



The beach at Hayle



My feel-good regime

Fiona McGowan lives in Hayle, West Cornwall. She is a freelance writer and editor for websites and magazines, and has recently finished writing her second children's novel. She is on the Board of Governors at the local primary school and is studying for a fitness trainer qualification. Her husband works in finance and, until recently, spent Monday to Friday in London. He is now working as a consultant from his office in Hayle, intermittently travelling to London, Dubai and Dallas. They have two children aged four and seven.

I live for the outdoors. Nothing makes me happier than being by the sea or in the wilderness. Whenever I find spare time, I go for a run on the beach or the coast path. I have surfed quite a few times, but prefer to boogie board these days... I used to hate the cold water, but since I bought a really good wetsuit, I can go in the sea any time of the year. Although I am still a wuss – I'll only get in the waves if they're not too big and the sun has to be shining!



Running is my meditation; rock climbing is my passion. I have climbed all over the world – from Mexico to New Zealand and from Greece to Madagascar – and return to it as much as possible. The sea cliffs in Cornwall are stunning (and scary), usually battered at the base by giant, foaming surf, and the hard crystalline granite is

superb to climb on. I always meet exceptional people through climbing, and have made some great friends in Cornwall whilst dangling off a cliff face.

Since I hit 40, I have noticed that my metabolism has changed. I used to be able to eat anything, and never thought much about food. The one advantage with London is that I walked everywhere, so I was constantly burning calories. In Cornwall, with two small children going to after-school activities and the beach or the countryside, we spend a lot more time in the car. I make sure I work out every day – whether it's climbing-training inside a converted barn, cycling and running on the coast path, going to the gym or doing a High Intensity Interval Training (HIIT) session for 20 minutes in the living room.

I have given up refined sugar! This is a small miracle for me, but I feel great about it and have invented some recipes to overcome the cravings. I put lots of cinnamon and berries in my porridge and I make hot chocolate from pure cocoa powder, coconut/rice milk, cinnamon, vanilla essence and ground ginger. I also make flapjacks with the mulch from the juicer, a handful of chopped dates, one spoonful of maple syrup and lots of cinnamon. I do miss 70% dark chocolate, though – and it makes me fall off the wagon every now and again...

Since moving to Cornwall, I have made more friends than at any other point in my life. There are a lot of parents struggling to get by financially, but everyone is doing something – there's lots of imagination, creativity and entrepreneurial spirit, albeit on a small scale. The 'school gate' is full of conversations about setting up businesses and finding ways to fit work around the lifestyle of coastal living. When I was ill with pneumonia and my husband was in London, people I hardly knew came round with casseroles and all sorts of food and offers to look after the children.

Apart from outdoor activities and gorging ourselves on the many National Trust properties and gardens in the area, I love to go out in the evenings. My husband and I have date nights at a few favourite gastro pubs and some wonderful restaurants: the Porthminster Café in St Ives, Ben's Cornish Kitchen in Marazion and Scarlet in Lelant are our three top

choices. I also love a dance, whether it's to gigs in the buzzing, artsy venues in Falmouth or in the pub.

I LOVE reading. My favourite novel at the moment is *The Humans* by Matt Haig – it is an incredible story and makes you feel happy to be human. I'm also reading *The Chimp Paradox*, which is simply life-changing (and I don't often say that about a book, as I am a Natural Born Cynic).



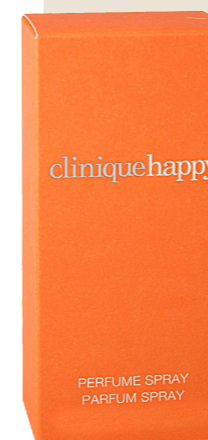
LANGUISHING IN MY MAKE-UP BAG

I only have four items of make-up in my make-up bag.

Rimmel Exaggerate black waterproof eye definer, **Rimmel sun bronze powder**, **Rimmel Concealer**, **No 7 Lipstick** in a deep brick red colour.

For special occasions, I also use **Rimmel Match** perfection radiance foundation and **No 17 solo charcoal grey** eyeshadow.

For VERY special occasions, I wear **Clinique Happy** perfume.



MY BEAUTY REGIME IS...

Nivea Age Resisting Day Crème around my eye, a simple light hydrating lotion for my face and **Palmer's Cocoa Butter** for my body (love the smell).

I wash my hair every day with **Suma Pure Grapefruit and Nettle Shampoo** and **Aussie 3-Minute Miracle** heat-resisting conditioner.

