

anecdotally you'll hear reports of how ambling with their loved ones has helped bring them closer. Author and professional speaker Esther Stanhope (esthersthanope.com) credits a daily walking routine with helping her marriage stay healthy. She began stepping out with her husband every morning after lockdown and it's a habit that's since stuck.

"Before we started walking regularly together we didn't communicate as much as we do now, and checking in with how we are every day has brought us closer," she says. Regular conversations like this encourage a sharing mentality where exploring important feelings doesn't feel so daunting. "When you chat daily, the big issues don't get saved up," Esther explains. "There's no festering. Yes, sometimes we row, but we also clear the air much more quickly. We laugh! That says it all."

BUMPS IN THE ROAD

Walking together certainly makes discussing complex issues easier, and it's this which makes it's a great tool for when things are a little strained in your relationships.

"When we walk next to each other, there is much less of a confrontational feel that you might otherwise have if you are looking at each other across a table," Pascale explains. "This is particularly helpful with children, especially teens, who may find face-to-face contact overwhelming in times of difficulty."

Esther agrees. Her and her husband walk regularly with their children (aged 12 and 16) and find it offers a safe space to help them open up. "Walking and talking with the teenage kids is easier than trying to sit in their room and ask: 'how's school?'," she says. "At home you feel like you're intruding if you go into their room to chat."

"It's no secret that spending time together is an essential component of a happy and healthy relationship. When we spend time together, we get to connect in a way that's not just talking about the 'big stuff' but also all the finer points of life," explains relationship and confidence coach Pascale Lane (youfulfilled.co.uk), who adds that doing this while walking can be even more meaningful. As she explains, the very act of prioritising time together – especially when it's combined with movement and being outside in nature – is hugely beneficial for all relationships, including those with your partner, friends and kids.

"When you're outside, there are far less distractions and this in itself is a huge benefit. It is too easy to look at phones, reply to messages, potter about and do 'just one more thing' when you're at home. But when out walking, it is just the two of you and nothing else," she says.

Research has highlighted the plus points of moving together – particularly for couples. A study published in the *Journal of Social and Personal Relationships*, found that doing things in sync with your partner (like walking in time) can help nurture a sense of intimacy and even sexual desire between partners.

Another study, this one published in the *Journal of Personality and Social Psychology*, revealed couples who participated jointly in an exciting physical challenge reported feeling more satisfied with their relationships and more in love with their partner. While it may be a push to describe a daily walk through your park as an 'exciting challenge', the essence of the idea is still there – and it's a good reason to sign up to an adventurous walking event together, too (Mount Snowdon, anyone?).

But you don't just have to take these researchers' word for it. Speak to any of your friends who are keen walkers and



There's the idea of forward momentum too. "The fact you are walking creates a sense of achievement, moving forward, quite literally. It also encourages creative thinking to help problem solve together," Pascale adds. "This is because walking promotes empathy and reduces rigid thinking. This is aided by the rhythm we create when we are in sync with each other."

Interestingly, scientists have also found that walking in nature can reduce activity in the part of the brain responsible for rumination and obsessive negative thought processes, meaning that you're able to think about problems in a more positive way when strolling. It's why many therapists now offer walk and talk sessions too.

FIND YOUR STRIDE

So, how can you get the most out of a walk with a loved one? "Only go walking with

people if they want to go," advises Esther. "Find a way to 'walk them to the station' rather than 'go for a walk' – that can be annoying if you're not in the mood. Try and make it easy, with no strings and no pressure. I've found little and often is better than attempting a 10-mile hike where you discuss the mortgage!"

Pascal also recommends grabbing opportunities where and when you can. "Even if it's only for 10 minutes," she says, "do it with your partner, child or all together as a family. You'll never be short of things to talk about and I am a massive believer that if we aren't able to have the small conversations together then the bigger conversations will be near on impossible."

For Esther, the decision to walk with her loved ones is a no-brainer. "The steps and fitness make it feel worthwhile, while the chats are a massive bonus and feel good for the soul. It's changed our lives." **H&W**

STEP BY STEP

Relationship coach Pascale reveals how to get the most out of your walks together

- Remember it doesn't always have to be heavy: Don't leave walks simply for the 'big' conversations. Walking together as a couple or with your children is a fun and inexpensive way to spend quality, uninterrupted time together, so don't limit it to when important discussions need to be had. Make it part of your regular routine.
- Maintain physical contact: Holding hands is lovely to do with your partner or your kids if you can as it helps you feel connected and grounded. It also keeps you both in rhythm which can strengthen your bond and reaffirm your goal.
- Take moments to pause for the scenery: This is helpful because it gives you a chance to stop for a moment and take stock of where you are; both physically and metaphorically.
- Opt for a quiet or calming route: Choose nice locations to walk in where you will be able to enjoy the scenery. Not everyone has access to open spaces, hills or beaches, but most people can access a larger park or wooded area. Here you will have less distractions in terms of both noise, people and bustle and will be able to give your full attention to the conversation in-hand as well as each other.

Go the distance

Want to kick your walks up a notch? Here's how to build your stamina and clock up the kms

You won't be the first person to dismiss walking as a decent work out. In fact, many PTs actually believe that it's the most underrated way of exercising we can do. Why? Getting your steps up may not seem like it's having an effect, but walking for a long distance not only burns calories, it can also increase your stamina and endurance, leading to a healthier body composition overall. Don't believe us? The best in the business reveal just how walking for miles could give your health goals the boost they need.

GET A FRESH PERSPECTIVE

Much like a spin class on the weekend or pre-work run, there are many benefits to long distance walking. Sure, the intensity level of walking is lower but, make no mistake, it shouldn't be underestimated as a legitimate form of exercise. "Being outside has a positive effect on our mood and can leave us with a sense of calmness and clarity," says Monique Eastwood, celebrity personal trainer and founder of Eastwood Fit (eastwoodfit.com). "If we stride out at a good pace, we can also build good stamina and endurance in the cardiovascular system therefore creating a fitter, healthier body. Our muscles and bones are also being challenged by the distance, terrain and stride, leading to more musculoskeletal endurance and strength."

TIME IT RIGHT

So with long-distance walking providing a bucket-load of benefits, how long does it take to build up our cardiovascular fitness? According to personal trainer and founder of Breathe Fitness Anthony Mayatt

(breathefitness.co.uk), not long at all. "The great thing about [walking] being free and low-impact is that we can do it anytime, and doesn't require a long preparation unless you're hill walking or hiking up a mountain." To ensure we build up stamina gradually – and don't encounter any niggles along the way – Monique says it's a good idea to add a little more challenge every time you go for a walk: "Each week, you could add in a few extra miles or change your terrain and pace to challenge your body more to build endurance and stamina, so that gradually over time you're walking faster and further."

SUPPORT YOUR STRIDE

Indeed, there are other forms of exercises to boost your stamina that are yours for the taking. Monique's top recommendation to improve your gait (how you walk), strength and stamina is high intensity interval training. "HIIT will encourage greater demands on your cardiovascular system. Adding in bodyweight and balance moves, as well as using weights, will build

strength in your core and leg muscles to assist you to walk longer distances and to help to maintain good tracking with the knee and ankle."

Anthony agrees, noting that you can easily fit this interval style of training into your daily strolls: "Try running for one minute and walking for three minutes – and do this a few times. Your heart rate will rise quicker, but over time, will help your endurance for long distance activity."

A CHANGE OF PACE

Whether you're increasing your walking





SHOP TOP-RATED SHOES THAT ARE MADE FOR WALKING



Skechers GO WALK Workout Walker, £120, [skechers.co.uk](https://www.skechers.co.uk)

Enhance your steps with advanced comfort wearing this lace-up shoe, featuring a carbon-infused design with a removable Skechers Arch Fit insole, hyper burst cushioning and a Goodyear performance outsole.



Agility Peak 4 GORE-TEX, £155, [merrell.com](https://www.merrell.com)

This waterproof and cushioned, grippy trail runner is designed for those who want a lot of protection on even the most rugged trails. Version 4 was updated with a slightly thicker midsole made of the lighter-weight FloatPro foam and a new Vibram Megagrip outsole for even better grip on rock.



ECCO Biom 2.1 Country W in beige, £160, [ecco.com](https://www.ecco.com)

This athletic shoe with Gore-Tex waterproof protection is made for fast hiking and other high-speed adventures. Speed, comfort and high performance are highlights, while the Phorene midsole delivers energy return and bounce.

stamina for six miles, or 26 miles, Monique recommends opting for a mindful approach when you start. "Walk a distance that will challenge you and notice how you feel afterwards. What areas feel overworked, tight or painful? Build your plan around that, add in balance, stretch, strength training and HIIT to challenge your muscles, bones and cardio fitness."

GET GOING

Embarking on a long-distance walk is akin to lacing up your trainers for a run, so it's important to get a few other factors in

place first, such as good footwear and potential snacks. And, like with any fitness challenge, buddying up will make it more fun. "The UK is full of walking groups where you can select distances and difficulty levels so you can gradually build up your endurance for walking over time in a social setting," says Anthony. Going it alone? "I would aim to do two to three walks a week and build up your distance each time to the point of reaching marathon distance, adding a couple of miles each week." Ready to march that marathon? You've got this! **H&W**

STEP INTO YOUR YEAR

Put your best foot forward with **Skechers** and find out which sport or activity is in the stars for you...



CAPRICORN

22nd December-19th January

Your star sport: **ROCK CLIMBING** Element: **EARTH**



Once you set your mind on something, Capricorn, there's truly no stopping you. Embrace your determination to always aim higher by trying a sport like rock climbing this year and thrive off the rush of making it to the top in the sure-footed comfort of Skechers **Hillcrest - Vast Adventure (£75)**. With a memory foam insole, this shoe is made for the great outdoors.



AQUARIUS

20th January-18th February

Your star sport: **HIKING** Element: **AIR**



Known for being self-reliant, progressive and optimistic, you're stepping into 2023 in search of originality, Aquarius. Hike in outdoor style and long-lasting comfort with Skechers **Relaxed Fit: Trego - Base Camp (£95)**. This lace-up hiking boot comes complete in waterproof suede with a comfy memory foam insole. It's time to forge your own path.



PISCES

19th February-20th March

Your star sport: **DANCE** Element: **WATER**



Dreamy water sign, expression is your forte, Pisces. This year, free your imagination and make a mind-body connection with dance. Your feet will love you in Skechers **Slip-ins: Ultra Flex 3.0 - Brilliant (£90)**, designed with a unique Comfort Pillow in the heel and deco laces. Stay light on your feet and romantic at heart in 2023.



