

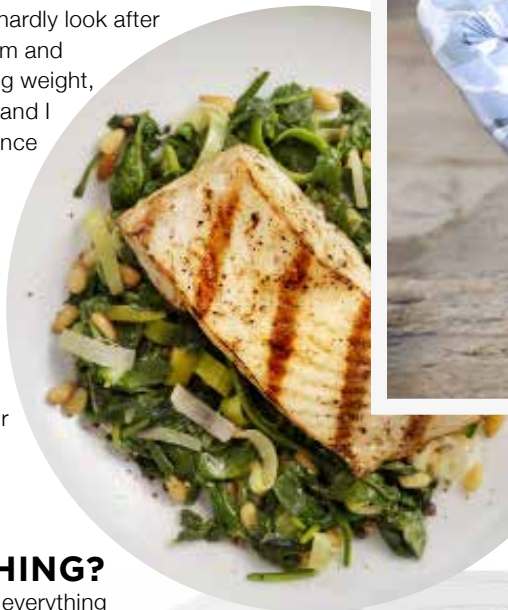
WE'RE TALKING TO...

Dr Hazel Wallace

The junior doctor, PT and social media star, 26, tells us how she stays on top of her game

1. WHY DID YOU SET UP THE FOOD MEDIC BLOG?

'I enjoyed the student life a little too much while studying medical sciences. I was about to train to become a doctor, but could hardly look after my own health. So I joined a gym and changed my diet. I started losing weight, my hair and skin looked better, and I had a new energy and focus. Once I realised how important food is to how we look and feel, I wanted to learn more about it and share it. I'm very proud to work for the NHS, but I think doctors could help tackle lifestyle diseases such as type 2 diabetes and high cholesterol by asking people what's on their plate before prescribing a pill.'



2. HOW DO YOU JUGGLE EVERYTHING?

'Time management. I schedule everything into my diary, from workouts to meetings – and my grocery shop! But I know I'm only one person so I don't put myself under pressure to do everything, every day. I always prioritise my down time to disconnect from work and social media by meditating for 10 minutes every day, using my commute to read for pleasure, and seeing friends at the weekend. If you love what you do and you're motivated enough, you'll find time.'



3. WHAT'S YOUR BEAUTY ETHOS?

'I keep my Instagram as real and authentic as possible – you'll often see me being make-up free, with messy hair and wearing surgical scrubs when I'm on call! I'm very comfortable in my skin but I do have days where I feel bloated, have breakouts or bad hair. My skincare routine is very simple. I'm obsessed with the Origins GinZing range (origins.co.uk), and use the face wash, eye cream and moisturiser daily, or the tinted moisturiser on days when I want a glow.'



WORDS: Joanna Ebsworth PHOTOGRAPHY: iStock Reebok Ambassador Dr Hazel Wallace is a member of the Reebok Girl Squad and is pictured wearing the new AW17 City Series collection available now at reebok.co.uk

3. WHAT'S THE SECRET TO HAVING LOTS OF ENERGY?

'Good food, exercise, sleep and rest. I don't believe in cutting out any foods unless you have a medical or ethical reason to do so, and while exercise may feel exhausting at the time, it improves your health and quality of sleep in the long run. I can struggle to get six and a half hours' sleep sometimes, but my mental clarity and focus is always better when I get more. If you don't rest, you never recover. Life is stressful enough, so take time out to do the things you love.'



5. HOW DO YOU DEFINE 'GOOD HEALTH'?

'Being healthy is about how you feel as well as how you look. I tell people not to focus on aesthetic goals, such as getting a six pack, but to build little habits – make your lunch every day, walk to work, do 10 minutes of meditation, get to bed half an hour earlier... It's the little changes that make the big changes. You'll soon find yourself feeling more relaxed and energetic and maybe a little lighter physically and mentally.'