

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

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Ashley Roberts

The training plan that gets her *this* fit

Eat more, lose weight!

How to fuel for gym results

Spring clean your plate

Gwyneth Paltrow's light & healthy dishes

CELEB PT SECRETS!

Insider tips from the trainers for:

- + LUCY MECK
- + DAVINA MCCALL
- + LORRAINE KELLY

Feel the burn!

Firm all over in 4 quick moves

2019 DIET TRENDS

Nutrition pros give their verdict

18 WELLNESS ESCAPES

YOGA | HIKING
BOOTCAMP | SPA
MIND DETOX

8

running habits you need to break

PLUS: BEST PERFORMANCE LEGGINGS | TRY JODIE KIDD'S WORKOUT



HOW TO EAT IN 2019

ASHLEY ROBERTS

HEALTH & FITNESS

A man and a woman are captured mid-air, jumping into the clear blue ocean from a dark, rocky cliff. The man is in the foreground, wearing red shorts, with his arms outstretched. The woman is behind him, wearing a colorful striped bikini, also with her arms outstretched. The water is a vibrant turquoise color, and the cliff face is dark and textured. The overall scene conveys a sense of adventure and escape.

The hottest healthy escapes

WORDS: Mary Comber
and Eve Boggenpoel

If you're dreaming of your annual escape and looking for something more than just sun, sand and sea, you're in luck.

The 2018 Global Wellness Institute report shows the market for wellness trips is growing twice as fast as general tourism. Read on for 2019's top new trends in holistic breaks and adventure holidays

HOGA HOLIDAYS

Hot on the heels of the hiking trend, comes hoga – a restorative combo of hiking and yoga. The two activities are the perfect

pairing: work your body and connect with the outdoors as you trek through nature, then turn your focus inwards as you stretch your body and restore your mind with daily yoga sessions. You'll find a wealth of choice out there from back-to-nature yurt retreats to exclusive five-star settings.

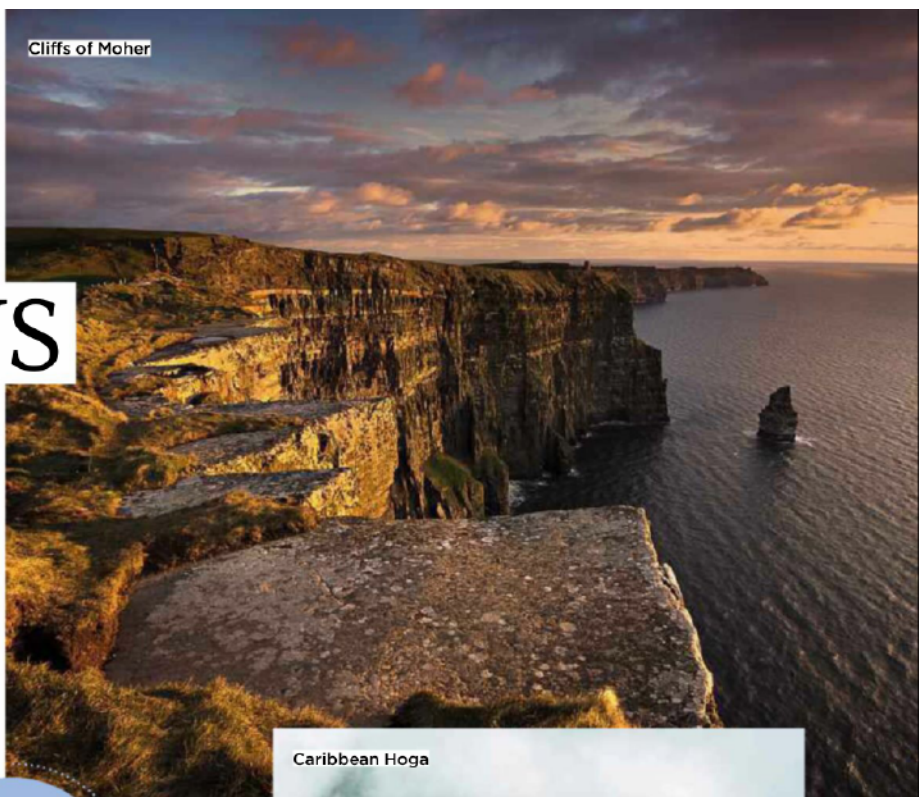
STRETCH & CHILL Invigorate your body and relax your mind with hiking, vinyasa yoga and mindfulness meditation on Cliffs of Moher's Connect to Nature Yoga and Hiking Weekend in Ireland. Start your day with invigorating morning yoga to warm up your hiking muscles. Then return to gentle, restorative yoga, stretching out sore muscles while you drink in views of the Atlantic Ocean from the retreat's glass-fronted studio. Unwind in the wood-burning hot tubs or have a massage before you curl up beside the turf fire and enjoy delicious organic food. The perfect recipe for renewal.

PRICE: from €390 when sharing a quad room, including all classes, meals, drinks, walks, hot tub and sauna; cliffsofmoherretreat.com.

TROPICAL TREKKING Spend 13 nights hiking in the Caribbean islands, staying in luxury accommodation with sumptuous food and daily yoga on Hike Caribbean's Gourmet Hoga on St Lucia and Antigua. You'll spend the first four nights in Antigua doing two challenging hikes. You'll then travel to the luxurious Anse Chastenet resort in St Lucia for five nights, climbing the famous Gros Pitons before venturing through the island's rainforest along the Cross-Island hike. Each day, you'll head back to yoga at the tropical resort. Then return to Sugar Ridge in Antigua for the last four nights and stretch your aching limbs with daily yoga while you gaze over the Caribbean Sea and later enjoy soothing spa treatments.

PRICE: from £3,699 per person (based on two sharing) for 13 nights; hikecaribbean.com.

Cliffs of Moher



Caribbean Hoga



HEALTHY ESCAPES
5

VALE DE MOSES, PORTUGAL

Escape to Serra de Estrela, one of the largest wild pine forests in Europe, for a nurturing retreat. Learn to listen to your body and relieve stress with daily yoga sessions in a wood and glass shaala that floats above herb gardens.

Hike the surrounding forests and benefit from the healing power of trees; swim and mud bathe in rivers; breathe pure mountain air and indulge in delicious vegetarian food. Treat yourself to massages or acupuncture and enjoy a period of silence each morning as you simply enjoy the sounds of nature.

PRICE: £780 per week in shared accommodation; valedemoses.com.

Vale de Moses



ITALIAN CHIC Step outside your door and emerge into a beautiful landscape where you can stroll through lavender fields, olive groves, vineyards and forests on this Destination Yoga retreat. Based in an old, family-run country estate in the rolling hills of Tuscany, Locanda Cugnanello is a place of wild beauty surrounded by orchards and cypress trees. The estate features a luxurious villa alongside an 800-year-old farmhouse recently renovated to include stylish bedrooms, a bright, air-conditioned yoga studio, a terrace for outdoor dining, a fresh saltwater pool surrounded by daybeds and a high-tech gym. You'll feast on a Tuscan-inspired menu using the freshest of local ingredients and perhaps enjoy a glass of local wine – to nurture your body and your spirit.

PRICE: a seven-night group retreat costs £1,095pp (sharing), full board, including two daily yoga classes. Dates for 2019: July 19-26, August 24-31 and October 05-12; destinationyoga.co.uk.