ARIES

21st March-19th April

Your star sport: **WALKING** Element: **FIRE**



For you, Aries, walking is a sport. A natural leader and pusher of boundaries, you are trailblazing your way into 2023 with a fiery focus that makes you unstoppable. Pull on the carbon-infused Skechers **GO WALK Workout Walker - Outpace (£130) trainers** and hit the nature trail in sure-footed style.

This shoe adapts to your stride



TAURUS

20th April-20th May

Your star sport: **GOLF** Element: **EARTH**



Earthy Taurus, you're at your best when you slow down and reconnect with beauty of nature. You see red when hurried or backed into a corner, so stretch your legs and give your mind something to focus on with a game of golf. Play your best in the waterproof, spikeless **GO GOLF Max 2 (£105)** from Skechers.



GEMINI

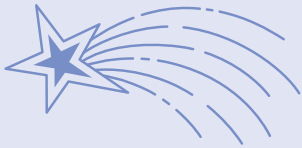
21st May-20th June

Your star sport: **TENNIS** Element: **AIR**



Adaptable, outgoing and impulsive, Gemini, you're entering 2023 with your eye on the ball. Get yourself on the tennis court and spring into action in flexible comfort with Skechers **Glide-Step Sport - New Wonder (£100)**. A natural team player, get the advantage by challenging your friends to a game of doubles!





CANCER

22nd June-22nd July

Your star sport: **SWIMMING** Element: **WATER**

With a gentle and intuitive nature, for you, Cancer, there's no place like home than being in water. Going with the flow is your thing, so join your local swimming pool, or why not give wild swimming a go? Wherever you choose

to swim, arrive in groovy style in Skechers **Foamies: Arch Fit – Hippie Mania (£60)**, fitted with a cushioned Arch Fit footbed.



Ultimate
poolside
comfort



LEO

23rd July-22nd August

Your star sport: **BOXING** Element: **FIRE**

Lionhearted Leo, your confidence and ferocity are your gifts, so there's no holding you back in 2023! We know you love the limelight, so a boxing ring is the perfect place to show off your skills and unleash your inner animal.

Lace up the athletic Skechers **Max Cushioning Delta (£115)** in bold hot pink for added impact.



Lightweight
and
breathable



VIRGO

23rd August-22nd September

Your star sport: **RUNNING** Element: **EARTH**

No one does it like you, Virgo. A lover of alone time and unafraid to put your heart and soul into your goals, you've got what it takes to run a marathon in 2023. Complete with **HYPER BURST** cushioning, go the distance in long-lasting support with Skechers **GO RUN Razor Excess 2 (£150)**. Virgos know the value of hard work and you can bet it will all pay off as you cross that finish line.



LIBRA

23rd September-22nd October

Your star sport: **YOGA** Element: **AIR**

As someone who craves harmony and grace, a daily yoga practice is pure nourishment for you, Libra. You're known for being charming and well-balanced, so start the year with queen-like poise wearing Skechers **Apparel GO WALK HW Legging (£50)** to your yoga class. You'll feel beautiful and comfortable in its high-waisted, seamless design. Plus, side pockets!

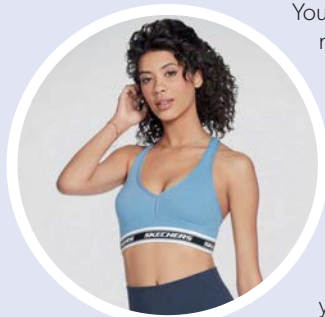


SCORPIO

23rd October 23-21st November

Your star sport: **HIIT WORKOUTS** Element: **WATER**

Scorpio, for you, intensity is everything. Your waters run deep so there's no doubt you'll do anything by half in 2023. As your greatest competition is none other than yourself, HIIT workouts are the perfect challenge. Complete your gym kit with Skechers **Apparel GO WALK Jacquard Bra (£40)**. With a racerback silhouette, you'll breeze through your workout in Scorpio-style.



SAGITTARIUS

22nd November-21st December

Your star sport: **CYCLING** Element: **FIRE**

Adventurous and spirited, you're gearing up for an epic year, Sagittarius.

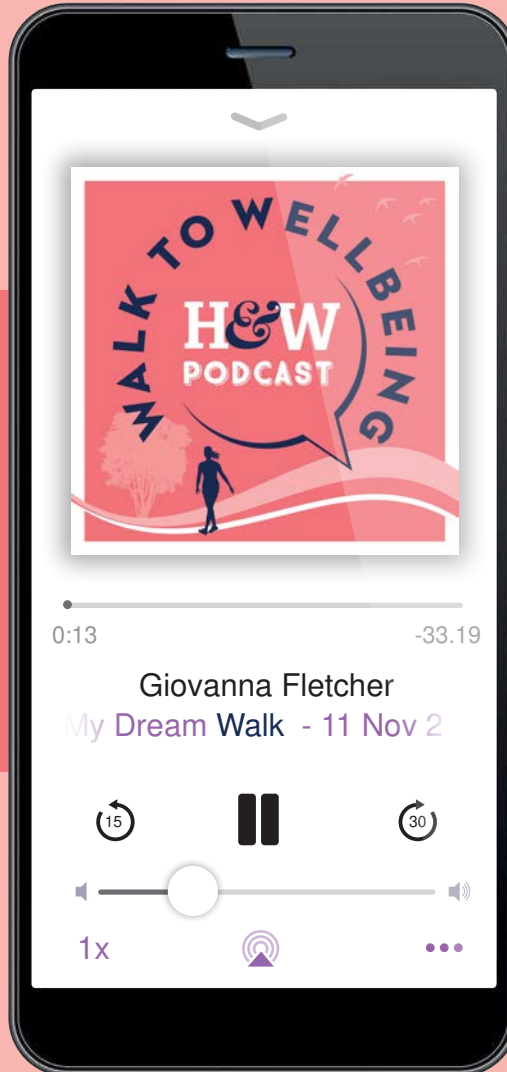
With a taste for the open road, cycling will fuel your quest for freedom in 2023. Enjoy the ride in total comfort wearing Skechers **Arch Fit – Big Appeal shoe (£90)**, complete with an Arch Fit insole that delivers podiatrist-certified arch support.



Discover these styles and so much more at [skechers.co.uk](https://www.skechers.co.uk)

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LOOK WELL

From the best activewear for a workout at the gym to top make-up, hair and beauty tips, we've got all the style advice you need right here

HAVE YOU TRIED DOPAMINE DRESSING?

Discover the secrets to dressing yourself happy every single day, whatever your size, shape, age or budget 

WORDS | *Liz Frost*



Have you ever worn a dress that made you feel like a million dollars? Or owned a pair of jeans that went with everything? If so, you're already aware of the secret superpower our clothes can hold. While fashion may seem frivolous to some, clothes are, to us, what feathers are to a bird, or fur is to a cat – an important layer that stands between our most vulnerable selves and the elements. But, more than that, our clothes can be an outward representation of how we're feeling; how we want the world to see us. From the power-suit and the first-date dress, to the slouchy jeans and favourite band tee, we're dressing our mood every time we pull something on from our wardrobes. Enter dopamine dressing – the practice of consciously selecting outfits which you know are going to improve how you feel about yourself. "It's dressing with intention, styling from the inside out with your wellbeing at the heart of it," explains fashion stylist Miranda Holder (mirandaholder.london, @TheMirandaHolder). Does this mean we need to put on our best frock and a full face of make-up every day? Of course not. "It's falling in love with the process – and yourself – again," she adds. And the great thing about dopamine dressing is, it doesn't depend on your size, shape or budget, literally anyone can do it. So, where to begin? Read on for Miranda's top tips.



CLEAR OUT

When it comes to feeling great, you would think the more options the better, but actually less is more when it comes to dopamine dressing. "Most of us have wardrobes bulging with clothes yet don't wear the majority of them," explains Miranda. "Having too many options, many of them wrong, will only cause frustration and overwhelm when dressing in the mornings, so it's really important to remove anything that no longer serves us, which will help us to avoid decision fatigue."

Set plenty of time aside to do this, and approach it with the right mindset as it's an essential step. Miranda recommends setting the mood, playing your favourite music, lighting a candle... whatever will keep you comfortable for the long-haul. "You only want to keep items that fit and which you love," says Miranda. "Anything that isn't fit for purpose can be moved on, resold, given to charity, or if you can't bear to part with it, stored in a separate area so you can clearly see exactly what you have."

IDENTIFY YOUR HAPPIEST OUTFITS

We're talking about the outfits that make you feel your brightest and best... what is it about them that you love? How could you bring

more of this into the way you dress? "Investing time into understanding what works for you at the beginning will save you hours later so it's worth going on a journey of self-discovery to really ascertain what makes you feel like the best version of you," says Miranda. "You might be surprised, an outfit which you loved five years ago may not work for you any more... be mindful to quash any negative self-talk that may arise and keep an open mind."

STEP OUT OF YOUR COMFORT ZONE

Exploring new colours and styles can make you feel zingy and reborn... it can give you extra confidence and a whole new lease of life. "Remember that dressing is a creative process, so embrace it!" Miranda says. "Experiment with new and interesting outfit combinations, combining new colours you have never dared try before or elevating your accessories game. Inspiration is all around us, in nature, interior decorating schemes, in art or magazines, so keep your eyes open for new ideas."

FIND YOUR 'HAPPY' COLOUR

"Wearing optimistic orange or sunshine yellow is a great shortcut to boosting those feel-good hormones," Miranda suggests, "but

knowing which shades best suit you is another wardrobe weapon you need in your armoury." Having a professional colour analysis can be life changing (houseofcolour.co.uk is one place you can book a consultation) but Miranda suggests the best place to start is by identifying whether you are in the cool or warm skin tone camp. If you suit gold jewellery better, you are most likely warm toned and suit warm (yellow based) colours, but if you suit silver then chances are you'll look better in cool (blue-based) colours.

WHATEVER YOU'RE WEARING, BE COMFORTABLE

You can be in the most glamorous ensemble but if your shoes are killing your feet, you will feel awful, fidget, have bad posture and generally not enjoy yourself, which is the direct opposite of dopamine dressing. "It may sound obvious, but no matter how glamorous you want to look, comfort is paramount and should never be compromised in favour of aesthetics, and it is possible to have both," says Miranda. "Look for natural, breathable garments that fit well and make sure your underwear or shapewear is your friend and research footwear. These days there is a plethora of supportive, well-balanced shoes available that don't skimp on style."



