

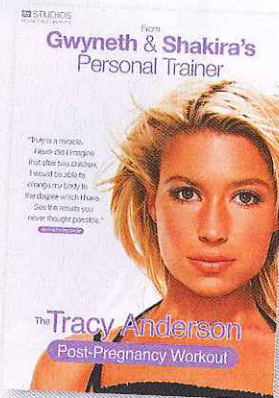


# Fit mother

OUR HEALTH AND FITNESS EXPERT, MARIA LALLY, HAS THE LATEST NEWS AND ADVICE TO HELP YOU GET BACK IN SHAPE

## SHOULD I TRY... KIM KARDASHIAN'S WORKOUT?

Pregnant reality TV star Kim Kardashian has turned to A-list trainer Tracy Anderson to keep her trim and fit during and after pregnancy. 'She's helping me make the adjustments necessary to keep me feeling happy, healthy and, most importantly, create a workout plan that's safe for my baby,' says Kim. For those of us who don't have a personal trainer on speed dial, there's *The Tracy Anderson Post-Pregnancy Workout* DVD (from £7, amazon.co.uk). This involves a mix of gentle stomach work, leg and bottom lifts, arm work and stretching. Red carpet, here you come...



**WANTS TO LOSE: 1st 2lb**

**MONTH 7:**

**'LESS MEAT = LESS WEIGHT'**

**Columnist Julia Fenton, 34, is a make-up artist and mum to Chloe, four, and Harrison, one. This month, she tries going veggie**

**HEIGHT: 5ft 4in  
START WEIGHT: 10st 4lb  
WEIGHT NOW: 9st 4lb  
GOAL WEIGHT: 9st 2lb**



'This month, I've gone back to my vegetarian roots. I didn't eat meat for 15 years and, although I now eat chicken and fish, I've started using Quorn in lasagne and shepherd's pie. The fat content is much lower and it's still really tasty. 'I've been making healthy versions of my favourites, too – like mashed potato with half potato and half carrot, for more fibre and vitamins. The kids prefer it, too, because of the sweet taste. I've also been adding quinoa to salads. It's high in protein, so helps keep you full.

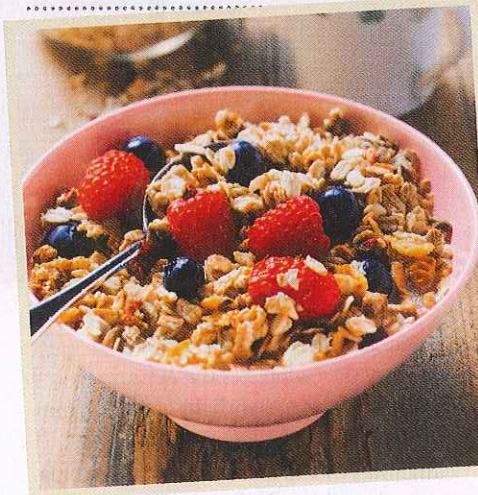
'I'm only 2lb off my pre-baby weight – and feeling pretty good about myself.'  
**Next month: Will Julia reach her target weight?**

## SUPPORT FOR NEW MUMS

Vitabiotics Pregnacare New Mum contains specialist nutrients, such as biotin, which contributes to the maintenance of normal hair, skin and energy release. Its carefully-balanced formulation helps support new mums and can be used as a follow-on to Pregnacare Breastfeeding. Priced £13.95, available from Boots and online at vitabiotics.com.



\* FRANZ-VOLLMER CLINICAL RESEARCH CENTRE IN BERLIN PHOTOGRAPHY ANDY TAYLOR/ST. ALAMY



## 5-MINUTE HEALTH FIX... MUESLI

Swap your cereal for a muesli that contains oats, wholegrains, dried fruit and nuts, and doesn't list sugar as one of the top two ingredients. 'A good-quality muesli will keep you fuller than a bowl of cereal,' says nutritionist Vicki Edgson. 'Top it with a handful of brightly-coloured berries for a health-boosting, slimming and filling mix of fibre, vitamins and protein.'

**Q** 'I'm a working mum and I live on quick fixes like coffee and chocolate. I'm always tired – how can I sort it out?'

'Try peanut butter on wholemeal toast for breakfast – it's quick and provides slow-release carbs to keep you energised,' says nutritionist Amanda Ursell. 'Drink green tea to give you a mild caffeine boost, or swap your daily latte and croissant for a fruit salad and skinny cappuccino. Dinners, such as an omelette or grilled fish with vegetables, are quick, too.' A-list personal trainer James Duigan also suggests a lunchtime workout. 'Try a brisk walk around the block,' he says. 'Even 15 minutes is enough to increase fitness and energise you.'

**30**

... the percentage your metabolism speeds up if you drink two litres of water a day, according to a recent German study\*. Aim for eight tall glasses. It's a great, lazy way to lose weight.

