

Mind & Body

HOME WORKOUT WITH SHONA VERTUE YOGA MAT SEQUENCE

The personal trainer and yoga teacher begins her monthly series by demonstrating a set of exercises using a single piece of fitness equipment



GET FIT WITH SHONA!

Join the Instagram fitness guru at a class in our London Finchley Road Cookery School on Monday 26 February, or follow her exercises online.

Visit waitrose.com/shonavertue

‘So we’re well into 2018 and hopefully you’re still motivated by resolutions for a fitter year but where do you start? It’s cold outside, the gym is packed and your local yoga studio smells like incense sticks and sweaty feet. Never fear! You can do these exercises from the comfort of your own home, on your own yoga mat. This stretching and strengthening sequence is designed to get your body prepared for a brilliant year of fitness with me! Next month I’ll show exercises using a resistance band.’

Shona



Hip flexor stretch

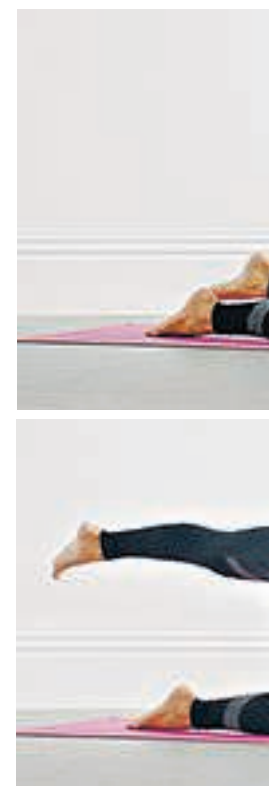


Bird dog

1 Come into an all fours position with the knees under the hips and the wrists under the shoulders. Draw your tummy in and make sure that your spine is neutral (not over bent or arched).

2 Raise the right arm, stretching it forward and extend the left leg back, straightening it behind you. Avoid letting your tummy sink, train it to remain tight throughout this movement. Squeeze your left buttock and reach your right fingers as far forward as possible.

3 Place the hand and knee back to the floor to return to the starting position and complete 10 more repetitions on this side, then switch.



The glute bridge



- 1 Step into a long lunge position with your back knee on the floor. Place your hands either side of your front foot for stability. Make sure that your front heel stays firmly on the ground.
- 2 Raise your hands above your head as you inhale, lifting your chest and your body.
- 3 Place the hands back to the floor as you exhale. Repeat this movement seven times, moving with the breath for each repetition.



- 1 Lie on your back, your feet hip distance apart, arms by your sides.
- 2 Raise your hips off the floor with your belly in, tucking your tailbone towards your knees so your buttocks (glutes) are switched on.
- 3 Lower the hips back down to the floor and repeat this movement 20-30 times.

The Vertue Method by Shona Vertue

A stronger, fitter, healthier you – in 28 days (Yellow Kite Publishing, £18.99).



Follow Shona on Instagram @ Shona_Vertue

How to build resilience

You fail to get that promotion or a loved one falls ill – how do you cope? Danielle Simpson explores what it takes to withstand the emotional demands of life

One of the most useful instruments in our survival toolkit, resilience is our capacity to adapt and adjust, gain strength from challenges and move forward.

But being resilient does not give us a free pass from crises. ‘The best made plans will invariably suffer setbacks,’ says Mark Swain, director of partnerships at Henley Business School. ‘The key is to confront them like a boxer – weaving and dodging the punches to soften the blow.’ He proposes ‘realistic optimism’; being aware of our weaknesses and, like a tree, working with them during our storms.

First we need to accept that

bad things can happen to us all. According to psychologist Adam Grant (co-author with Sheryl Sandberg of the book *Option B*) resilience is ‘about learning what it takes to find strength in tough situations and changing how we process negative events’.

The good news is you can learn to be resilient. Swain recommends three tactics:

- 1) Define your goals but remember that there will be deviations along the way.
- 2) Develop a tolerance towards things that make you uncomfortable. Sometimes we have to ride the problems out.
- 3) Deploy tactics to help with your emotional health and wellbeing.



STAY GROUNDED Resilience is likened to weathering storms

Resilience-building strategies

Improve energy
Exercise, balanced diet and staying hydrated enhance energy levels and improve sleep.

Perspective
Adversity is easier to cope with if we can recognise that this is not the most horrible thing we have ever faced or will ever face.

Prioritise
We may learn something about ourselves during hardship; this can clarify what is important to us.

Relationships
A support network of family, friends and colleagues helps us feel connected and valued and

will strengthen resilience, as can giving support.

Emotional intelligence
Being able to identify and manage our emotions can help us see things more objectively and enable us to maintain a more optimistic outlook.

24 HOURS ON MY PLATE



Paul Gambaccini

The Professor of Pop reveals a penchant for water, chocolate brownies and Italian cuisine

‘For breakfast I had freshly squeezed juice made with orange, lemon and kiwi fruit. I also had a packet of smoked trout with two prawns, two dates, five cherry tomatoes and half a dozen grapes followed by a Booja-Booja truffle. Then it was off to record *And The Academy Award Goes To...*, where I had a mozzarella and tomato croissant and a glass of water.

‘Lunch was at Brasserie Blanc with a friend – onion soup and confit of duck with vegetables and more water. I’m teetotal and don’t drink tea or coffee but I do drink loads of water. For tea I had a small scoop of ice cream at home, before heading off to the British Library for a book launch. I got back at 7.30pm and had a tub of cottage cheese and pineapple with chopped raw veg – radishes, celery, olives, peppers and salad onions, plus half a Curly Wurly brownie.

‘I’m half Italian so it has to be my favourite cuisine – it’s the only one I have an intuitive feel for.’

An Evening With The Great Gambo – The Professor Of Pop – Paul Gambaccini will be at theatres around the UK from 6 April. Visit cdm-ltd.com/norwelllapley/index.php

The verdict

Emma Williams, Waitrose nutritionist, says

‘Smoked trout provided protein and heart-healthy omega 3 but eating two portions increased your salt intake. You have a good approach to treats via small portions but remember less than 30g/day free sugar is recommended. And your croissant and lunch choices provided extra calories and saturated fat too. For more fibre and energy, choose wholegrain starchy carbs at each meal. You exceeded your five a day and stayed well hydrated.’



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