ACCESSORISE

Accessories are the ultimate outfit – and therefore mood-booster as they can instantly transform a look from mundane to special. They’re also really fun to collect as whether you are on holiday, shopping at a market, or digging around in a vintage store you never know what treasure you might find. “Invest in a range of shapes and colours and experiment with putting the ‘icing’ on the outfit cake and what effect it has,” Miranda suggests. “Because they are so quick, accessories are also a great dopamine dressing backstop for when you are in a hurry – a bright, colourful scarf knotted at the neck, a pair of killer heels, or the most joyful pair of dangly earrings can all be your sartorial saviour when you are needing to look and feel good in a hurry.” **H&W**

“Investing a little extra time into what we’re wearing is actually an important form of self-care”

ACCESSORIZE YOURSELF HAPPY



Azazie Mother Earth Rose Gold Earrings, £18, **Azazie.com**



Screampretty Double Drop Star Studs, £40, **Screampretty.com**



JD Williams Bright Check Blanket Scarf, £20, **JDwilliams.co.uk**

JD Williams Velvet Woven Clutch Bag, £29, **JDwilliams.co.uk**



Madagascar Leaf Necklace, £25, **Notjustashop.arts.ac.uk**





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Saving FACE

What impact is the cost of living crisis having on our beauty buying habits? *H&W* investigates how to get better value for money when it comes to cosmetics

WORDS | *Lauren Wigley*



It's no secret that the world seems to have been in a state of flux for the past few years, and with the recent cost-of-living crisis impacting all areas of life, it will inevitably trickle down to the beauty industry, with people potentially looking to make cutbacks. When it comes to buying cosmetics, it can sometimes be difficult to ascertain exactly what we are getting. Ingredients lists aside, the marketing, packaging and 'cult' status of some brands can potentially boost a product's prowess to the point of parting with more pennies.

RADICAL FAIRNESS

The recent Beauty Pie x The Future Laboratory report was an eye opening and refreshing peek into the world of retail mark-ups (despite a large proportion of us buying cosmetics online). Marcia Kilgore, CEO of Beauty Pie has championed a new wave of "radical fairness" and a fresh approach to pricing. Within the report Marcia questions the beauty industry's traditional "smoke and mirrors" approach, asserting that the strides forward in terms of ingredients, technology and artistry should be at the forefront.

With Beauty Pie, Marcia is determined to create inclusivity with their fair pricing, meaning not only knowing exactly what your product contains and why and how it works but also that you aren't paying over the odds for marketing and packaging. Marcia states that at Beauty Pie, "we show customers the difference between our cost of goods, our prices, and the prices they'd pay for the same quality of product at retail. We believe in delivering the most efficacious product, with great technology, and the necessary dose of beauty magic, for the fairest possible price."

TRANSPARENCY TREND

The good news is that along with Beauty Pie, there are other brilliant beauty brands that are striving for more simplicity and pocket friendly prices in the world of beauty, in comparison to some of their powerhouse predecessors. Freddy Furber, Founder of Q+A Skin notes that "expensive doesn't always mean better when it comes to skincare. Products are made up of a huge array of components such as branding, packaging, marketing, and the formulation itself. Often, you are paying for the expensive brand experience, not just the product." When creating Q+A he adds that it was hugely important for him that they "made it affordable, effective, and

sustainable and it's even more crucial now especially with the cost-of-living crisis. Skincare, no matter its price, can feel like a little luxury, and we don't want to take this feeling away from anyone."

As consumers when a brand is transparent with the process, products, and pricing, it is easier to feel confident in the little luxuries we are choosing to spend our money on without falling into the trap of bigger must mean better when it comes to price tags.

REAL RESULTS

"There are some incredible high street formulas to look out for," affirms Dr Anjali Mahto, consultant dermatologist. "As a practicing clinician, one thing I am acutely aware of is that many people still think that an expensive product must be better for you than a cheaper counterpart, however, this is not always the case."

With this she suggests a simple morning routine of a cleanser and antioxidant serum followed simply by sunscreen. For the evening, she suggests a make-up remover, noting that you could use your daily cleanser followed by a micellar water for a double cleanse. Following on from this a simple retinoid serum and finally a moisturiser will work wonders.

Cutting back to basics, rather than over-packing skin with a cocktail of different cult products can be great for looking after your skin barrier, whilst not overspending on an army of serums and creams. However, "If your skin is getting you down and no skincare/treatments are helping, the most cost-effective way to deal with it in the long run is to see a consultant dermatologist as soon as possible," Dr Anjali points out.

Whilst being mindful of the cost implications of this she notes that "if seeking help from a consultant dermatologist privately is cost prohibitive, your first port of call would be with your NHS GP. They can offer advice and some courses of action, but often they will refer to a consultant dermatologist as this is our specialist area of expertise." If you are struggling with your skin, the answer may not lie in the hands of an expensive product, but with a professional that can steer you in the right direction.



???



“Expensive doesn’t always mean better when it comes to skincare”



BUDGET FRIENDLY BEAUTY HEROES

When it comes to skincare there is now a plethora of brilliant brands that have transparency and ingredient-led inclusivity at their core, such as Q+A, Beauty Pie, as well as The Ordinary, Skin Proud and The Inkey List to name a few. However, other facets of the industry such as hair and makeup also have many budget buys that compete with their more expensive counterparts. Elf is a popular drug store brand that champions budget-friendly beauty and offers a vast array of incredible products that work wonders for a polished, glam look. Their social media sell-out sensation ‘Halo Glow Liquid Filter’ had a waiting list of more than 34,000 people down to its incredible results and low price point. Due to its multi-functional properties including a sheer tint, skin-loving ingredients, and a finely milled powder, it makes refreshing your face a doddle with a single product. A fabulous hack to save both time and money whilst still getting your glow

on, it’s also available in eight ‘flexible’ shades that reach across all skin tones. Multi-use products like these leave more room in your make-up bag and more pennies in your pocket, win-win.

When it comes to high street heroes, Holland & Barrett have been on the forefront of pioneering natural products, often at a purse positive price point. Their Native State hair care range is a great example of blending science and nature to create products that deliver exceptional performance based on specific needs and benefits. Each hair-loving range clearly states the benefits and offers solutions, and you don’t need to pay over the odds for the privilege.

Maybe it’s the cost of living crisis that’s driving this shift towards financially inclusive beauty; perhaps it’s the just that we consumers have become savvier when it comes to parting with our hard-earned cash, possibly it’s both. But this is definitely a trend that we hope is here to stay, whatever the economic climate. **H&W**

SAVVY BEAUTY BUYS

Products that really work and don’t cost a bomb...



ELF Liquid Glow (£14, boots.com)



Skin Proud Face Melt Cleansing Balm (£12.95, iamproud.com)



Q+A Apple AHA Exfoliating Gel (£8.50, qandqskin.com)



The Ordinary Glycolic Acid 7% Toning Solution (£8, theordinary.com)



Native State Curl & Frizz Shampoo (£4.99, hollandandbarrett.com)



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your style

TIPS TO UPDATE YOUR LOOK

HOW TO REFRESH YOUR SCALP

STEP 1

"There are a few signs that your scalp might need some TLC, but the most common issues would be that your hair feels itchy, dry, flaky or oily," says Shauna Casey, haircare expert at BondiBoost (bondiboost.co.uk). "For some people, this could start at the nape of the neck or behind the ears. It happens because you are either not washing the scalp enough or overwashing it, so it's important to have a weekly hair routine that can prevent most scalp and hair concerns."

STEP 2

"Exfoliate the scalp once a fortnight or once a month depending on hair and scalp concerns," says Shauna. "You can use the pink sea salt scrub to reset the scalp and scrub away any product build-up or dead skin. The BondiBoost Pink Himalayan Detox Scalp Scrub is a great exfoliant."

STEP 3

"Always make sure the scalp is moisturised," says Shauna. "We tend to forget to moisturise our scalps. Using a pre-treatment oil before washing once a week will plump up the skin and leave the scalp feeling amazing. This, in turn, will leave your hair feeling shiny and strong."

IN OUR WASH BAGS

All the festive celebrations and indulgences can make for unsightly skin breakouts, so having a skincare arsenal up your sleeve is important during January. The Trinny London Clear Skin Superheroes combines a full-sized overnight clarity retinal, along with a niacinamide serum, a gel cleanser and their Energise Me Niacinamide Moisturiser, all packaged in The Kensington Clutch. The perfect post-Christmas pick-me up. £89, trinnylondon.com

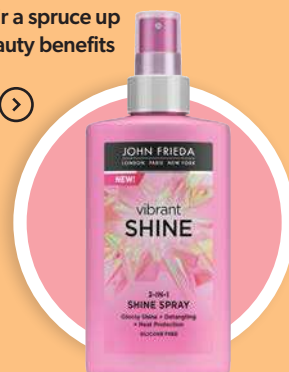


BEAUTY ON A BUDGET

Give your skin and hair a spruce up this winter for big beauty benefits

John Frieda Shine Spray, £6.99, boots.com

Want to add some extra gloss to your locks? This innovative 3-in-1 shine spray contains hair hero argan oil, which weightlessly adds shine to all shades, detangles and provides heat protection up to 450F/200C.



Belle Regali Naturele Bergamot, Ylang Ylang & Balsam of Peru, £6.50, belle-regali-naturele.com

This 100 percent natural artisan soap is handmade in the UK using the traditional cold process method. Infused with floral, citrus and vanilla notes, the ylang ylang supports the skin's natural balance of oils while stimulating the production of new cells, while the bergamot helps to alleviate stress and elevate mood.



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Alderidge, £70



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Thinking of incorporating more plant-power into your diet and lifestyle? Our vegan guide proves it's easy to live a vegan life without compromising on quality

VEGANUARY MADE EASY

FOOD & DRINK

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Created by Dr Megan Rossi, aka The Gut Health Doctor, Bio&Me's gut-loving prebiotic granolas, porridges and mueslis maximise plant-based diversity. With up to 16 different plant-based ingredients, they do your gut a world of good while also tasting great. All products are high in fibre, 100 percent plant-based and contain no added sugar or salt. £3.70, available at Tesco.



