



**WELL FED**

# WELL NOTES



*Georgina Lucas on how to be fighting fit in mind, body and spirit*

**WELL ARMED**

Arms are the new bottom – at least where toning is concerned (see P-Mid’s wedding look for proof). What’s more, improving muscle definition isn’t only about looking ace in a sleeveless dress – as Michelle Morey, group fitness manager at London’s Equinox gym says, ‘The unexpected benefit of training your arms is a significant improvement in your postural alignment, as you strengthen the muscles that pull back your shoulder blades.’ Good news for desk dwellers. Follow the London

club’s lead at home – try a 15-minute arm session with dumb-bells and a resistance band (I guarantee you’ll know about it the next day). Loop the resistance band around your wrists and pull taut, then pick up a dumb-bell in each hand. Holding arms out straight, twist hands slowly clockwise, then counterclockwise, as if driving a car. Keep the resistance and repeat 10 times each way. Follow up with slow dumb-bell curls and tricep dips – the trick with arm toning is constant tension as your muscles fatigue.

**EAT RIGHT**

For personalised nutrition advice straight from your pocket, try the Cook and Cure app. Simply enter your health concerns (from IBS to insomnia), goals (from building muscle to losing weight) and food preferences to receive tailored advice on whether individual foods, herbs and supplements will help or hinder you. Genius.

**GO NUTS**



Purveyor of my fave nut butter, Pip & Nut, has launched a range of new almond drinks, £2 each. Joyfully, the concoctions contain none of the refined sugar or processed gums and stabilisers that lurk in too many alternative ‘milks’.

**HAVE A BALL**

Nothing satisfies my afternoon chocolate craving quite like Livia’s Kitchen Biccys Boms, £1.79. In ginger, chocolate and salted caramel maca flavours, they’re refined sugar, gluten- and dairy-free, vegan and delicious.



**WELL STRETCHED**

Up your yoga game with these new and natty accessories.



**SWEATY BETTY'S** printed mat is pretty and practical, **£65.**



Carry your mat in style via **MZ WALLACE, £100.**



**YOGA MATTERS,** **£28,** keeps you warm in Savasana pose.

Photos: Stocksy. Cook and Cure: cookandcure.com. Equinox Gym: equinox.com. Livia's Kitchen: liviaskitchen.co.uk; wholefoods.com. MZ Wallace: net-a-porter.com. Pip & Nut: ocado.com. Sweaty Betty: sweatybetty.com. Yoga Matters: yogamatters.com