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THE BASICS

Here is an overview of the basic moves so you can familiarise yourself with them before you start working out properly. They will bring your mind and body together and improve both muscular and postural strength.

► Downward-facing Dog

One of yoga's most recognised poses, this is where the body assumes an inverted 'V' shape. Start on your hands and knees. Spread your fingers wide to distribute your weight evenly across your hands and then lift your pelvis up towards the ceiling. Keep your back straight and straighten your legs if you can, but do not lock your knees. You should feel a stretch in your hamstrings but these exercises and poses should never be painful. Relax your head and neck and try and open up your thoracic spine (the upper middle area of your back) by feeling like you are rotating your hands on the ground out from each other; you should feel some space open up.



► Downward-facing Dog Knee Tucks

In an inverted position, lift one leg as high as you can behind you and then tuck it as far under the chest as you can. Return the leg back and repeat with the other leg.



► Upward-facing Dog

This is the opposite of the Downward-facing Dog. Start in a press-up position and slowly drop your hips to the floor. Straighten your arms and lift your torso and upper legs a few inches off the floor. Open your chest and squeeze your legs and glutes to try and get your head as close to the sky as you can.



► Cat-Cow

- 1 Begin on your hands and knees with your wrists directly under your shoulders and your knees under your hips.
- 2 As you inhale, move into the 'Cow' pose by letting your stomach drop towards the mat. Lift your chin and chest and gaze towards the ceiling.
- 3 Then on your exhalation, move into the 'Cat' pose by drawing your stomach to your spine and rounding your back towards the ceiling. Release the crown of your head towards the floor but don't force your chin to your chest. This is a great way to mobilise your spine.



Sweetcorn pancakes

I've given the humble pancake a savoury twist by adding sweetcorn and spring onions. Using ground almonds makes them gluten-free and injects a dose of protein, monounsaturated fats and minerals like manganese, which helps the body form strong bones and regulates blood sugar. Serve with grilled tomatoes and crisp Parma ham on the side.

SERVES 2

266 calories per serving

For the pancakes

2 spring onions, finely chopped
1 corn on the cob, kernels sliced off (about 125g)
1 large egg
2 tbsp ground almonds
1½ tsp olive oil
sea salt and freshly ground black pepper

To serve

4 slices of Parma ham
2 vine tomatoes, halved through the middle
1 sprig of thyme

1 Preheat the grill.

2 Put the spring onions, sweetcorn kernels, egg and ground almonds into a bowl. Season well and beat everything together with a fork.

3 Arrange the Parma ham slices on a baking sheet and put the tomatoes alongside. Pick the leaves from the thyme sprig and sprinkle over the top of the tomatoes and season with black pepper. Grill until the Parma ham is crisp and the tomatoes have warmed through.

4 Meanwhile heat the oil in a large frying pan. Roughly portion the pancake mixture into four and once the oil is hot, spoon each of the four mounds into the pan, spaced well apart. Flatten them down slightly and cook until golden, around 1–2 minutes, then flip over and cook until golden on the other side.

5 Divide the Parma ham and tomatoes between two plates and top with the pancakes.