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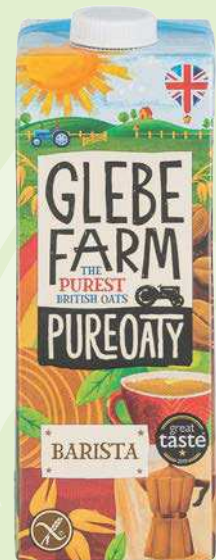
LAZY DAY FOODS SALTED CARAMEL CRISPIES

Everyone can enjoy a sweet treat with these irresistible vegan goodies, which are also gluten-free. A new take on an old favourite, they feature a crunchy base of sticky rice crispies layered with smooth caramel and topped with a generous coating of real dark Belgian chocolate. £2.30 at Waitrose, lazydayfoods.com



GLEBE FARM PUREOATY BARISTA

Glebe Farm's PureOaty is proud to be the lowest carbon foot-print oat milk on the market (using 100 percent British Oats). This brand is leading the charge on low food mile, plant-based options, without compromise. Available at Holland & Barrett, Amazon and Morrisons. Get 20 percent off throughout January, using code **VEGAN**, when you shop direct at glebefarmfoods.co.uk



THE SOUL SOUP CO INSTANT SOUPS

Convenience without compromise? Sounds like a win-win to us! The Soul Soup Co offers a nourishing range of 100 percent natural, plant-powered instant soups. Featuring a delicious blend of nutrient-dense superfoods, freeze-dried veggies, creamy coconut powder, herbs and spices, simply add water, stir and enjoy. Made in the UK with recyclable packaging. £2, get 20 percent off with code **SOUP20** at thesoulsoupco.com



BEAUTY

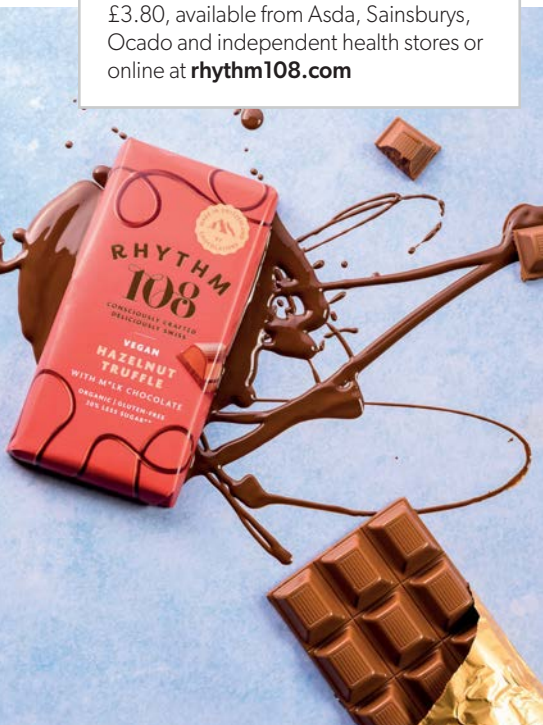
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If you're a keen baker, then try Foodie Flavours' orange, lemon or peppermint extracts in your next recipe. Using 100 percent organic ingredients, they're specially crafted for home baking. Use by the teaspoon in your favourite treats – an essential for your sponges or toppings. Besides being vegan-friendly, the range is certified organic, alcohol-free, and gluten-free. £7.99, foodieflavours.com



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Who said vegans can't indulge in luxurious chocolate? Swiss chocolatiers handcraft this award-winning bar, which features a delicious, creamy truffle hazelnut praline filling coated in Swiss vegan milk chocolate. There's also a range of vegan, organic, gluten and palm oil-free and sustainably packaged crunchy biscuits and soft-filled cookies to choose from. £3.80, available from Asda, Sainsbury's, Ocado and independent health stores or online at rhythm108.com



DERMA WARRIOR SKINCARE

Jump-start your healthy skin journey with Derma Warrior's skincare range, designed to transform the look of dry skin conditions such as eczema, psoriasis and topical steroid withdrawal. Featuring natural butters, superseed oils and botanical extracts, the formulas help to restore, repair and soothe inflamed skin. Use code H&W15 for 15 percent off before 31 January. From £10.99, dermawarrior.com



IGENNUS VEGAN PRO-COLLAGEN PROTEIN POWDER

This plant-based protein powder supplies the key building blocks for collagen production, essential for skin, hair and nails. The unique formula includes optimal ratios of collagen amino acids, together with protein and co-factor vitamin C. Sugar-free and unflavoured, it's ideal for blending with plant milk to create smoothies or incorporating into your favourite recipes. £27.99, get 20 percent off with code **VEGAN2023** at igennus.com

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Banish winter dryness and say hello to an instantly fresh complexion and smooth skin with lavera's Glow By Nature Day Cream. With a silky-smooth texture and enriched formula that includes natural vitamin C and coenzyme Q10, it helps energise and revive tired skin for a more radiant, healthy complexion – all day long. £25.90, lavera.co.uk



L'ORGANIQ PRO-AGE EYE CREAM

Rich in natural oils and antioxidants, the Pro-Age Eye Cream from award-winning British skincare brand L'ORGANIQ helps to reduce dark circles as well as the appearance of under-eye wrinkles. With hyaluronic acid to lock in moisture and green tea extract for firmer skin, eyes will look brighter and feel revitalised. £16, lorganiq.com

HEALTH & WELLNESS

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ORGANYC PERIOD PADS

The world's first clinically-proven period products to reduce intimate skin irritations. Made with 100 percent certified organic cotton inside and out, these award-winning period pads are ideal for those who suffer from irritable and sensitive skin. Besides being hypoallergenic, they're anatomically designed with protective wings to adapt to the contours of your body and give you maximum protection. Certified by Vegan OK. £4.79, organyc.uk



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DR. VEGAN DAILY MULTI-VITAMIN

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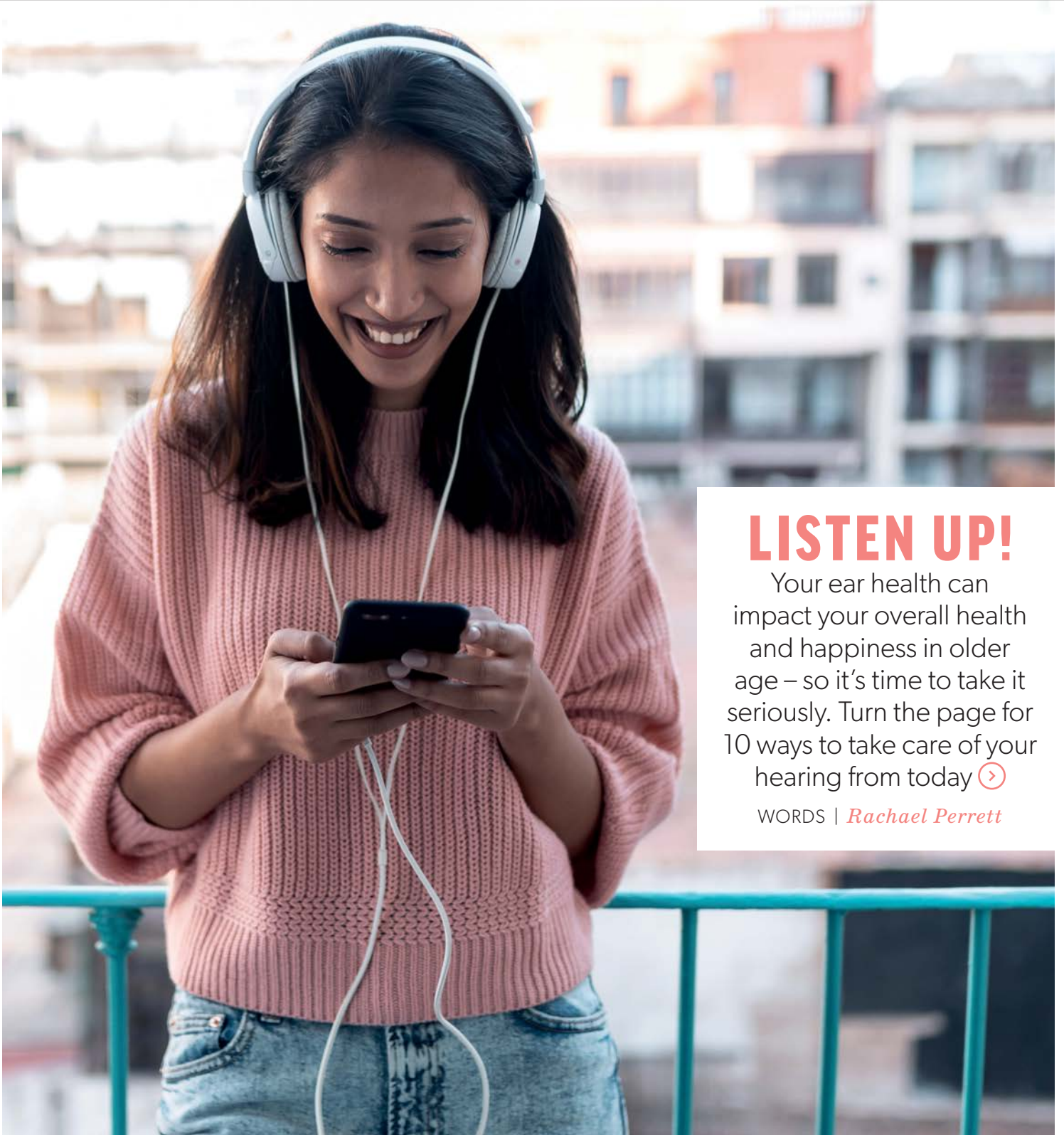
BELLE REGALI NATURELE CANDLE

Indulge the senses with this hand-poured aromatherapy candle by Belle Regali naturale. Housed in a beautiful – and reusable – white ceramic jar and cotton drawstring bag, the 100 percent natural eco soy wax provides a clean, efficient burn. Lightly scented using a selection of expertly blended pure essential oils, just choose the mix to match your mood. £28, belle-regali-naturale.com



FEEL WELL

From hormones to heart health, we've rounded up the best expert advice you and your family need to stay in top health this month



LISTEN UP!

Your ear health can impact your overall health and happiness in older age – so it's time to take it seriously. Turn the page for 10 ways to take care of your hearing from today >

WORDS | *Rachael Perrett*

Arthritis. Dementia. Diabetes. Many of us are aware of the common health conditions we may face as we get older. Chances are you take steps to avoid these, but some issues are all too easy to ignore, as we simply assume they're part and parcel of getting older. What's that? We said, you need to pay more attention to your hearing.

While it's true that hearing loss is a common condition in older age, it's just as important as any aspect of your health. With that in mind, here are 10 ways you can safeguard your ears in later life...

1 BE AWARE OF YOUR BODY'S CHANGES

As you age, your body goes through significant changes, some of which may affect your hearing. Being aware of these changes is the first step in managing them. "As we get older, our risk of hearing loss grows with us," explains Farah Kiani, senior audiologist at Hidden Hearing (hiddenhearing.co.uk). "It's estimated that 40 percent of those above the age of 50 have some degree of hearing loss. For women going through the menopause, the drop in oestrogen can trigger additional issues such as tinnitus. Other ear issues such as ear infections do become less common as we get older though."

2 PRACTISE ACTIVE LISTENING

One of the best things you can do for your hearing is to listen! Regularly monitor your hearing for signs of degradation. Are you hearing ringing noises in your ears? Or perhaps you're struggling to hear the TV or radio even when it's turned all the way up. "Whilst it won't protect your ears, the more keenly aware you are of the quality of your hearing health, the sooner you'll notice if you are losing your hearing," Farah says.

