

'MY LIFE IN A DAY'

Cecilia Harris

The celebrity PT and co-founder of online fitness platform RWL (resultsfitnesslifestyle.com) with Lucy Mecklenburgh, tells us about RWL's new rebrand

Work

'I wake up around 6am and stay in bed for an hour doing social media, responding to DMs and posting content. Then I'll have a coffee, before taking my first personal training client at 8am. I train PT clients all morning until 1pm, Monday to Friday - squeezing in a breakfast of porridge or eggs mid-morning - because it brings me so much pleasure. After a lunch of leftovers from the previous night's dinner, my world becomes all about Results with Lucy (RWL), doing more social media, helping out in the office or filming workout content. We also film live workouts Mondays and Wednesday nights, and Sunday mornings, so life is non-stop!

'When I began training Lucy Mecklenburgh seven years ago, her following wanted to know more. Being a little "out there", we decided against doing a fitness DVD, and instead created a subscription website where you could access all of Lucy's workouts. That's how RWL was born. Over the years, we added nutrition and mindset programmes. Eventually, we had a huge RWL community of over 10,000 women calling themselves #rwlfitfitties, and it was no longer about Lucy's

workouts, but a wellness platform for women. So, we decided to grow with our community. We've just rebranded as Results Wellness Lifestyle, because while it is about getting results, it's also about wellness and changing your lifestyle.'

'To coincide with the rebrand, we've just launched a new website and app incorporating all the "it would be great if you had..." features our subscribers have asked for over the years. On top of our workout bank of over 1,000 workouts; the various exercise programmes for women at all stages of life; plus the food plans and recipes, we've added exciting new features including food tracking, where you can track what you eat, scan ingredients to track calories, and add that to what you've eaten in the day to help you stay focused. And if you do one of our videos, you'll see how many calories you've burned. There are lots of apps out there tracking individual things, but we've tried to incorporate everything into one place. It's been very challenging, but the all the positive feedback we're getting has made it worthwhile.'



Cecilia, left, and Lucy have grown with the RWL community

CECILIA'S MINDSET TIPS

- 'Remember, you are in charge. No matter how shitty life gets, you can still choose how you want to react. When you understand that, it makes life much easier.'
- 'Motivation is not a gene you are born with. Discipline is the only way to create healthy habits. Once you stick to something for two to three weeks, it becomes a habit you can't go without it.'
- 'We are our own worst critics, so be kinder to yourself. That doesn't mean not working out when you've had a bad day. It means using gentler words when you talk to yourself.'

'I train PT clients all morning until 1pm, Monday to Friday, because it brings me so much pleasure'

Life

'I exercise for myself after I've trained my own clients and had lunch. A good time for me is 3pm, as it's usually when I start to feel tired, but exercising at this point in my day gives me energy. If it's a filming day, however, I don't work out as filming is like doing a four-hour bootcamp - it requires a lot of energy and focus to perform the workout, keep talking non-stop, and give coaching points to the audience at home. Thankfully, it's not just me now, and we have over 30 trainers specialising in different areas of fitness, all bringing their own energy. As a content provider, I feel we're number one in adding fresh content. We identified why women get bored, so gave them lots of variation to help them train consistently.'

'I have dinner with my family most nights at 7pm. We cook curries, stews and pasta, mainly from fresh, with lots of veg, and I eat absolutely everything. But these days, I understand what my portion sizes should be, and stick with those. Being European, there's also not one night where there isn't a bottle of wine on the table to share. I'm also a Netflix fanatic, so after dinner, I love to watch films and box sets as it's a great way for me to disconnect from my world.'

'There are three things I'm most proud of in my life. First, getting into this business while suffering with post-natal depression and coming through the other side using exercise to come off the pills. That's my biggest personal achievement, because exercise changed something negative in my life into something positive. Second, setting up my own studio and going from zero to over 100 clients at the age of 35. And third, seeing the amazing RWL community that Lucy and I have created together. Each woman is so supportive of each other's journey. I'm incredibly proud we've created an online environment where that can happen.'

Cecilia is proud of the way RWL members are so supportive of each others' journey