



The Fitness Trainer

DERRYN BROWN, FROM SOUTH AFRICA, IS A PERSONAL TRAINER AND INSTRUCTOR AT THE HUNDRED PILATES STUDIO

Every day!

Try to drink at least three litres of water. I add chia seeds to my water, which are full of antioxidants, and a good source of protein and calcium. I have an app on my phone called MomentDiary, which I use to record what I eat every day in pictures. I get my clients to use it too and they email me their food diary. I aim to work out at least five times a week. On days when I'm really busy at home, I'll do 20 squats, 20 push-ups and 20 ab crunches every two hours.

Nothing makes me feel as good as...

Using my body. I am a big believer in functional training. Bear crawls, squats and mountain climbers – anything that uses my own body weight. I think a lot of people get stuck in the old school way of training – sitting on machines in the gym. When you are sitting on those machines, you are sitting in the same position you are at your desk or at your car. You are just reinforcing all those patterns. I prefer not to work in the gym at all. It's better to get your body moving in the way it's meant to be moving, so we're not walking with a hunchback by the time we're 60!

My diet

I aim to eat as raw as possible, so I try to make sure that 80 per cent of my diet is vegetables, fruits and salads. I feel loads better, and my digestion is better. Most of the time our bodies are in an acidic state, and that's when diseases happen. Eating raw helps get your body back into an alkaline state.

My top health tip

Look at your portion control. Diet is a huge part of getting fit, and you won't lose weight if the portion sizes aren't right. You have to make sure the energy balance is in the deficit. Whatever you are putting in your mouth and whatever you are burning needs to be in a deficit. Start by eating loads of fruits, vegetables and salad with every single meal. You'll start to feel better and more motivated to start exercising.

★ TO BOOK A SESSION WITH DERRYN,
EMAIL DERRYN@DERRYNBROWN.COM



The Doctor

DR MELANIE C. SCHLATTER PHD, FROM NEW ZEALAND, IS A CONSULTANT HEALTH PSYCHOLOGIST AT THE WELL WOMAN CLINIC

Every day!

Do at least 20 minutes' exercise. I find with my job I need the outlet, so I go walking, cycling or rowing. It's a great way to combat stress. I always take time out to breathe low and slow; to stop stressing and to take a couple of decent breaths. You can do it anywhere: in the bathroom, at the traffic lights...

Nothing makes me feel as good as...

Juicing. For the last year or so, I've been getting into juicing. I've been doing it more and more and it's made a huge improvement – I just feel better. I start off each day with a big shake packed with veggies: broccoli, spinach, lettuce. I've noticed a real difference in how I feel.

My diet

I am a vegetarian and I try to stay away from dairy and wheat. In general, I prefer to eat fresh, raw food. I eat five small meals a day. It's much better in terms of brain function – there's no lethargy or fatigue. I live on dates, nuts and seeds – they really get me through the afternoon.

My top health tip

Check in with yourself. I see so many people who struggle with work/life balance – they are burned out to the point of depression, but they are living on coffee and chocolate and working late every night. Don't make excuses. As I've got older, I've realised that it's unacceptable to do that to yourself. I mean I used to do it too, I was the queen of running around, but you get to a certain point where you have got to value your body.

You've got to make the time and make healthy choices.

★ TO BOOK AN APPOINTMENT WITH MELANIE, EMAIL MELANIE@HEALTHPSYCHUAE.COM

After
'hidde
loud.
and d

f /dx
Strategi
DUBAI
CALENDAR