3 ACT QUICKLY

As Farah says, "The sooner you're aware of hearing loss, the better positioned you are to protect it from further decline." So, when you notice signs of hearing loss, tinnitus or other discomfort, don't delay seeing a doctor or hearing specialist. The earlier you take action, the sooner you can seek treatment.



4 KNOW THE RISKS

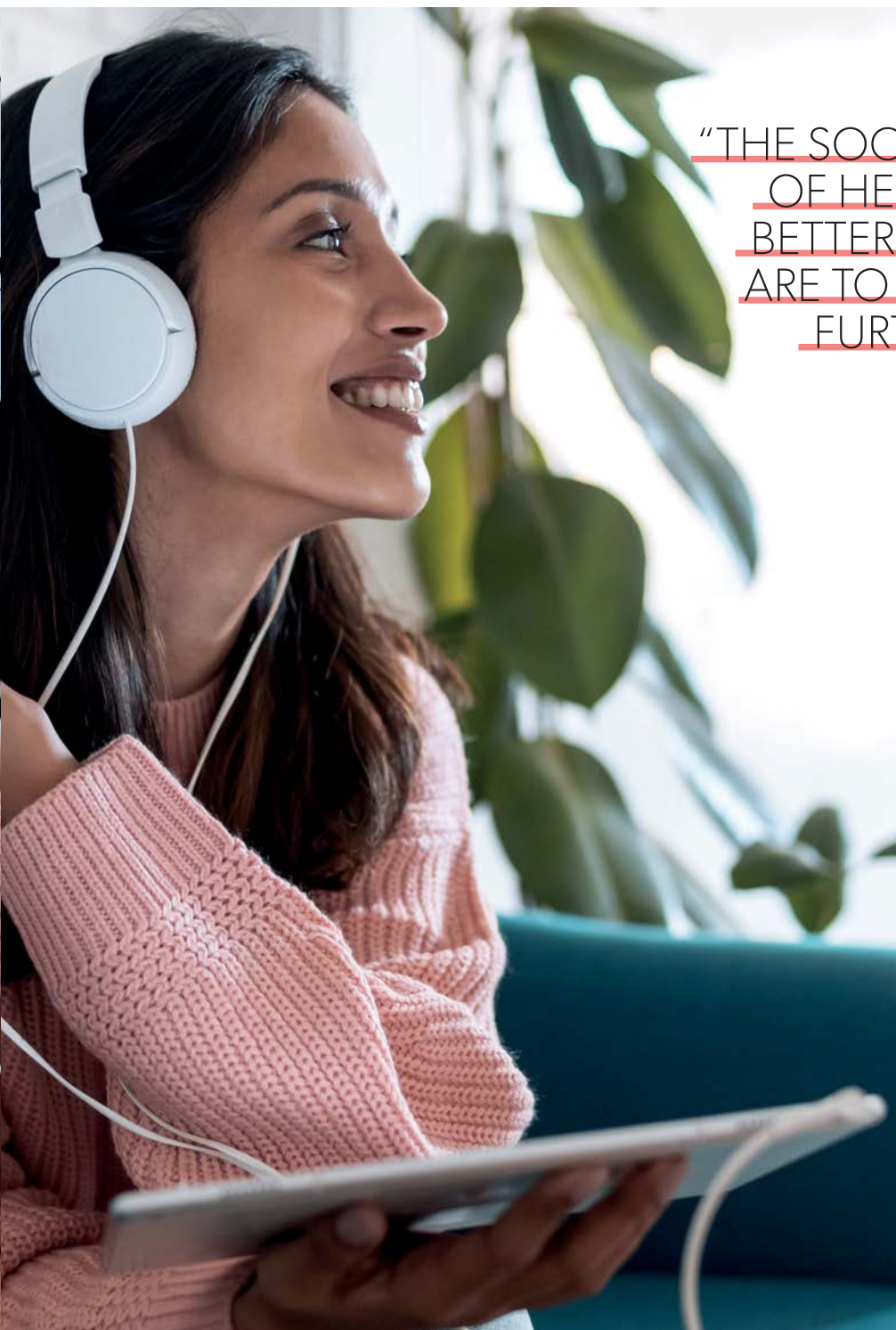
Lifestyle factors in our younger years can have a huge impact as we age, particularly on our hearing. "We experience risks across our lifetimes – those of us who spent our younger years at nightclubs and concerts without protecting our hearing have exacerbated risks of hearing loss," Farah explains. "It's simply that with lots of risks across a lifetime, this manifests in older age."

What's more, a YouGov and Hidden Hearing survey of 24,000 adults across the world revealed that nine out of 10 people

are unaware of the associated risk between hearing loss and dementia. Our hearing keeps our brain stimulated, meaning that untreated hearing loss could lead to increased cognitive decline, making it all the more important to protect your ears and treat hearing loss as soon as possible.

5 TURN IT DOWN

While you can't go back in time and repair damage from your younger years, you can manage future risks. As exposure to loud noises is one of the leading causes of hearing loss, you might consider wearing



“THE SOONER YOU’RE AWARE OF HEARING LOSS, THE BETTER POSITIONED YOU ARE TO PROTECT IT FROM FURTHER DECLINE”

7 GET A HEARING TEST

For adults over 55, it’s recommended that you get regular hearing tests, so you can pick up early signs of hearing loss and treat them properly. “It is estimated that one in five people in the UK are living with hearing loss,” Dr Dalia says, “and of those people, a shocking one in three are living with it untreated.” Hearing tests are quick and easy, and many organisations such as Hidden Hearing offer free tests online and at their clinics.

8 LISTEN TO ADVICE

The ageing process can be a challenge for many of us, but don’t let any embarrassment delay your seeking treatment. If you are given advice for hearing loss, be sure to follow it – it could impact you in more ways than one. “Having a fitted hearing aid can completely transform someone’s life,” Dr Dalia says, “with those who have been treated for hearing loss being 42 percent less likely to self-report depression and 50 percent less likely to report anxiety than those who haven’t been treated.”

9 MANAGE YOUR OVERALL HEALTH

Did you know that medical conditions such as high blood pressure, diabetes and circulatory illnesses can lead to hearing loss? If not treated properly, they can affect the sensitive inner parts of your ear, which can lead to problems with your hearing, so be sure to manage any additional health conditions as well.

10 BREAK THE STIGMA

According to a March 2022 survey conducted by Hidden Hearing and YouGov, hearing loss is one of the top three most stigmatising aspects of ageing – and out of those surveyed around the world, Brits were the least likely to get a hearing test. But with hearing loss having a direct impact on our health and happiness, it’s time to break the stigma and seek the support you need, when you need it. **H&W**

ear plugs in loud environments like restaurants or leaving if you find the music too loud. At home, turn down the volume as often as you can. You could even wear noise-cancelling headphones as you’re less likely to strain to hear over background noise.

6 KEEP IT CLEAN

While our ears are usually capable of cleaning themselves from wax build-up, this may not always be the case, and it could be impacting your hearing. But put the cotton buds down, because they may

cause more harm than good: “Although some people may be worried that their hearing loss is more serious, it could be as simple as having a quick and painless procedure to remove the wax, performed by a professional,” says Dr Dalia Tsimpida, a world-leading psychologist on hearing loss from the University of Manchester.

“Never attempt at-home removal though. Using items such as a cotton swab to clean your ears can cause the wax to become compact and push up against your eardrum, which could cause internal damage.”

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THE INSIDE KNOWLEDGE

FOR BETTER HEALTH



SURPLUS SUPPLEMENTATION

While topping up our levels of certain vitamins and minerals can boost our health, there is such a thing as too much of a good thing. "Some vitamins, such as vitamin C and B vits are water-soluble, which means they are excreted through urine if not needed, which is why you might see bright yellow urine after taking certain vitamin tablets," says leading nutritionist Rhiannon Lambert (rhitritionplus.com). "Other fat-soluble vitamins, such as vitamins A, D, E, and K, which the body can't get rid of, don't leave the body which means toxicity can build up over time. In some cases, this can lead to a possible overdose, and in extreme cases, a visit to A&E." Unless you are deficient in a certain nutrient, it's pointless taking a supplement because the body will only take what it needs. "The only real way to know if you're deficient in a certain nutrient is to see your doctor and have a blood test," adds Rhiannon.

DID YOU KNOW?

Sharing your bed helps you sleep better?

Yes, snuggling up to your partner may influence the quality of your sleep. Despite squabbles over snoring and taking the covers, a new study has found that adults who share a bed with a partner or spouse sleep better than those who sleep alone. The bedroom research comes from experts at the University of Arizona, which found that those who shared a bed with a partner most nights reported less severe insomnia, less fatigue, and more time asleep than those who said they never share a bed with a partner.

WHAT'S TRENDING THIS MONTH...

Managing the menopause

Despite information about the menopause becoming more accessible, almost two-thirds of women (61 percent) going through the menopause do not feel there is enough medical support. To provide more help, Holland & Barrett has partnered with Menopause Mandate to pilot a brand new and free nurse-led menopause advice line. Hosted on the retailer's website, people will be able to book a free 15-minute one-to-one video chat with a women's health nurse, who is able to provide unbiased information, general advice and signposting to those with questions about menopause and perimenopause. Head to, hollandandbarrett.com



HEALTH HEROES THE LATEST TRENDS TO KEEP YOU WELL THIS MONTH



Simple Booster Serum 3% Hyaluronic Acid and B5, £7.99, boots.com

Along with locking moisture into dry skin, improving skin texture and reducing fine lines, this serum also relieves irritation, making it the perfect partner for sensitive skin.



White Glo Professional Choice Whitening Toothpaste, £4.20, boots.com

Lighten discolouration and yellowing on tooth enamel, which is often caused by food and drinks with strong colouring, with this professional, whitening formula.



Pukka Menopause Serenity Supplement, £24.99, pukkaherbs.com

This blend of organic herbs from Pukka can be taken alongside HRT to reduce menopause symptoms and gently increase your energy levels.



Marks and Spencer Good Move High Impact Sports Bra, £30, marksandspencer.com

Hit the ground running in this extra-high impact sports bra with adjustable multi-way straps and a non-wired design complete with removable padding.

What's TRENDING?

With 2022 coming to a close, now would be a great time to hit refresh on your wellness routine. Luckily, we've cut through the noise and drilled down exactly what's creating buzz to make 2023 your healthiest year yet!



