

Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

The eagle-eyed among you may have noticed the weight has piled on. That is what happens when you don't go to weigh in. Seven weeks ago I tipped the scales at 12st 4lbs, then I became complacent and bad habits started creeping back in. But I've faced up to my fear of going back to Weight Watchers and I've got my motivation back. The bad news, however, is my WW leader Laura has left after 10 wonderful years. I managed to see her at my weigh-in this week and she has made me promise to keep her informed of my progress. Thanks Laura, you'll be missed.

- Start: 14st 4½lbs
- Now: 13st 3lbs
- Goal: 10st 7lbs (or as near as)

SNACK TIME

★ Chocolate fans will love my new favourite – WW Chocolate Toffee Crunch. It's a cross between a Milky Way and a Crunchie – but with a lot less fat and calories. For a ProPoints value of just two per bar, they're great for elevenses or whenever you fancy a tasty treat on the go.



EXERCISE

★ It's a great feeling when you earn extra Pro Points through exercise.

Usually I burn calories at spin, step or even running. But I tried hot yoga while I was in Vegas this summer. I worked muscles I never knew existed and I'll be signing up for Bikram Yoga now I'm back on the Wharf.



DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

RUNNING

Take on a 10k to get the blood really pumping

★ Need an incentive to keep up your fitness levels as the temperatures drop?

Then a 10k run in the leafy surroundings of Greenwich Park is sure to blow away the cobwebs on Sunday, November 10.

The race starts at 9.30am with an advance entry fee of £14.

Go to theraceorganiser.com to sign up or for more information about the event.

REEBOK SPORTS CLUB

Build strength at special Bollywood-themed class

★ Spend this Sunday working out Bollywood style at Reebok Sports Club.

The gym in Canada Square is hosting the special cardio and strength-building fitness class with a routine based on a variety of styles of south Asian dance.

Expect a fun-filled session of extravagant music and contemporary choreographed routines. The class is only available to members and it starts at 1.30pm.

Go to reebokclub.co.uk.

Lose weight, feel energised and cleanse with juice diet

WELLBEING



Our fitness guru **Laura Williams** drinks a range of squeezings over 72 hours

When Purifyne approached me about their new winter juice cleanse I was sceptical. With a physically demanding job that often sees me on my feet very long periods each day, the prospect of going food-free for 72 hours didn't fill me with boundless joy.

But I'd yet to experience a full juice detox and, with every celeb from A-Z tweeting about the merits of going solid-free, I felt compelled to jump on the bandwagon.

Plus, Purifyne's winter cleanse means you get to drink potassium-enriched broth so it's not all chilled, green stuff.

My juices and broth were delivered with simple instructions and various additional bits to add to the juice (think life-enhancing, foul-tasting supplement Spirulina and trendy coconut water).

I decided to mix and match the juices. I carried three with me throughout the day in a cool bag to give the illusion I was choosing my calories as usual.

The juices were delicious and tastier than my homemade creations. I wonder if this is because they're generated using a state-of-the-art Norwalk Juicer – said to provide up to 100 per cent more juice containing three-to-five times the vitamins and minerals than juice from other machines. Some claim eh?

By the end of day one, what really stuck out for me was that my hunger had plateaued. I'd initially felt empty, but every time I had a swig of juice, my hunger disappeared for another couple of hours.

I never thought this was possible while running 30 miles a week and generally behaving like a jack-in-a-box for a living.

However, my love affair with the cleanse had worn off by day three. I was juiced out. I had to babysit my energetic niece and nephew to boot, so I caved in and splurged on three dried figs and half a dozen hazelnuts.

Did I lose weight? I think so. The maths added up – I achieved around a 3,500 calorie deficit, which would have meant a pound of proper

3.5k

Calorie deficit if on a three-day cleanse



Laura was surprised to find her hunger plateau and her energy levels rise on a juice cleanse

BENEFITS

- If you struggle to meet your five-a-day target, juicing can be a good way to meet your fruit and veg quota.
- Studies on juicing and the immune system have found there are some immunity benefits, although it's thought these come from eating more fruit and veg.
- You will lose weight. The average juice cleanse means you're taking in around 600-700 calories a day meaning weight loss of around a pound every 72 hours.

weight loss. The scales said more but the sums tend not to lie.

The biggest benefit I experienced was a big hike in energy levels. I have no idea of the cause. I'm not sure if it is all those nutrients in their purest form, my digestion getting a rest, or whether my cortisol and adrenaline levels went through the roof to keep me upright.

But I enjoyed it and would happily try it again. I've tried to keep up the good work but my home efforts aren't a patch on Purifyne's alas.

Go to purifynecleanse.com for more information.

CREATE YOUR OWN

Purifyne founder Irina Bond has shared her top juice recipes to enhance the lives of busy execs.

She said: "For the ultimate energy boost choose **Green Juice** instead your usual cup of coffee. Chlorophyll, the green pigment in plants, helps oxygenate the blood, creating increased brain function and physical energy.

"For those with sugar cravings, **Celery and Apple** juice is the thing. This juice has a balance of electrolytes and minerals. In addition, cinnamon contains compounds that help regulate blood sugar. Stable blood sugar equals fewer sugar cravings."



GREEN JUICE
A large cucumber
8 stalks of celery
2 leaves of chard
A handful of kale
A handful of spinach
A handful of parsley
1/4 Lemon
1-inch cube of Ginger

CELERY AND APPLE
2 apples
8 stalks celery
A dash of cinnamon
■ Preparation tip: To get the most juice out of the ingredients, juice everything in one go.

More fitness tips at wharf.co.uk