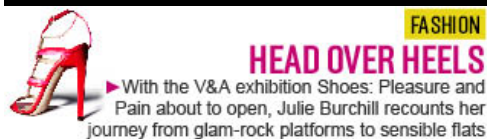




**SEARCH OVER 120,000 CARS FOR SALE NOW**

Visit [driving.co.uk](http://driving.co.uk)





FASHION

**HEAD OVER HEELS**

► With the V&A exhibition *Shoes: Pleasure and Pain* about to open, Julie Burchill recounts her journey from glam-rock platforms to sensible flats

THE SUNDAY TIMES

# 20 ways to get fit

Shrug off the January blues with an all-new fitness regime, from Nordic blading to boogie bouncing, Icelandic training to wild breathing. Here are the top workouts and kit to get you back on track

Calgary Avansino Published: 11 January 2015



This year's model: Hollie Grant has established a reputation for hard graft

boroughs and Bristol, and is expanding nationwide. This month, it's offering starter sessions, with 3K runs plus good deeds. It's all free, but donations are welcome.

[goodgym.org](http://goodgym.org)

## Lululemon mass yoga class

Lululemon has taken the UK by storm since it arrived last year; to celebrate the opening later this month of its new King's Road store, you can join "the community" for a free mass yoga class at the Saatchi Gallery on Wednesday. Open to all on a first-come, first-mat basis, the hour-long class starts at 7pm (early arrival advised). It's the perfect opportunity to stretch out tired limbs after an exhausting festive season — though brace yourself for the afterparty, with nutritious food and a DJ.

[lululemon.co.uk](http://lululemon.co.uk)

## The Model Method

Dreaming of a lean, toned, strong body just like that of a Victoria's Secret model? The Pilates instructor Hollie Grant aims to help that happen with her effective one-on-one training regime, the Model Method. In her recently opened London studio, Hollie combines high-intensity interval training (Hiit), reformer Pilates, weights and barre techniques to help build strength and tone muscles without adding bulk. Not only is it really fun, but the results are noticeable within a matter of weeks.

[pilatespt.co.uk/the-model-method](http://pilatespt.co.uk/the-model-method)

## Nordic blading

First developed in the early 1990s, Nordic blading offers a fantastic complete-body workout, effectively strengthening and toning arm as well as leg and core muscles. It is a combination of Nordic walking, roller-skating and skiing, and requires just a pair of cross-skates, a pair of Nordic walking poles and elbow, wrist and knee pads to protect you while you're practising. Plus you'll need an outdoor space such as a park or quiet roads. If you're keen to learn, classes are available nationwide.

## Rabble

Brimming with new year's resolve? Then why not join a group class and get to know other like-minded individuals, build up some healthy competition and have fun. This is what Rabble wants to help you achieve. With fitness classes in three London locations and more coming this year, it organises team games (£7.50 per person) including the Hunger Games, Dodgeball, Quid-Pitch (a mix of hand-, dodge- and basketball) and British Bulldogs. Exercise principles are hidden in the rules, so you'll be guaranteed a full workout by the end.

[joinrabble.com](http://joinrabble.com)

## Good Gym

Feel good in body and spirit by combining exercise with community service. The concept of Good Gym (its motto: Do Good, Get Fit) is simple: commit to at least one run per week and you will be given either a group mission — community gardening, food-bank sorting — or you can visit an isolated older person in pairs on your training route. You'll just need to pop by, have a brief chat and deliver them something nice, maybe fruit or a newspaper. Even better, qualified trainers are available to help you reach your fitness goals. Good Gym currently operates in eight London

[www.nordic-fitness.co.uk](http://www.nordic-fitness.co.uk); [roller-skis.com](http://roller-skis.com)

### Nike+ Training Club Week

Kick-start your fitness regime with an entire week of free, twice-daily workouts for women, thanks to Nike+ Training Club Week, starting on January 19. The idea is to unlock new exercise activities at some of the best locations in London, from SoulCycle at the Gherkin to paddleboarding at the Olympic pool and a yoga skate night at Bay Sixty6 Skate Park. By Sunday, you will have worked every muscle in your body. Classes are small (from 20 to 50 only). For those unable to get a place, many of the workouts will be available to download from the Nike+ Training Club App in 15-minute sessions. No excuses!