Eat well

The up-and-coming food trailblazers to take away



GOOD VIBRATIONS

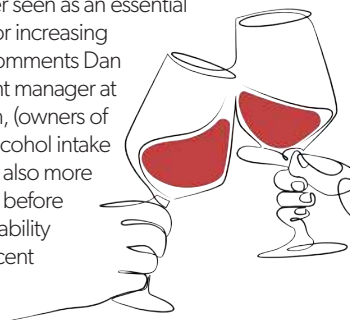
Apparently, there's a lot more to nutrition than just the purple hue of an aubergine, for example. Food gives off invisible energy or prana (life force) that it absorbs from the sun, making them high-frequency grub. Fruits, vegetables, like chard and kale, and berries are the ones that will help maximise the nutrition value of our diets; processed meals, red meat and alcohol are – you guessed it – low-frequency foods, devoid of energy. There's a growing body of evidence that suggests it's important that we choose foods that contain high-vibration energy to help raise our own auric frequency and naturally enhance energy levels. We're buzzing about this new intel.

THE ANTI-DIET DIET

Diet culture is facing a sleuth of criticism right now, and insights report that we'll be saying farewell to miserable diets and food guilt. The movement promotes overall wellbeing, rather than focusing on being a smaller size by eating intuitively and working with your body, not against it. The result? Honouring your hunger, making peace with food and discovering the satisfaction factor. We, wholeheartedly, love to see it.

NO-LO DOESN'T EQUAL FOMO

Going alcohol-free for a month (see: dry January) clearly isn't enough time to really feel the benefits for some, as new survey data from alcohol-free wine brand Eisberg found that nearly half of women in the UK are cutting back on alcohol consumption to prioritise their mental and physical wellbeing. "Drinking is no longer seen as an essential part of socialising for increasing numbers of adults," comments Dan Harwood, key account manager at Schloss Wachenheim, (owners of Eisberg). "Reducing alcohol intake without missing out is also more achievable than ever before with the rise in availability of quality 0.0 percent alcohol drinks." Cheers to that.



PLANT-BASED PASTA

Alt-milks have had their time in the spotlight with many remaining a staple in fridges across the UK – vegan or not – and it seems like powerful plant-based ingredients (chickpeas, lentils, edamame and fava beans) are getting in on the action in pasta form. Why change such a traditional formula, we hear you ask? These pastas are high in plant protein and fibre, naturally gluten-free and lower in carbohydrates than regular pasta. ZenB is one of our favourites. Made with yellow split peas, you're just one pot away from a whole new world of flavour and goodness.



AIR IT OUT

Cost-effective and time-saving, air fryers have soared in popularity with many health-conscious Brits using them as an ally to support their goals if they fancy a lighter version of sides or sweet treats. Plus, they're cost-effective compared to ovens. Oat brand Nairn's has a handy hack to turning your leftover porridge to delicious cookies. Simply mould into cookie shapes and stick in your air fryer and bake for 10 minutes.

Move well

Crushing workouts and go-hard-or-go-home mentalities? Not this year, according to these trends

THE CLASSICS

When it comes to fitness, Pilates is certainly up there as a workout that's causing a stir. New research by supplement brand Nutrimuscle (nutrimuscle.com) has found Google searches for the low-impact exercise that focuses on form and flexibility has increased by 124 percent in the last year. Leading the trend is Exhale Pilates (exhalepilateslondon.com) which is on a mission to revive the original works of Joseph Pilates that's not regularly seen here in the UK – and even has a celebrity-studded client list, including Harry Styles and Kelly Brook.



YEAR OF THE 'FATE'

According to co-founder Cem Miral at fitness app Fifaty (fifaty.com), 2023 will see people spending less time fretting over restaurant bookings and more time reserving spaces in fitness classes when weighing up first-date venues. Some aren't keen on the idea of sitting in a noisy bar or restaurant with someone they've just met, so going on a run with a person who shares the same fitness passion as you eliminates the pressure of planning a date that you think they'll like, which is one way to ensure that health-conscious singles can fit both a date and training session into their busy schedules. Now that's what we call a double date.

REFRAMING EXERCISE AS MOVEMENT

This trend will focus on reframing, and how it could be a tool to help people fall in love with exercise and make it more inclusive and less intimidating.

The idea of reframing exercise as movement can make it seem less daunting and motivate those who are disillusioned with the fitness industry and the 'ideals' it has presented to date. This trend will also examine other ways exercise can be reframed to encourage healthy habits and empower people to prioritise their health and fitness.

MOVING ON FROM MEMBERSHIPS

A trend which examines how the fitness industry may evolve in 2023 due to the cost-of-living crisis, focusing on affordable fitness. This will focus on the uplift in use of fitness apps and other cost-effective, credible ways people can use to prioritise their health and fitness but reduce the cost of expensive gym and studio memberships.



FAKE NEWS

Sure, misinformation and a spinning of the truth has been around for decades, but social media makes it easier to spread like wildfire. The fact that it's free and pretty much anyone can have a crack at creating content is encouraging Gen-Z turn to platforms such as TikTok and Instagram to get their health news, prioritising style over substance. Be careful out there; not everything you see should be taken as gospel.

Live well

Travel's heading in a different direction and another way to breathe is catching on – we've got the scoop

NOSE WAY

Typical. Just when you thought you'd sussed how to *really* breathe, another method comes along. According to new research published on sciencedirect.com, breathing through your nose is the natural way to breathe and doing so comes with a host of benefits, including filtering out bacteria, boosting your sense of smell and may even improve some cognitive processes. Wondering where to start? Close your eyes, breathe in through your nose for five seconds into your belly and breathe out for another five seconds. Repeat. Who knew this trend was right under your nose?

WORKPLACE WELLBEING

We were into the full swing of WFH last year, but with the increase of remote working, it's probably no surprise that research by digital mental health experts SilverCloud reports 50 percent of employees want more wellbeing support from their employer. Some suggestions to bring to your next team meeting? "Making mental health a board level priority, upskilling line managers and offering digital mental health tools which can support people to self-manage their mental health anytime, anywhere, and on their own terms," says Cary Cooper, professor of Organisational Psychology at Alliance Manchester Business School. Consider it done.





SPIRITUAL WELLBEING

While journaling isn't anything new, many are set to be using the mindfulness technique for an intentional, thoughtful and successful 2023. Need another reason to pick up a pen and paper? Gratitude journaling and happiness go hand-in-hand, according to Ben Treanor, wellness coach and founder of Mål Paper (malpaper.com). "Happiness is a state of mind; journaling and affirmations work to increase happiness through focusing your mind on the positives in your life."

TRY BEFORE YOU TRAVEL

It used to be space travel that was ambitious and outer worldly, but now travel will enter the ever-evolving 3D virtual space of the metaverse going forward. Accommodation giant booking.com has found that 27 percent of UK travellers are open to letting virtual reality bring them closer to the holiday of their dreams and would be keen to embark on a VR travel experience. Up, up and away?



TECH AND TRACE

Steps, menstrual cycles and heart rate – there's little you *can't* track these days. Sleep is set to be an important metric for exhausted Brits in 2023 (a study from CurrentBody reported that 40 percent of women have trouble nodding off in their 40s and 50s, in particular), and tools like Oura rings and WHOOP are on a mission to make it easier to access the data to improve sleep quality.

Feel well

We've combed through the top health trends to spare you the trouble (and time)



RAPID RELIEF

As a fairly universal concern, bloating is something that could do with remedying sharpish, rather than a supplement like generic probiotics that are intended to be taken every day to begin their work. Now, anti-bloating products making their way over to the UK to help combat IBS, Crohn's and other stomach issues, it's no wonder they're flying off the shelves. The brand making waves? Wild Dose's A Dose For Bloating works rapidly to eliminate bloating in a flash.

DEGREES OF PLEASURE

From mental health to the menopause, it's safe to say we've done a pretty good job at giving some taboos the heave-ho – and the same can be said for sexual health too. With female pleasure being openly discussed (there's even a whole week dedicated to the movement), there are now a myriad of products to encourage more self-love and boost sex drive. One brand that's, ahem, up-and-coming is ohhcean – a sex toy range made of ocean-bound plastic. The range consists of three classics, the Magic Wand, G-spot Vibrator and Body Vibrator. Good to know.



FEEL THE HEAT

Just can't see the hype around cold showers? While the evidence of their benefits stacks up, not everyone can withstand the icy temperatures, so there's good news if you fall into that camp. Stepping into the sauna might be something you do at the spa or gym, but with blankets, mats and tents, heat therapy is slowly becoming more accessible from the comfort of your own home.

MAIL-ORDER MICROBIOME

Understanding the unique composition of your microbiome – the community of good bacteria – can help you understand exactly how to look after it, as well as flagging issues that could lead to health risks. Wellness brands across the world have caught on, with many now offering at-home microbiome



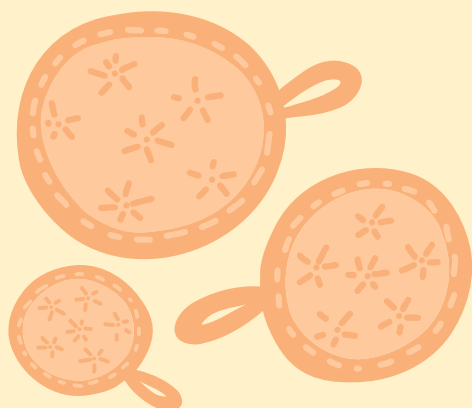
testing kits, where customers gather a microbiome sample, send it to a lab for analysis, then receive a report and advice based on their results. In January 2023, gut health start-up myota (hellomyota.com) is launching the first ever at-home gut microbiome diagnostic kit that allows you to identify which types of fibres you should be consuming for optimal microbiome health.

O-MG

A trend predicted to be big in 2023 by The Body Lab (a state-of-the-art performance and recovery facility) is hyperbaric oxygen. Come again? Basically, your body's tissues need a decent load of oxygen to function, so when you've had a tough workout where your tissues have torn, say, they'll need even more to survive. The Body Lab has its own AirPod Hydroxy Chamber and it works by speeding up your body's own healing process through the increased absorption of oxygen and hydrogen. Whether you need to pop in on your lunch break and take work calls or catch up on emails, it's a convenient and accessible wellness therapy.

Look well

Sustainability and self-care are top priorities for the beauty and skincare world this year – here's the proof



LESS PLASTIC, LESS WASTE

Eco-friendly cosmetics have boomed as big brands make small changes, leading the way to helping the beauty industry clean up its carbon footprint. "Customers are looking for brands that stand with them on their environmental concerns," explains Ericka Rodriguez from Axiology Beauty (axiologybeauty.com). Other brands making a big difference are Faith in Nature, FAACE, Wild Science Lab and Green People.

PEEL YOURSELF PRETTY

Healthy-looking skin never goes out of fashion, so it's no surprise that the pioneering facial Peel is predicted to be one of the biggest skincare trends in 2023. Requiring no pre-peel skin preparation and sometimes with a treatment time of just 15 minutes, the Peel facial at Young LDN (youngldn.com) reveals revitalised skin in just one week.

