



I'M
CONFIDENT
 IN MY
 OWN
 SKIN'

Model, radio DJ and TV host Lisa Snowden tells us why she will never quit carbs and how she appreciates her good bits now more than she did in her twenties...

While Lisa bounds around the East London studio in just a one-piece for our shoot, it's impossible to believe she's 45. In fact, with her toned thighs and perfect curves, it's clear to see why she's still a successful model after being first signed at 19.

Her secret? Reformer Pilates. First a hit in LA, the versatile Reformer floor machines - combined with Pilates moves to isolate, fatigue and stretch muscles for a leaner look - are now a must-try in the UK. This is thanks to trainers Chris Watson and Chris Richardson from zerogravitypilates.co.uk, and Chris Richardson was happy to join us on the shoot to help put Lisa through her paces.

'It sets me up - it energises me,' says Lisa of her local 8am sessions, which she discovered when a leaflet landed on her doormat. 'I've tried Bikram

'In my forties, I don't work out for my body - but my mind'

Yoga before and got bored. I like new things to be thrown into the mix.'

And with just five people in each 55-minute session, everyone bonds during the workout. 'There's music, so the atmosphere is great,' says the former Capital FM host, who enjoys going at least four times a week.

'Chris is the right level of tough and encouraging,' adds Lisa, who relies on her jeans and knickers fitting well to tell if she has put on a few pounds. 'But if Spurs have played badly, he'll punish us!' she jokes. 'So us girls are like, 'Let's check the football scores!''

'It's almost like Cirque du Soleil!'

Despite her celeb status, with some of the exercises, such as Lisa's fave 'Legs in Loops', you sometimes have to leave your dignity at the door.

'You're lying on your back, with your feet in loops doing half-circles, which really open up your hips,' explains Lisa. 'It's almost like Cirque du Soleil! Thankfully, I used to do ballet, so I'm quite flexible in that way.'

Chris has also encouraged Lisa to try HIIT sessions, although they didn't come as naturally to her.

'The first time, I thought I was going

to be sick. I felt awful,' she admits. And proving she's human - just like us - Lisa, who also likes swimming and skipping, reveals she still gets nervous trying new workouts. 'It's intimidating walking into a class for the first time. But just be brave. Nobody is looking at you, everyone is just concentrating on themselves.'

'I don't want to live like a saint'

Looking this good isn't always easy, and Lisa admits she first hired a personal trainer when she was about 35, when 'stubborn areas', like around her middle, became harder to shift.

'If I want to have a flat tummy, I have to eat less sugar and not drink white wine, which I love!' says the former *Strictly* finalist. 'But I don't want to live like a saint - I want to have fun. What works for me is smaller portions, not skipping breakfast and having dinner a little earlier. It's just about balance.'

Lisa knows little efforts make a big difference. 'I'll walk up escalators or go up stairs two at a time to get some power movement into my day.'

But although her figure was easier to maintain in her younger days, Lisa wasn't as happy with herself then. 'I

didn't feel confident in my twenties with my body, which is a shame because when I look back at pictures I think I was lucky,' she says. 'I was lean and still curvy in the right places. I'm more confident now - you learn to appreciate the good bits.'

'I have a tendency to feel a bit blue'

Nowadays, Lisa is more motivated by her wellbeing. 'In my forties I don't work out for my body, but for my mind, as I have the tendency to feel a bit blue,' admits the star, who got engaged to her boyfriend George Smart at the end of 2016. 'If I don't exercise, I feel a bit down in the dumps. Exercise helps me process stuff. Then, when stress arises, I'm able to deal with it better.'

'Invest in some good workout gear'

And to help her feel good working out, the star has a trick up her sleeve. 'There's nothing worse than when your gear doesn't fit and you feel gross,' says Lisa, who loves mixing up Lululemon, Sweaty Betty and PureLime with Nike trainers. 'There are mirrors everywhere, so invest in some good gear. Old bras and knickers that are all a bit knackered - just get rid of it.'

'It's OK to have carbs'

A self-confessed 'feeder', the star enjoys a curry on a Saturday night. 'I love cooking, I'm a big foodie,' says Lisa, who also swears by supplements, such as Rejuvenated Collagen Shots and Nutristrength vitamins.

Despite trying to avoid dairy and bread, Lisa now 'can't stop' making her own breads and pizza bases with her new Thermomix. 'It's OK to have carbs. I also go for brown rice, quinoa and sweet potatoes.'

So how did she feel about being really hungry on last year's *I'm A Celebrity*...?

'I tried to shrink my appetite before I went in,' reveals Lisa, who lost a stone in the jungle. 'I eliminated coffee, sugar and alcohol for six weeks. It stopped me being grumpy with everybody. I conditioned myself to feel a bit hungry and it worked.'

So what does the future hold for Lisa, apart from her wedding? It seems epic challenges like those Davina McCall takes on are definitely not on the cards. 'Davina is on another level of tough cookie, I'm not... She's phenomenal. Her body is insane.'

Well, we'll watch this space - we think Lisa looks pretty phenomenal herself!

» For more on Reformer Pilates, go to zerogravitypilates.co.uk or follow Chris on Instagram @zerogravitypilates

» See Lisa Snowden's exclusive QVC jewellery collection at QVCuk.com

Chris takes Lisa through his top toning moves

» Single leg bridges

How to Lie down on the floor with knees bent and feet on mat. Extend one leg, then lift bum off floor, making sure both thighs are in line with each other. Hold for 1 minute, then swap legs.

Chris says 'When you lift up, keep your hips down and engage your core.'

Good for
APER T
BUM



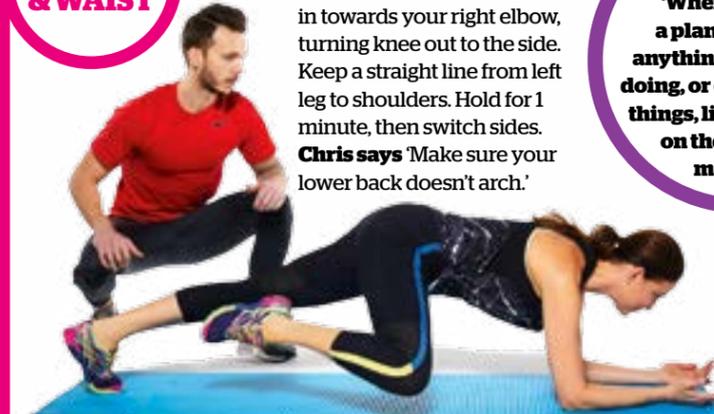
Good for
ABS, CORE
& WAIST

» Spiderman plank

How to From a forearm plank position, draw right leg in towards your right elbow, turning knee out to the side. Keep a straight line from left leg to shoulders. Hold for 1 minute, then switch sides.

Chris says 'Make sure your lower back doesn't arch.'

Lisa says
'When I'm doing a plank I focus on anything but what I'm doing, or count different things, like the springs on the Reformer machine.'



» Reverse lunge with rotation

How to With feet hip-width apart, step back with right foot and bend knees until left leg is at 90 degrees. Meanwhile, while holding Pilates ring, twist body towards the left. Repeat 8-10 times and then change sides.

Chris says 'Make sure your knees don't eclipse your toes. If you don't have a ring, put your hands on hips or extend arms out in front of you.'

Good for
LEGS,
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