

attitude active

DOES SIZE MATTER?

DR CHRISTIAN JESSEN TACKLES THE INCH ISSUE

OLIVER

THORNTON

WEST END STAR REVEALS WHAT'S IN HIS LUNCHBOX

5 WAYS TO GET BIGGER LEGS!

WHAT FUELS BEN COHEN?

GERI YOGA: WHAT WE LEARNT



WARM UP 

WHAT I SEE WHEN I LOOK IN THE MIRROR

TELEVISION PRESENTER AND DIRECTOR **KRISTIAN DIGBY**

I don't feel the need to have a flawless body. I'm 33 now and I was about 17 when I came out. I think the culture's become more aesthetic-based since then. I was fairly lucky in being a not bad looking, boy-next-door type. I run a lot. After a day's filming it helps you unwind and process all the carbs you eat on shoots. I absolutely loathe my smile. It's really gawky, and I'm very

self-conscious. Sometimes when I think I'm smiling, I won't have been. I like my legs, because they're quite long and I think they're in fairly good shape because of the running. I also love my hands, which is a weird one. People are always going, 'My god, you've got big hands', and obviously there are connotations there. I quite like that.



SOUL FOOD

Eating well is a lot easier than it sounds. For the rushed and/or culinarily inept, convenience eating often takes precedence over true nourishment. Cue a freezer full of ready meals and a sluggish metabolism.

Soulmatefood has one up on other diet-to-your-door services, in that the prepared meals are not only tweaked to suit your palette, but the American Diet Specific Technology they use can calculate the exact carb-to-protein ratio and calorie amount required for a person's age, weight and activity

level. In addition to tasty lunches like watercress and mint salad with salmon or butternut squash soup, every snack (and supplement) is accounted for, so there's no spontaneous desire to gorge on that deep-fried Mars bar.

Take an online consultation, set a clear goal – build lean muscle, lose weight etc – and let the resident nutritionists devise a menu. It's the next best thing to a personal chef and ideal for those with more important things to do than cook. From £25 a day; www.soulmatelifestyle.com/food

Toxic Avengers

The multi-billion pound detox phenomenon says a lot about our state of mind. We're all suckers for a ritualistic quick fix, a purification for our Saturday night sins. And when it comes to detox products, uninformed customers have their pick of expensive placebos.

The Organic Pharmacy's ten-day detox, however, is a sensible and effective course of supplements designed to limit the damage of fags, booze, pesticide, paint fumes and whatever else you've managed to inhale. Rather than actively scouring your system clean (as with dangerously 'extreme' diets and pills) the combination of these antioxidants, phytonutrients and essential fatty acids aid the body in its natural cleansing process.

When the liver releases toxins at the end of the first phase of detox, you've got antioxidants at hand to mop up the free radical damage; during phase two, when toxins are neutralised, supplements containing sulphur (MSM) and green foods such as chlorella help the process along. All of which means you're less likely to suffer from the nausea, headaches and general feeling like shit usually associated with abstinence.

Detox At Home Kit, £140 from www.theorganicpharmacy.com



WHAT WE LEARNED FROM...

GERI YOGA



- BEING ABLE TO TOUCH YOUR TOES DOES NOT A YOGI MAKE, GERI
- CALORIE COUNTING IS NOT REALLY THE POINT OF THE COBRA POSE
- GERI'S CONSTANT CHAT SERIOUSLY MESSES WITH YOUR CHAKRA