FACING POSITIVITY

Although aesthetic treatments can boost confidence and produce amazing results, the procedure can seem quite daunting, so if you're looking for a needle-free alternative, cult product Needle-less Line Smoothing Concentrate (£100, spacenk.com) is the miracle-working non-invasive solution to reduce the appearance of fine lines and deep creases.



BEAUTY BITES BACK

First came movement snacks (when you stand up and move for short periods, like a quick stroll to give yourself a break from emails) and now, beauty snacks are set to be a hit. "A desire for self-care moments will prevail as we all shift to working from home or hybrid working," explains Anna Brightman, co-founder of UpCircle Beauty (upcirclebeauty.com). "From a soothing candle that helps us refocus to an indulgent hand cream to relieve dry hands, 2023 is all about snacking." Now that's something we can get on board with.



CLEAN UP YOUR ACT

Ten-step beauty routines? Forget it. This year, it's all about stripping back and making your skincare work harder. Affirmed by Dr Colette Haydon for lixirskin (lixirskin.co.uk), you don't need a cream for your eyes and neck, and rather, a good formula that does it all: "With the cost of living, people are looking to pare back their skincare while still getting exceptional results. Lixirskin's Universal Emulsion (£29) is continuing to be our best-seller because of its multi-tasking properties."

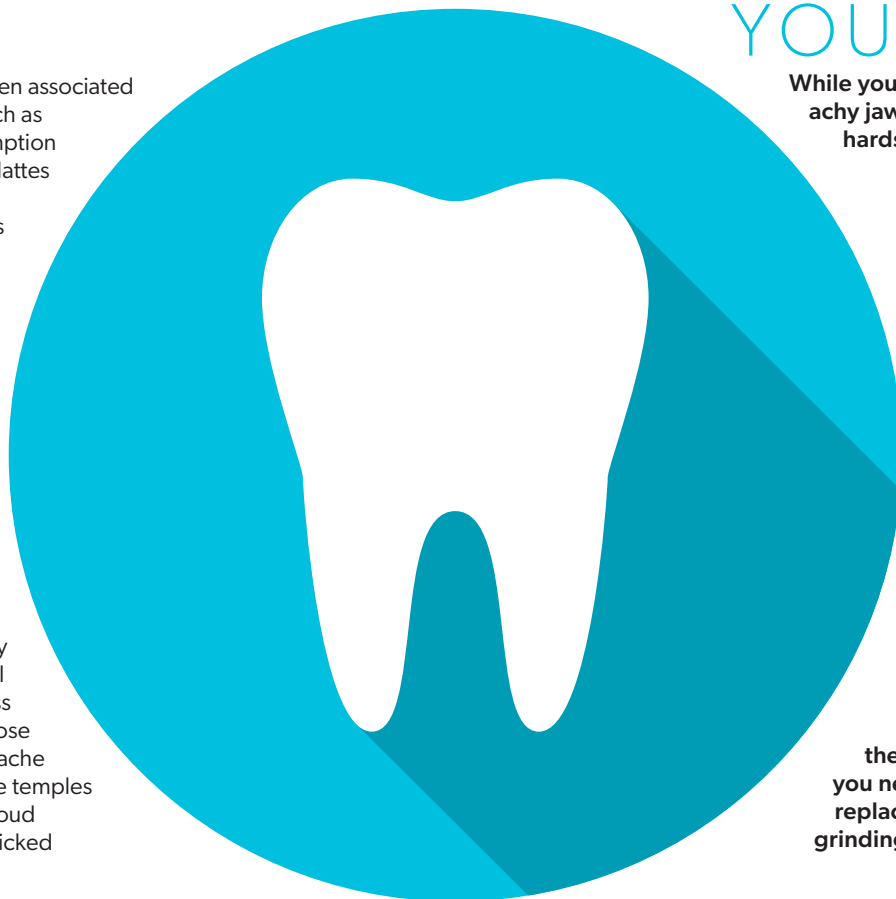
IS IT NORMAL...

TO GRIND MY TEETH?

Clenching your jaw from time to time is perfectly normal, but if you're suffering from aches come morning, you might have a case of bruxism (aka teeth grinding)

BY WORD OF MOUTH

Grinding your teeth is often associated with stress, but habits such as smoking, alcohol consumption and even too many daily lattes can increase your risk of developing it. "Bruxism is essentially where people clench their teeth for periods of time during the day, as well as grinding them at night, this is more commonly known as sleep bruxism," says Sundeep Patel, cosmetic dentist and clinical lead for Smile Straight (smilestraight.co.uk). "The symptoms of bruxism include; increased tooth sensitivity and a decrease of enamel on the tooth, jaw soreness and tight jaw muscles, loose or chipped teeth, a headache that is focused around the temples and grinding your teeth loud at night – which can be picked up by bed companions."



BRACE YOURSELF

While you might think that an achy jaw isn't too much of a hardship, teeth grinding long-term can wear down the enamel on the tooth and the tooth surface, which could lead to increased tooth sensitivity and damage to the tooth. "Severe teeth grinding whilst asleep could also cause teeth to crack, chip, fracture or cause loosened teeth," says Sundeep. "If you have fillings or crowns, grinding could also cause damage to them which may mean you need to look at filling replacements. Long-term grinding may also promote gum recession."

FINDING THE ROOT

Teeth grinding is most often linked to stress and burnout, so it's best to work out what's causing it, ASAP. "Muscle relaxation exercises may also help, so certain mouth and jaw movements and exercises before bed to help relax the jaw," says

Sundeep. It's also worth looking at improving your sleep hygiene, as disturbed sleep can contribute to bruxism. "If you find you are having a lot of screen time right before bed, this could subconsciously harm your sleep quality, leading to teeth

grinding." Try to use the few hours before bed to wind down, have a bath, read a book and destress. "If you find you are still suffering from grinding after changing your habits, you may want to speak to your GP about other treatment methods."

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WHAT'S YOUR SLEEP STANCE?

How much does our position matter, when it comes to getting our forty winks, Dr. Ranj explains... 





Are you a front sleeper, a back sleeper, or do you prefer to curl up on your side? Perhaps you like to switch and change throughout the night. We all have our favourite comfy spot, but just how does this affect the quality of our sleep? “Contrary to popular opinion, there isn’t a specific position that is unanimously recommended by health professionals and experts. This is because there is actually very little good quality research looking at this,” says British doctor, television presenter, author and columnist Dr. Ranj. However, he recommends listening to expert opinions which generally agree that the best position is one that achieves three main things: **Keeps the spine (from hips to head) in a neutral alignment;** **Reduces pressure on pressure points (bits of the body that tend to ‘stick out’)** and **doesn’t aggravate any existing medical conditions.**



In partnership with Furniturevillage (furniturevillage.co.uk), who have gathered research data around the nation’s different types of sleeping positions, Dr. Ranj offers his advice for each sleeping position below:

SLEEPING ON YOUR BACK

Dr Ranj says: Sleeping on your back may be good for back pain, but it can worsen snoring and heartburn.

Pros: It can be helpful for those with back pain as it helps keep are more neutral spine, but this also depends on the type of mattress you are sleeping on. People who suffer from neck pain may find it particularly useful as it’s less likely to cause increased pressure on the neck (provided you choose the right kind of pillow to stop the neck being over extended or flexed). Because this position means that blood flow tends to fall to the back of the head, it can also help to reduce nasal congestion. This can be aided if you sleep slightly propped up too. And because the face isn’t in contact with the pillow as much, its less likely to cause wrinkles and skin breakouts.



Cons: However, back sleeping can worsen snoring and sleep apnoea because the tissues of the upper airways can fall back and cause a partial or total obstruction leading to disturbed sleep. Likewise, this position can worsen reflux and heartburn, and isn't recommended during pregnancy as it can impede blood flow and put pressure on certain organs.

SLEEPING ON YOUR SIDE

Dr Ranj says: Sleeping on your side may be helpful in cases of reduced spinal mobility but it can aggravate joint pain. Whilst children seem to sleep on all sides equally, as we grow there is a definite preference for side-sleeping. This could be because grown-ups tend to sleep alongside a partner, or because our spinal mobility and posture changes as we age, but there are definite advantages and disadvantages to it.

Pros: Side sleeping can help maintain spinal alignment, which can be helpful for people with back issues and reduced spinal mobility. Placing a pillow between

the knees can also help further. It may also be beneficial for people with snoring and sleep apnoea as it reduces the chances of the airways collapsing during breathing. People with reflux and heartburn also find this more comfortable, but this tends to be when they sleep on their left side. Similarly, anyone who is pregnant is advised to sleep on the left side as it reduces the pressure on internal organs, helps improve blood flow, improves kidney function and helps with reflux.

Cons: The only issues with side sleeping are that it can aggravate joint pain, particularly the shoulders and hips as these are the bits that tend to protrude from the body. Also, it may worsen wrinkles since one side of the face is pressed against the pillow.

SLEEPING ON YOUR FRONT

Dr Ranj says: Sleeping on your front may help with sleep apnoea, but can be uncomfortable for back issues. This is the least popular sleeping position,

mainly because it can be uncomfortable both in terms of awkward spinal alignment and head position.

Pros: However, front sleeping can help those who snore or have sleep apnoea as it helps to keep the airways open leading to a more restful sleep in these people.

Cons: Unfortunately, it may be extra uncomfortable for those with back and neck issues due to the strain on the spine. It can also worsen facial wrinkles and breakouts due to prolonged contact with the pillow. Front sleeping isn't unlikely to be comfortable in the later stages of pregnancy, and is definitely not recommended for babies (unless medically supervised). **H&W**

Discover more helpful sleep advice from Dr Ranj on Furniture Village's sleep hub (furniturevillage.co.uk/sleep-well-live-well.html) including easy steps to better sleep and how to choose the correct mattress for your needs.

HOW SYMPTOM CHECKER

With a spike in recent ADHD diagnoses amongst women in the UK, we asked the experts what we should look out for

WORDS | *Stacey Carter*

Despite girls being diagnosed with Attention Deficit Disorder (ADHD) at just under half the rate of boys, an increasing amount of women are now being diagnosed with the condition in adulthood. “More women are being diagnosed now because previously most professionals believed ADHD to be a disorder that only affected boys,” says Sarah Templeton, an ADHD counsellor, coach, CBT therapist and author of *How Not to Murder Your ADHD Kid: Instead Learn How to Be Your Child’s Own ADHD Coach*. Facing an ADHD diagnosis, learning how to better support yourself is only a good thing. Here, our experts reveal how you can take back control.

WHY HAVE FEWER WOMEN BEEN DIAGNOSED WITH ADHD UNTIL NOW?

