

YOUR Fitness

JULY 2015
£3.99

WORKOUTS • WEIGHT LOSS • WELLNESS

15

SURPRISING
SUPER
FOODS

GET FIT WITH OUR CELEBS!

KIMBERLY WYATT • JENNI FALCONER
JO WHILEY • KIRSTY GALLACHER

Slim down for Summer

GYM-FREE WAYS TO LOSE WEIGHT

WANT TO LOOK YOUNGER?

Try the experts' #1 beauty tip

10K Made Easy

Our simplest training plan ever!

HAPPY, HEALTHY HOLIDAYS! 3 ULTIMATE GETAWAYS TO BOOK THIS MONTH





Welcome to YOUR FITNESS!

How does what you wear to workout make you feel? Does it make you want to hit the gym, even after a long day? Does it make you want to push out just one more punishing uphill? Does it make you feel confident about your body and proud of what you've achieved? That sounds like a lot to ask of a pair of leggings but here at *Your Fitness* HQ we're unanimous in our belief in the superpowers of great kit! And we're not the only ones... Once again this year, we opened up the floor to you with the *Your Fitness* Style Awards – and wow, when it comes to your fit fashion, you certainly know what you like! Turn to page 51 now to see your winners, modelled by the fabulous Kimberly Wyatt. Oh, a word of warning, you might just want to make room in your gym bag first...



Ceri

Ceri James
Editor

THIS ISSUE WE LOVED



DEPUTY EDITOR, Holly
"After almost five wonderful years here, I'm swapping fitness for food to join one of our sister titles! It's been a privilege and a pleasure to be a part of this team and I look forward to being an avid reader!"



p18



FEATURES WRITER, Jessica
"If, like me, you're counting down the days to a summer holiday, make sure you read up on protecting your skin whilst maximising your tan with our beauty expert on page 71."



p71



REGULARS EDITOR, Flora
"I caught up with Kimberly Wyatt this month and was blown away by her positive attitude – what an inspirational woman! You can read the interview on page 10."



p10

YOUR FITNESS WHEREVER, WHENEVER



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Receive the latest issue before it hits the shelves! See page 20 for our subscription offer

YOUR Fitness

CONTENTS July 2015

STARTING BLOCK

- 12 **Fit news:** A round-up of the latest fitness stories
- 15 **Treadmill talk:** Is your wellbeing tracker actually bad for your health? We investigate...
- 16 **Extreme measures:** Tap into your inner adrenaline junkie
- 18 **7 ways to embrace your inner child:** Could these school-yard favourites help sculpt your summer body?

TOP FORM

- 29 **Trainer talk:** Columnist Kristoph Thompson keeps us up to date with the latest fitness advice
- 32 **Here comes the sun:** Swing your way to beach body confidence

PRO RUNNING

- 45 **Running like a girl:** Columnist Jenni Falconer fill us in on her fitness diary
- 46 **Competition:** Win a healthy holiday to Turkey!

FIT STYLE

- 67 **Sporting style:** Columnist Zoe Hardman puts the latest fitness apparel to the test
- 68 **Beauty blitz:** Our cherry-picked selection of kit bag beauty must-haves
- 73 **Insider beauty:** Columnist Jo Whiley reviews tops spas and the best treatments
- 74 **Get kitted out:** Perform at your best with these gym bag essentials



51



SUBSCRIBE TO YOUR FITNESS!

20 Become a subscriber this month and get a BOOM Swimmer Waterproof Bluetooth Speaker, worth £49.99! For details, turn to page 20.



30



122



94



82

HEALTH FILES

- 78 **Health essentials:** News and expert advice to improve your wellbeing
- 81 **Bless you:** Handy tips to prevent allergies
- 85 **Ask the experts:** Our panel of specialists answer your health questions

FOOD FIT

- 94 **Dine like a supermodel:** The Detox Kitchen's first cookbook promises to overhaul your diet – we pick our favourite recipes

MIND FIT

- 100 **Head space:** The best and latest ways to a healthy, happy mind
- 103 **The power of positivity:** Think yourself confident with these mood-boosting mind hacks
- 107 **Mind matters:** Columnist Camilla shares her motivation-boosting tips

TRY IT

- 110 **Tour de Yorkshire:** Regulars editor Flora Neighbour cycles through the dales
- 113 **Works it out:** Columnist Helen Skelton stakes out the newest classes and challenges
- 114 **Fitness Freebies:** Win fabulous health and fitness goodies

