

HERE'S TO YOUR HEALTH

WAYS TO MAKE YOUR WELLBEING A TOP PRIORITY

James Duigan signing books at Exclusive Books Hyde Park Corner.



FIVE MINUTES WITH

JAMES DUIGAN

THE CELEB TRAINER BEHIND THE BODYISM GYM BRAND AND *CLEAN & LEAN* RANGE OF BOOKS HELPS A-LIST STARS LIKE ELLE MACPHERSON STAY SVELTE. HE CHATS TO US ABOUT HIS APPROACH TO HEALTH



James giving a quick training session when he visited Hyde Park Corner earlier this year to promote his latest book, *Clean and Lean for Life: The Cookbook*.

MANY PEOPLE WHO WANT TO GET HEALTHIER end up sabotaging themselves. Does healthy living involve silencing the inner saboteur?

JD: Yes! The way you think can have such a profound effect, so be kind to yourself. Leave the shame and guilt behind and learn to love and accept yourself. It's the fastest, most effective way of looking and feeling great, and it empowers you to make healthier choices.

You and your wife Christiane work together and are raising a family. Do you believe strongly in promoting healthy living for the next generation? JD: I read a study that said 40 percent of girls between the ages of three and five are worried they're fat. I looked at my kind, talented, intelligent daughter and just wanted to protect her from all of that, forever. But I can't, so I'm going to change the world instead. If you're blessed to have children, don't focus on their weight or how they look. It *will* mess them up.

You've spoken out on the rise of "Instagram anorexics". What would you say to those who aspire to look like those they follow online, even if it may be unattainable or unhealthy? JD: I think it's sad when people who are obviously unwell tell other people how to live their lives, and play into their insecurities, with no accountability. The minute you start comparing yourself to someone else's (often untrue) highlight reel is the minute social media turns toxic. Choose people you can trust who are consistently healthy and authentic, and who make you feel better, not worse. Be mindful of the effect these posts have on you – if they bring you no joy or inspiration, "unfollow". The power lies with you.

You're a fan of juicing. Any advice for those new to it?

JD: You have to know a few things in order to make it work for, not against, you. Rather than going to extremes and living on nothing but liquid for days, opt for a vegetable-based juice as a mid-morning or afternoon snack. (Visit **FUEL FOOD** for options.)

They say supplements aren't necessary if you eat well.

What's your take? JD: It's up to the individual. But so many of our foods are heavily processed and depleted of nutrients, so taking a supplement is a great way of giving yourself an extra boost, especially if you live in a modern, polluted city and lead a busy life, as you may not be getting all the nutrients you need. (Visit **HEALTH WORKS**.)

How important is mindfulness in physical and mental wellbeing?

JD: It is everything! Being "healthy" is a mindset, and being mindful of how we treat our bodies is essential for health. We live in a world of body-image pressures and often unrealistic body ideals. It may sound simple, but keeping ourselves motivated is about positivity, and listening to and accepting our bodies. We all just need to take a minute to breathe, reflect and think about what we are putting into our bodies instead of being concerned with how far away bikini season is. Learning to accept and love yourself is the key to respecting your body and living a healthy, happy life. ▼