From 2003 to 2015, there has been a 344 percent increase in women between the ages of 15 and 44 filing for ADHD medication prescriptions, according to the Centers for Disease Control and Prevention (CDC). Some believe that is because women are generally better at hiding their symptoms. “In the past 10 years, there has been a realisation and acceptance that just as many women have ADHD as men,” says Sarah. “Although there have always been as many women as men with ADHD, women tend to manage their emotions better and mask their symptoms. In addition, in the last five years, there has been a string of very high-profile celebrities being diagnosed which has brought ADHD out into the public domain and this has helped to reduce the stigma of ADHD, such as Melanie Brown from *The Spice Girls* and Katie Price who is currently being assessed.”



SIGNS AND SYMPTOMS

“In women, ADHD traits often show up differently,” says Sarah. “This is largely because women are able to control their emotions more and usually won’t be as physically angry or violent as male equivalents.”

In women, the traits to look out for are:

- Anxiety. • Insomnia. • Addiction.
- Already diagnosed comorbidities; such as dyslexia, dyscalculia, and dyspraxia, overthinking, ruminating, and perfectionism.
- Lack of attention, distraction, and hyperactivity.

“Women can also struggle with a lack of motivation, distraction and procrastination,” says Sarah. “Feelings of overwhelm and not being able to cope are also common; as is struggling to balance family and work life and never feeling that you are good enough. The more common traits of ADHD also apply, such as lack of attention, distraction, hyperactivity and impulsiveness. Another key indicator to look for is compulsivity, so women who compulsively shop, exercise or eat.”





WHAT TO DO IF YOU THINK YOU MIGHT HAVE ADHD

“Assessment, diagnosis and treatment can be done within NHS adult neurodevelopmental services,” says Dr Marianne Trent, clinical psychologist and host of The Aspiring Psychologist Podcast. “You can discuss a referral with your GP, but do also remember there can be long waits for initial appointments in some parts of the country. Alternatively, assessments by qualified clinicians such as psychiatrists can also be arranged privately, either in person or online.”

SUPPORT GROUPS

“The NHS is struggling to keep up with the deluge of adults who have realised they have ADHD since they started diagnosing adults with ADHD in the UK in 2009,” says Sarah. “However, there are plenty of online support groups for adult ADHD and face-to-face support groups are springing up all over the country. The NHS waiting lists for diagnosis are long and you will be very lucky to be seen within a year, but privately, you can usually get diagnosed within around six months.”

Support groups who can help with ADHD include:

- Adhdaware.org.uk
- Adhduk.co.uk
- Adhdgirls.co.uk

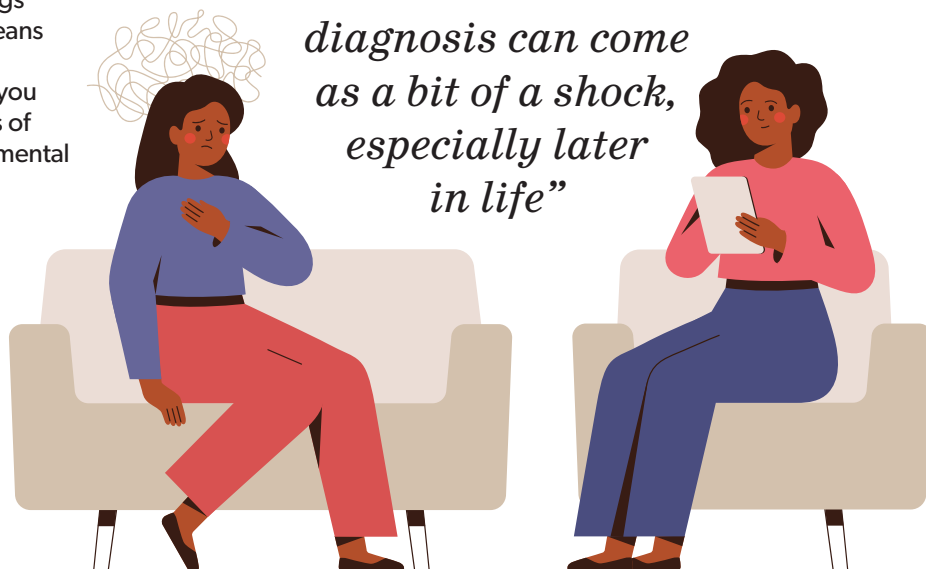
“Many women believe traits and weaknesses that are common of ADHD to be issues within themselves,” says Kim Raine, a high-performance ADHD coach and author of Amazon Best Seller *Square Pegs – A Book Of Self Discovery For Women With ADHD*. “Women also have the added pressure of societal expectations to live up to and so they learn to mask their symptoms at an early age, so as not to appear less-than, or incapable. Some may even find that they are often misdiagnosed with anxiety or depression, which is why it’s important to do your research.”

Managing a diagnosis

Even if you feel well-informed and have taken steps to help manage your symptoms, an ADHD diagnosis can come as a bit of a shock, especially later in life.

“There can be many complicated feelings around whether an ADHD diagnosis means there is ‘something wrong with you’ or whether friends and family might think you are ‘making a fuss over nothing’, so lots of people find it helpful to see a qualified mental health professional such as a clinical psychologist,” says Dr Trent. “They can help you think about the implications and also to work through any sadness about what they might have missed out on along the way had their symptoms been recognised earlier in life. Many people who are assessed find the insight this gives them into themselves and medication they might take can have a truly transformational impact upon them and their lives.”

“An ADHD diagnosis can come as a bit of a shock, especially later in life”



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BE INSPIRED

Elise Downing, 29, was the youngest person – and first woman – to run 5,000 miles around the coast of the UK. We had a chat to find out what inspired her to take on this challenge.

Talk us through the highs and lows?

“For the first 1,000 miles, I thought, I’m only 20 percent of the way through, and I’ve got so much more to go. It had just been this really wet, wild winter and I remember thinking, I can’t have wet feet for another seven months! As I went into the summer, it got more enjoyable; I could run distances I never thought I would be able to.” Building a following as she



Image: Blacks

went around the coast, people began to reach out to Elise and offer her a warm place to stay when she passed their local area. “The people I met [along the way] were the best part of the adventure – I just couldn’t quite believe how people welcomed me into their homes. It just became a domino effect of kindness.”

What’s your advice for someone who wants to do a fitness challenge?

“I read about all these people who’d go off and just do a casual 20-mile run on a Saturday and I was like, I want to be that person, but I absolutely wasn’t that person – it felt so far away. You don’t have to be the best runner to do these things, you just have to be the person who is brave enough to have a go.”

STAY IN TOUCH!

We’re always keen to hear your news and we love seeing how the magazine has inspired you. Get in touch via our social media channels for the chance to be featured in next month’s issue!



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GET INVOLVED: Dates for your diary

1 MINDWANDERING: HOW IT CAN IMPROVE YOUR MOOD AND BOOST YOUR CREATIVITY

(£10.99, Bloomsbury Publishing) by Moshe Bar

While it might seem like a waste of time, internationally renowned neuroscientist Moshe Bar brings revelatory and exciting new research to the forefront in her new book that highlights how mindwandering actually plays a vital role in solving problems and inducing happiness. Released on 19th January.

2 BATTERSEA PARK HALF MARATHON,

7th January

Want to kick off the new year by crossing a finish line? Battersea Park is one of London’s most picturesque parks and has been a favourite course for those wanting to run a PB. Starting and finishing at its bandstand, this course laps the park making it easy to follow and great for any spectators to catch you flying around the course. Secure your place at findarace.com

3 BRIGHTON SEASIDE AND HIKE WEEKEND,

28th and 29th January

Bid farewell to the January blues by grabbing your walking boots, meeting new people and bracing Brighton’s sea air. The weekend will involve a guided evening walk to visit its historic sites as well as two country hikes, including the opportunity to explore the seaside town for yourself. Tickets are £25 – get yours and enjoy a walk to wellbeing at meetup.com



DEAR HEALTH & WELLBEING,

“The Walk to Wellbeing podcast is certainly a stroll towards health. As I take Holly’s guests with me on my regular walks and during my creative projects, I have been left with an overwhelming feeling of joy. Thank you for the gift.”

JL Schmidt on Apple Podcasts



Photography: Paul Buller

Five minutes with...

Dianne Buswell

The *Strictly* pro shares her wind-down routine, fail-safe motivation tips and the advice for her younger self

You recently tried to break a world record – how was that?

"It was really fun! We were trying to break the current Guinness World Record for the distance danced by one couple (12.1km) and we did it! It's one of those things that seems really easy and doable but there's a lot of repetition in quite a small space so you really had to dig deep. We ended up dancing 600m over and completing it in about two hours and 15 minutes."

Can you tell us what your daily routine looks like?

"It changes a fair bit so I have to adapt to my schedule. When I'm on tour, for example, I try to sleep in as much as possible because we're performing at night and you can end up going to bed at 3am sometimes, so recovery is super-important. When I'm at home, breakfast and a coffee are my favourite things."

Do you have any tips to stay motivated?

"Change your mindset about working out and almost see it as self-care. I've found forms of movement that I genuinely love, and I actually look forward to doing Pilates and yoga now. I put on some music, light a candle, put an incense on – it's sort of like a pamper routine and makes me feel so good."

When was the last time you challenged yourself to try something new or different?

"Earlier on this year, I took part in Wim Hof's *Freeze the Fear* TV show which made me realise that it's fun to try new things, even if you fail. I think failure makes you grow as a person and when you try new things, they don't always have to go the way you expect them to, so I'm really up for giving myself a challenge."

How do you gain a sense of balance in your life?

"Everyone is going to have a different meaning of balance – and it's definitely something you've got to work on – but for me, it's self-care. I used to think self-care was selfish but recently, I've learned that taking care of yourself first allows you to give so much more to everyone else because you feel so good."

What do you like to eat to stay energised and nourished?

"I like to be quite adventurous with food and change it up a lot. For breakfast, I love my yoghurts with every nut, seed and berry you can think of or a slice of sourdough toast with peanut butter or even pancakes – it all depends how I feel."

How do you like to wind down?

"Joe and I love to go for walks in the countryside together; we also try to stay off our phones at the weekends so we can appreciate what we have around us. I love treating myself to a massage too – that makes me feel really good."

Do you have any advice for your younger self?

"Don't be afraid to ask questions! When I was younger, I kept my thoughts and ideas very quiet, but as I've got older, I think there are no stupid questions and people aren't going to laugh at you, so be confident in your ideas." **H&W**

Dianne Buswell relied on Sure's new 72H Nonstop Protection antiperspirant to keep her protected from sweat and odour throughout her attempt to break the Guinness World Record for furthest distance danced by a couple. Sure's biggest upgrade in antiperspirant technology in 30 years, Sure 72H Nonstop Protection, provides 72-hour sweat and odour protection, even after exercise.

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