IN EVERY ISSUE

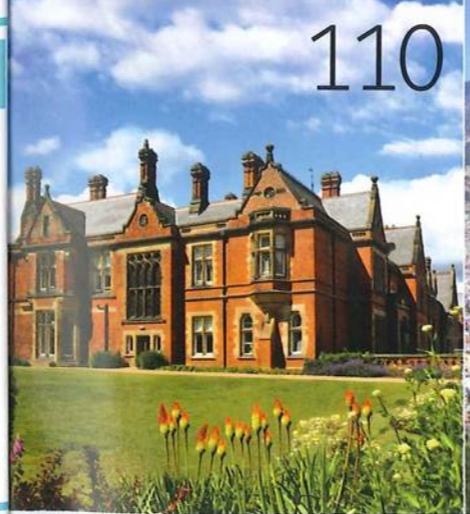
- 09 **Mailbox:** Have your say
- 115 **Coming next month:** Find out what's coming up in the August issue
- 122 **Final say:** Model Jodie Kidd talks to *Your Fitness* about treadmills and protein balls

ON THE COVER

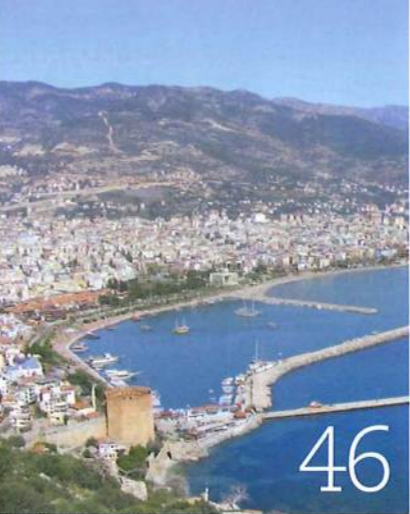
- 10 **Blonde Ambition:** Cover star Kimberly Wyatt reveals her secrets for staying in shape
- 24 **Your bikini cheat sheet:** Your total body plan for ultimate summer confidence
- 71 **You glow girl:** We talk to the experts at Institut Esthederm
- 40 **10k in 10 weeks:** Go the distance in under three months



- 90 **Super(hero) slimming foods:** Feel fighting fit and ready for action
- 51 **Your Fitness Style Awards:** See who you crowned winner, modelled by Kimberly Wyatt
- 82 **Body beautiful:** Amanda Byram puts healthy holidays to the test



110



46

MODEL: Kimberly Wyatt PHOTOGRAPHY: Ant Jones @ CLIQQ (cliqq.co.uk) CLOTHING: Fabletics: Sevan Sports Bra II (MIP £13 / Regular £22), Salar Crop Printed (MIP £40 / Regular £58) HAIR AND MAKE-UP: Roisin Donaghy NEXT ISSUE ON SALE: 3rd July 2015

Blonde AMBITION

Gone are the days of hotpants, heels and pixie cuts; this former Pussycat Doll has grown from kitten to tiger and is looking better than ever. With abs to die for, **Kimberly Wyatt** is definitely a mum on a mission...

WORDS: Flora Neighbour PHOTOGRAPHY: Cliqq Studios

You can
follow Kimberley
@KimberlyKWyatt

You look great! How are you keeping in shape at the moment?

"Doing the mummy juggle, which means exercising with and around my baby [Kimberly has a five month old daughter, Willow]. I kept toned and trim by focusing on the Vitality Triathlon which was at the end of May. The event pushed me to step up my game and get back into shape, by running, cycling and swimming, plus a lot of dance-infused circuit training. I've been working on my Mum on a Mission workout programme (#mumonamission), which is packed with moves and routines that I've put together after giving birth and getting my body back."

Has it been tough getting your body back after you had your baby?

"It wasn't at all easy, but I had a lot of determination and some good old positivity. Fitness allows me to blow away the cobwebs and get rid of stress, which in turn gives me the confidence I need to push myself further. I love a challenge. A triathlon four months after giving birth is crazy, right?"

Has your routine changed since having baby?

"Of course; my ab muscles separated while I was pregnant, so I made sure I took part in rehab sessions to get them back in shape. My lifestyle has changed dramatically. I used to be able to work out willy nilly, but now it has to be really

"FITNESS ALLOWS ME TO BLOW AWAY THE COBWEBS AND GET RID OF STRESS, WHICH IN TURN GIVES ME THE CONFIDENCE I NEED TO PUSH MYSELF FURTHER"

Kimberley's GYMBAG ESSENTIALS

Favourite trainers
Puma

Favourite apparel brand
Lucas Hugh

Favourite post-gym product
MaxiNutrition

Favourite drink and snack
Coconut water and protein balls

structured. I often find it difficult to focus, especially if I'm exercising at home as my little girl will be on my mind. Now I take an egg timer and set it for an hour and won't stop exercising until the alarm goes off. I just adapt my workout to fit around me and my family. Plus, if I don't want to be away from my daughter, I will always carry a yoga mat, so I can enjoy a few stretches with her in sight. This is just what my Mum on a Mission programme is about. It allows women to exercise anywhere and at any time, whenever they have a spare few minutes."

