

# THE ONE THING...

Former Pussycat Doll, dancer and TV star Kimberly Wyatt, 35, reveals the little rules she lives by

## ...I eat to stay healthy

is cauliflower. There are so many different ways you can use it - roast it, mash it or even turn it into cauliflower couscous.



## ...I always do during my dance workouts

is a plié. These subtle movements help target your inner core muscles. Try the different variations, placing your feet in first, second, third, fourth and fifth positions, as used in ballet, to engage different muscles.



## ...that helps me beat stress

is meditation. I usually start by breathing in essential oils, followed by saying positive affirmations. Finally I write down everything that's going round in my head in a journal. Once my mind is clear, I can meditate.



» Kimberly's first children's book, *World Elite Dance Academy: Billie's Big Audition* (£6.99, Egmont Publishing) is out now

## ...I always keep in my gym bag

is my Zakti fit socks, £6, from my new range ([zaktiactive.com/kimberly-wyatt](http://zaktiactive.com/kimberly-wyatt)). They have tread on the sole for grip, but they allow you to work out your feet, which often get neglected, during an exercise class.



## ...I regularly use on my phone

is the app Gaia (free, iOS and Android). It means I can do a yoga session even when I don't have time to get to the studio. It has all kinds of levels and styles, and classes for kids, too.

## ...I do to stay fit

is dancing. I'm doing a lot of it at the moment, especially with my new dance academy. But I like to keep my workout varied, so I try to fit in running, yoga and callisthenics - bodyweight exercises - when I can.

## Tweet your tip!



Kimberly wants to know what motivates you to start your day. Share your tips @fitandwellmag using #theonething