[nike.com/london](http://nike.com/london)



Perfect your Beyoncé moves with Seen on Screen Fitness (Dominique Bader)

tailored to your body and goals. As well as her London-based training, Svava has also created the online Viking Method programme, which is available in a basic package (£35 a month) or bespoke (£120 a month).

[thevikingmethod.com](http://thevikingmethod.com)

### Teamcore

Healthy rivalry between sports clubs and athletes is a good thing, but, more important, it's about developing a team spirit, getting motivated together and highlighting how great sport is for friendships. TeamCore offers just that: a social-media platform for everyone involved, whether an individual, a sports club, personal trainer or charity. Simply set up a profile, form connections, blog about your group meetings or personalised training regime, upload pictures or videos of key highlights and see what others are doing. [teamcore.com](http://teamcore.com)

### David Kingsbury

Struggling to return to the gym after a strain or injury? Or maybe you're pregnant or postnatal and don't feel up to exercising? Never fear: it doesn't have to be off-limits or intimidating. David Kingsbury, a man to watch in 2015, tailors his training specifically to your needs. Trained in reformer Pilates and pre- and postnatal exercise, he is also experienced at working with injuries. He hosts one-on-one sessions either at the DKPT Studio, in west London (£90), or in the comfort of your own home (in west or central London only; £105). He also runs small high-intensity fitness classes and group Pilates sessions.

[dkpt.co.uk](http://dkpt.co.uk)

### Wellness ball by Technogym

This year, we need to break the habit of sitting slouched at our desks for long periods. The Technogym Wellness Ball (£230) has a dramatic effect on posture and wellbeing. Weighted at the bottom, it provides greater stability when used as a chair. It also has a quick-response (QR) code on the washable cover that can be recognised by your smartphone or tablet, which gives you access to exclusive training programmes. All in all, a great, multifunctional way to use the ball on your lunch break.

[technogym.com](http://technogym.com)

### Boogie Bounce Xtreme

Who knew a mini trampoline could hold so much fitness fun? Boogie Bounce Xtreme is one of the latest trends to sweep the nation — the classes (held nationwide) simply involve jumping up and down in sync to high-tempo music, adding in choreographed moves when required. It could almost be termed "dance jumping". Ideal for those who are looking for an exercise routine with less stress impact on joints, this is a fun way to get fit, tone your body and improve co-ordination.

About £5 a class; [boogiebounce.co.uk](http://boogiebounce.co.uk)

### Fierce girls

As Beyoncé says: "Who runs the world? Girls." Unleash your inner strength with a sweaty, ladies-only class, Fierce Girls, from the people behind the hot yoga studio Fierce Grace. Suitable for all levels, the class will put your body through its paces with a combination of yoga poses, including power and ashtanga yoga, bikram and classic hatha yoga. It lasts 80 minutes, with an optional 10 minutes of relaxation and meditation on top. Classes start on January 19 and run weekly (£15). New studios open this year in Beckenham, Kent, as well as Dublin, Paris and Stockholm.

[fiercegrace.com](http://fiercegrace.com)

### Coast-to-Coast cycle challenge

Why not challenge yourself while raising money for a charity of your choice? Beginning at Whitehaven in Cumbria, the 140-mile route will take

### miCoach Smart Ball

If bending it like Beckham is top of your to-do list this year, then the Micoach Smart Ball from Adidas (£145) can help you hone those skills. The built-in sensor provides instant feedback on your spin, speed, trajectory and strike point, enabling you to build up a solid understanding of areas requiring improvement, as well as where your strengths lie. The ball can also be connected with the Adidas Micoach Smart Ball app, so you can tap into on-field data and gain interactive personal training through technique videos. You can also compete virtually with friends.

[micoach.adidas.com/uk/smartball](http://micoach.adidas.com/uk/smartball)