Do you work out any differently now to how you did in your twenties?

"I no longer have to train in my stilettos, which is great. Plus moving countries has made all the difference. When I lived in sunny Los Angeles I would always be running outside, but the weather is a lot more unpredictable here in London, so I tend to workout indoors. While I was in the Pussycat Dolls, it was about pushing yourself to look good. The training was also about getting ready for those huge performances. Since then I've found fitness is something I can enjoy and works around me. I want to keep my dancer's body, but I also want to feel healthy, too."

What's your main motivation for staying fit and healthy?

"To look good, feel good and be the best me I can be."



Do you work out alone?

"I prefer to exercise by myself, but I do have a trainer who has helped me after my pregnancy. I couldn't do crunches with a huge belly (while pregnant) so having a personal trainer really helped educate me on what I could and couldn't do. I took part in martial arts classes and got into yoga after my pregnancy, I didn't push myself, but it was enough to slowly bring my abs back together, healthily."

What's your favourite type of exercise?

"When I was six years old I was part of my local swimming team – I was a piranha! But I could never keep my eyes open underwater and would always find myself six lanes over. It will come as no surprise that dancing is my passion, as I have been busting moves since I was seven, but I've quite a sporty girl and like to mix it up, so I wouldn't necessarily say I have a favourite type of exercise."

What music do you listen to while working out?

"My favourite artist at the moment is FKA Twigs – I'm obsessed with her! She's a fantastic dancer, has great direction and is a brilliant song writer."

How healthy is your diet at the moment?

"I'm very much into my food. I love to eat well and cook my meals from scratch – especially after becoming a mum. I want to be able to introduce great food to my daughter and allow her to have a healthy relationship with nutrition. I'm always looking for great recipes that are quick and easy, but nutritious, while doing the mummy juggle. If I'm working out or on-the-go I'll bring a MaxiNutrition shake to refuel and help my muscles recover."

What's your favourite healthy dish?

"One thing I can't get enough of at the moment is cauliflower couscous. I love mixing it with pomegranate seeds, herbs and a squeeze of fresh lemon juice."

What's your best piece of fitness advice?

"Train to be the best you, you can be. There are a lot of body shapes out there that women aspire to but, newsflash, you only have your body – make sure you listen to it and enjoy it."

MaxiNutrition, the UK's leading sports nutrition brand, is supporting Kimberly in achieving her nutrition goals. For more information, visit maxinutrition.com or head to Twitter (@MaxiNutrition).

YOUR
Fitness

STYLE *awards* 2015

Welcome to the *Your Fitness* Style Awards – our biggest yet! You voted and the results are in. See who you crowned winner, modelled by the fabulous **Kimberly Wyatt**



