

# THE FIT GIRLS'

## *festive season survival guide*

We speak to four fit and healthy celebs to find out their secrets on how to stay that way over the Christmas period

WORDS: Joanna Ebsworth



## KELLY BROOK

*35, health-conscious model and actress*

'To have a healthy lifestyle, you need to be moderate in your approach to it and not be obsessed about fitness or your diet. It's good to exercise regularly and be aware of what you eat – that's how I keep on top of things. I maintain a healthy attitude to my lifestyle, but I don't really diet. If you want to have some fun and indulge at weekends or special occasions, I don't think you should beat yourself up over it!

### The morning after

If I want to relax, I have the occasional cocktail. My favourite drink is a G&T, and I like to have a glass of wine with food, but I'm not really a big drinker. If I've been out all night and feel dehydrated in the morning, I drink a lot of water – and coffee obviously. I'll also do a nice scrub on my face if I feel like I need to freshen up my skin, but I think plenty of sleep, omega supplements and drinking four litres of water a day do pretty much everything you need to survive!

I love the same foods as everyone else... cheese, chocolate and coffee with sugar, but lately I've been

following more of an Atkins approach with higher protein, lower carbs and less sugar in my diet, which I think everyone should follow because it gives you loads more energy. Since I've cut down on sugar, I look and feel better. It's more of a lifestyle than a diet, and I try to stick to that. I love working out, but living and working between London and Los Angeles can be really hectic, and because of the long flights, the last thing I want to do is go to the gym when I get off the plane. I love to mix things up with martial arts, SoulCycle and Megaformer Pilates, but when you're travelling or working a lot, gym access can be limited, so I just go for a walk or ride a bike instead – your workouts don't always have to be gym oriented.'



Kelly, right, with TV presenter Myleene Klass

'I live in Skechers Women's Relaxed Fit: Chimera trainers, (£67; [skechers.co.uk](http://skechers.co.uk)) when I'm off duty or working out. They have memory foam so you feel like you're walking on air, plus they look good with anything – perfect for when you meet friends for coffee and decide you want to go for a walk afterwards.'



'Dr Lancer, my dermatologist, produces the best cleansers and moisturisers – they make your skin creamy and flawless. I love his Lancer Skincare The Method: Polish exfoliator (£60 for 120g; [lancerskincare.com](http://lancerskincare.com)).'