

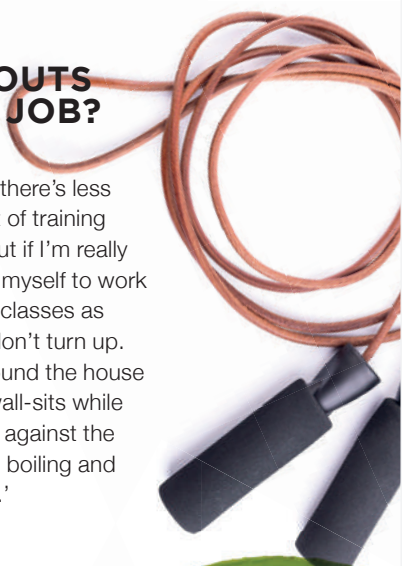
WE'RE TALKING TO...

AJ Odudu

The TV presenter, PT and social media star, 30, tells us how she balances her lifestyle

1. HOW DO YOU JUGGLE WORKOUTS AROUND YOUR JOB?

'I get up and go out for a run or fitness class first thing, so there's less opportunity to talk myself out of training over the course of the day. But if I'm really busy, I don't put pressure on myself to work out. I'll avoid booking fitness classes as I don't want to feel guilty if I don't turn up. Instead, I'll do little things around the house such as bursts of skipping, wall-sits while brushing my teeth, push-ups against the kitchen side while the kettle's boiling and planks while I'm watching TV.'



2. HOW DO YOU FUEL YOUR WORKOUTS?

'I don't stress out about food too much. If you do a workout, you deserve to eat! I'll have a Some Body Pure Whey Vanilla Protein Powder shake (£17.99 for 600g; superdrug.com) after exercise until I can have a main meal. Breakfast is usually mango with yoghurt, avocado or eggs on toast, but if I don't work out, I eat porridge with protein powder, nuts and berries. I like to keep food simple and colourful, so dinner is meat or fish with a variety of veg. I tend to be on-the-go for lunch, so pick the healthiest foods on the high street. I love Itsu's Chicken or Salmon Teriyaki pots.'



3. YOU'RE QUITE THE FASHIONISTA. WHAT'S YOUR GYM STYLE?

'I love bold colours and patterns, so my favourite brand right now is P.E Nation – its retro colour blocking prints are so cool and wearable outside of the gym. I also like classic brands such as Reebok, Adidas, Nike and New Balance for basic staples. I get very sweaty when I exercise, so I like to wear the least amount of clothing possible to stay cool, opting for crop tops with shorts or leggings – Sweaty Betty's Bum Sculpting Leggings are amazing!'



WORDS: Joanna Elsworth

4. WHAT'S YOUR APPROACH TO GYM BEAUTY?

'I love a fresh face. I just pull on a head scarf and sweat it out, make-up free – mascara just sweats into my eyes and gets painful! But if I'm doing a workout for Instagram, I'll wear concealer and do my eyebrows. At. All. Times! Post-workout, I religiously cleanse, tone and moisturise my face, before smothering my body in Caudalie's Thé Des Vignes Nourishing Body Lotion (£18 for 200ml; uk.caudalie.com), which is really light and soaks straight into the skin.'



5. WHAT ARE YOUR GO-TO WORKOUTS?

'Fitness is a very sociable thing for me. I always loved running and team sports at school, and found joining a running club was a great way to make new friends when I first moved to London. I'm a Fitness First gym member, and regularly do Reformer Pilates, which goes hand in hand with running, but I also like trying out boutique gym classes. I love the Reshape class at 1Rebel and Barry's Bootcamp sessions.'

AJ Odudu is fitness ambassador for Superdrug which produces the Some Body range