### The Viking Method

Trainer to Nicole Scherzinger and Suki Waterhouse, the self-confessed "fitness maniac" Svava Sigbertsdottir from Iceland has developed the Viking Method, a high-intensity personal-training regime for a full-body workout (£90 an hour). Her fun yet fierce exercises will see you dragging Svava along with your hips, bunny-hopping over her body, crawling along the floor, planking, squatting, kick-boxing and jumping from benches, and some. The workout, inspired by the training of Icelandic athletes, will be

inspired by the training of Icelandic athletes, will be



Svava Sigbertsdottir runs the Viking Method

see — changing our health and wellbeing runs much deeper than that, which is why a “lung workout” should be top of your agenda for 2015. Caroline Kremer, a leading bodywork and breath specialist, has created the Just Breathe workout, which is based upon the principles of free and natural wild breathing. After receiving a step-by-step guided breathing analysis from Caroline, you will work on readapting your breathing patterns into a healthy cycle. As well as helping to relax your body, it aims to improve energy levels, promote good posture and positive health. £150 for the first 90-minute session, held in central London, £115 subsequently (three are recommended); [carolinekremer.com](http://carolinekremer.com)

you through the Lake District and the Pennines, and up into Northumberland before finishing at Whitley Bay. The route is run over a weekend (May 15-17), and involves steep hill climbs and descents, so training beforehand is essential.

[charitychallenge.com/expedition/2002/coast-to-coast-cycle-challenge](http://charitychallenge.com/expedition/2002/coast-to-coast-cycle-challenge)

**Matt Roberts fitness retreats**

David Cameron’s personal trainer, and the man known for changing bodies for good, Matt Roberts is now offering fitness retreats. Each day spent away with him includes several hours of intensive training, ranging from core work, outdoor circuits and swimming to Pilates, yoga and agility drills. By the time you leave, you will be on track for a toned, strong, lean body. Currently available in the Cotswolds and the New Forest for 2-4 days, the retreats also include calming massages and freshly prepared healthy meals. Exercise has never been so indulgent.

From £750 (based on two sharing); [mattroberts.co.uk](http://mattroberts.co.uk)

**Just Breathe with Caroline Kremer**

While we often think of exercising as being about toning or shaping our bodies — mainly the parts we

**Bodyism**

You heard it here first: this spring, Bodyism is opening an all-singing, all-dancing, luxury flagship studio in Notting Hill to house its holistic approach to health and wellness. That means a state-of-the-art smoothie bar and shop and of course all the most talented, and cutest, trainers in town. While the elite memberships — favoured by the likes of Elle Macpherson, Rosie Huntington-Whiteley and Lara Stone — will still be available, Bodyism is being democratized, with the launch of more affordable tiers, as well as virtual coaching later this year. “It will change people’s lives,” promises the founder, James Duigan.

[bodyism.com](http://bodyism.com); sign up for updates at [cleanandlean.com](http://cleanandlean.com)

**Treadmill desks**

Ever since Victoria Beckham was pictured on one (in stilettos!), these have grown in popularity — and it is not hard to see why. Keeping active while working is important, especially if you’re desk-bound in your job. And if you don’t want to make a long-term investment, then renting is a great option. You get all the benefits of a healthy workspace while burning calories and staying alert at your desk.

From £16 a week; [hirefitness.co.uk](http://hirefitness.co.uk)

**Seen on Screen Fitness**

Fancy yourself as a booty-shaking Beyoncé or hip-hop loving Nicki Minaj? Learn how to re-create some of the best-loved routines of favourite celebrities with Seen on Screen Fitness and get fit and have fun along the way. With eight London studios and one in Manchester, there are plenty of classes and workshops to try throughout the year. [seenonscreenfitness.com](http://seenonscreenfitness.com)

**Frame retreats**

The local scene not providing the fitness motivation you hoped? Then why not book a retreat with Frame? Try Morzine in April or September and enjoy your exercise classes against the backdrop of the French Alps, head for the azure-blue Aegean coast of Turkey in July, or to Villa Mandala in southern Morocco in August. Choose from Pilates, fitness classes, surfing and yoga, with delicious meals and time to explore and relax. Your body will be left feeling in peak health by the time you leave.

From £400 for 3 nights (excluding flights); [moveyourframe.com](http://moveyourframe.com)

3 comments



HK Expat

3 people listening

+ Follow

Share

Post comment

[Newest](#) | [Oldest](#) | [Most Recommended](#)

Patrick Byrne

March 16, 2015 22:14



No mention of northern ireland

[Recommend](#) [Reply](#)



**Marjorie Griffin**

I thoroughly enjoyed the diet but please where can I get a copy of diet for thurs fri sat sun,thankyou

January 14, 2015 23:57

[Recommend](#) [Reply](#)



**David Taylor**

You do know that some people live outside London?

January 12, 2015 01:01

2 [Recommend](#) [Reply](#)

[Livefyre](#)