Stow-N-Go
II bra, £40
GTD tank, £30
Eat My Dust
Shorts, £40
Ultra MT
Shoes, £110

Most Stylish
* WEAR * THE NORTH FACE *
OUTDOOR

*"Workouts are no longer
focused purely on sweat,
they're about style, too"*

Most Stylish
* speedo *
SWIMWEAR BRAND

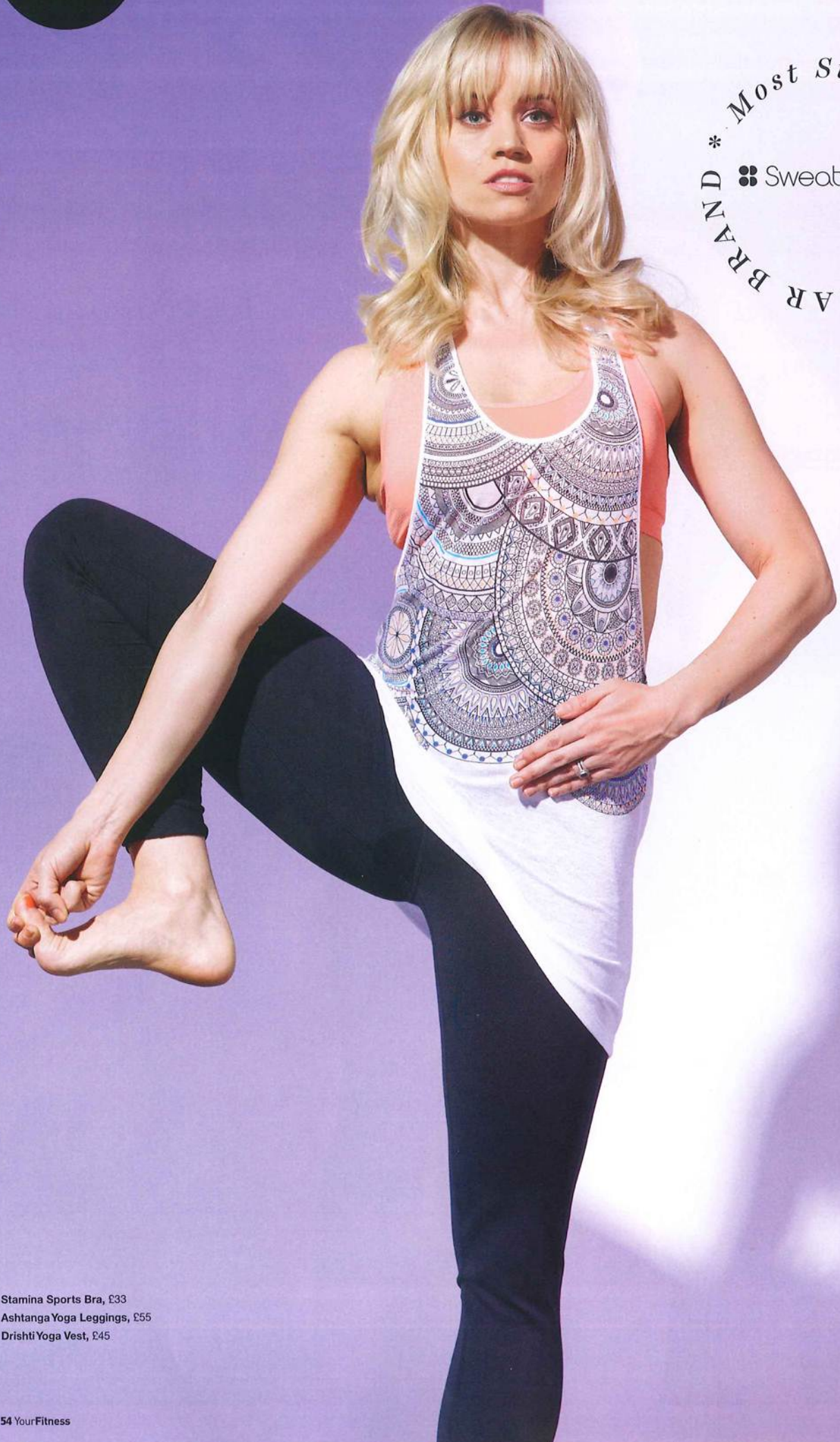


Sculpture
Crystalshine
Swimsuit, £45

Most Stylish
* H&M *
HIGH ST. FITNESS WEAR BRAND



Sports Top, £7.99
Yoga Tights, £14.99



Most Stylish *
Sweaty Betty
YOGA WEAR BRAND

Stamina Sports Bra, £33
Ashtanga Yoga Leggings, £55
Drishti Yoga Vest, £45



Pro Classic Logo Sports Bra, £26
Dri-fit Cool Strappy Tank, £25
Epic Luxe Printed Tights, £75

Most Stylish *
GYM WEAR BRAND

Best New Brand
* **FABLETICS** *
ACTIVATE YOUR LIFE
BEST NEW BRAND

Most Stylish
* **Sweaty Betty** *
DANCE WEAR BRAND

Vaasa Sports Bra – Coral: VIP £13, Regular £22
Salar Capri: VIP £30, Regular: £44

Arabesque Dance Leotard, £60
Chaines Leg Warmer, £29



Most Stylish
* SHOCK ABSORBER *
SUPPORT WEAR BRAND

Active Zipped Plunge, £26
Active Shaped Support, £28



Most Stylish
* RUNNING BRAND *
NIKE

Legendary Mezzo Zebra Tight, £80
Nike Club Tank Top, £25
Nike Gradient Running Vest, £80
Nike Free 3.0 Flyknit Running Shoe, £125

Fit
KIT

Most Stylish
* ALL-ROUND FITNESS BRAND *



Pro Classic Logo Sports Bra, £26

Nike Club Tank Top, £25

Nike Pro Hypercool Limitless Leggings, £39