

AMANDA BYRAM

BODY BEAUTIFUL

Every month *Your Fitness*' healthy living guru brings us her bite-sized tips



People often tell me that they feel they've left it too late to get fit – I have friends who say “I turned 40 and it's all gone downhill” – but I turned 41 this year and I have to say I've never felt healthier. Plus 40 is hardly ‘old’!

I recently met an amazing woman, Gwendaline, at my body barre class. This beautiful silver-haired lady could lift her leg higher than all the rest of us and had more stamina than most 25 year olds I know. After the class I cautiously asked her age – 72! And this was her first body barre class too! It reminded me that age is only a number. Your fittest years could be still ahead of you, if you want them to be.

Power product

This month I'm loving Ren's Flash Rinse 1 Minute Facial (£32, renskin.com). It

(joarthur.com), my new yoga hero! Jo teaches Yin yoga, a slow, nourishing style of yoga that works deep into the connective tissues. It's all about focussing on target areas to release this connective tissue, improving flexibility and energy and leaving you feeling wonderfully relaxed. And stretch...

Digestive delight

I recently overheard a lady in a chemist asking for something to help with digestion. She left with a shopping bag full of drugs and I really wanted to say “Stop! I know just the thing!”. D'mix is a blend of natural botanical including fennel, peppermint and liquorice which you chew after meals to aid the digestive process (£19.99, consciousfood.co.uk). We all

bombarded with toxic chemicals, they offer products containing pure and natural ingredients. It's also the first range to be certified gluten-free, which is great considering the numbers of people who are gluten intolerant! The products are also free from animal by-products and certified vegetarian. My faves are the Apricot Body Wash, the Restorative Biotin Shampoo and Conditioner and, best of all, the Power Smile Toothpaste and Mouth Wash which are gluten, paraben, SLA and petroleum free. Gorgeous!

Bum deal

Paola Di Lorenzo, owner of Paola's Body Barre (paolasbodybarre.com), says “In order to get glutes from minimus to maximus, it's important to combine isometric exercises with strength training and cardio. Squats, lunges, step-ups, deadlifts, jump squats are all effective butt lifting exercises that can be added to your isometric glute contraction exercises. Combined with a healthy diet, train at least three times a week to achieve the derriere of your dreams!” Got that?

Thought of the month

At the end of the day, you won't remember the person with the most beautiful face – you'll remember the person with the most beautiful heart and soul.

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really does live up to the promise of its name. It's based on water-activated vitamin C. Vit C's a great skincare ingredient, but it tends to be unstable and lose its effectiveness. This formula locks it in using a silica matrix and releases it when you add water. Every shot gives my skin an instant glow. Who needs tequila when you've got vit C?

Yin and yang

For years I've dabbled in yoga, always wondering why everyone else seemed to be enjoying it more than I was. Enter Jo Arthur

know that digestion begins with chewing our food, but did you know that 70 percent of our digestive enzymes are created in your saliva when you chew? The clever blend of ingredients in D'mix help to activate your saliva glands, release your digestive enzymes and alkalise your stomach. There's some food for thought...

Beauty must-haves

I love my natural products, as most of you will know, and one brand that I rely on is JĀSŌN. In an age where we're



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