

OK! HEALTH

By OK! health editor Yasmine Griffiths

START IT UP!

MAKE 2014 YOUR HEALTHIEST YEAR YET

Don't begin the New Year with a list of resolutions that are impossible to keep. Instead, reap the rewards of making small changes to your lifestyle. Fitness guru Dalton Wong of Twenty Two Training, who has trained a number of big names including Jennifer Lawrence, Alice Eve and Zoë Kravitz, says: 'Think about focussing on improving one aspect of your health, whether that's exercise or nutrition. This can lead to a greater success rate and, more importantly, it's sustainable.'

But what if you lack the motivation or knowledge to make those lifestyle changes? When A-listers feel below par they book themselves into the Ashram in California. For nearly £3,000 a week, the likes of Colin Farrell and Cindy Crawford take plenty of exercise while eating a raw food diet – often leaving lighter and healthier.

Here in the UK, we have similar retreats, which allow people to kickstart a healthy lifestyle. As nutritionist Tessa Levy of the Slimmeria retreat (www.slimmeria.com) tells OK!: 'Modern living can put stress on the body through the consumption of too many processed foods, so taking time out to reconnect with your body is essential.' If you suffer from bloating then try eliminating wheat or dairy from your diet for a couple of weeks. Some celebrities swear that dairy-free milk can help with digestion.

Dalton (www.twentytwotraining.com) says: 'Be mindful of what you eat. Try not thinking about going on a 'diet', instead just take the time to be conscious of what you eat and how you feel after a meal. By listening carefully to your body, you will naturally begin choosing the right foods for you.'



Above: Jennifer Lawrence trained specifically for her *Hunger Games* role. Left: Alice Eve keeps in shape with regular exercise sessions and a personal trainer



STAR CAMPERS

GEMMA ARTERTON

Before filming the action blockbuster *Hansel & Gretel: Witch Hunters*, Gemma (right) reportedly joined co-star Jeremy Renner at a three-week bootcamp designed to whip the cast into shape. But the actress was careful to maintain her curves, saying: 'I refuse to conform to this muscly, sinewy look that so many actresses seem to think is attractive. I hate it and I don't think it's very feminine.'



SIAN WELBY

Channel 5 weathergirl Sian (left) is a big fan of the Slimmeria retreat. She says: 'It really is the perfect way to kickstart a healthier lifestyle as the retreat teaches you portion control, how to keep fit on a day-to-day basis and how to give your body a fresh start. You get a daily reward of a luxury spa treatment to help

you through the process and if you're as lucky as me, you'll have a great team supporting you through it, so you never feel alone.'

GWYNETH PALTROW

Health-conscious actress Gwyneth (right) has been known to visit the Ashram in California. A week of raw food, tough hikes and exercise means guests leave feeling a good deal trimmer and healthier. TV, the Internet and mobiles are also banned which means your mind gets to switch off properly during the stay.



Left: The calm, serene White Room at the Slimmeria retreat is perfect for relaxing. Below: Jogging is a great all-round exercise any time of year



BITE-SIZED FITNESS TIPS

Eating mindfully is the secret to a good diet, but how do we go about getting fitter? 'The answer is to stick with a plan,' fitness expert Dalton Wong tells *OK!*. 'Society is all about quick fixes especially in the New Year. Choose a plan that you think will be enjoyable and stick with it for at least eight weeks – that will allow your body to reap the benefits of that programme.'



Some people find that having personal training sessions is the only way to keep motivated, others that having a programme written out for them to follow at the gym can work wonders. If you'd prefer to design your own exercise regime, then here are Slimmeria fitness instructor Lisa Soames' top tips...

- Aim to exercise three times a week.
- The key thing to remember is to warm up before exercise – but don't stretch, as this will shorten your muscles. Warm up for five to seven minutes before you work out as this will get your heart rate going. Then, afterwards, spend the same amount of time stretching and warming down.
- Combine different types of exercise for the best results. Do cardio workouts and resistance training.
- Try to choose an exercise that you find enjoyable, as you'll be more likely to stick to it. Taking classes is always good, as they can push you more.
- Remember your core. Strengthening exercises will help improve posture and tone.
- The longer your cardio session the more fat you will burn – your body starts to burn fat after around 40 minutes of walking.
- Jogging is a great all-round exercise as it increases metabolism and burns fat, plus you can do it anywhere.
- If you're a busy parent then have a set of hand weights or a treadmill at home so there is always something you can do in your spare time. **OK!**