

MY FITNESS RULES

From a cheeky espresso to a Chanel-clad personal trainer – get the low-down on the tips and tricks these A-listers have learned on the treadmill



THE POP PRINCESS

Lily Allen

THE BRILLIANT BELINDA

'I have the most amazing personal trainer called Belinda. She's around 75 years old and she's an absolute legend. She'll turn up in full monochrome Chanel or Prada, and come in with her white hair and white skin and red lips, and then she'll de-robe and put on her shiny 80s leotard and start exercising with me – she's unbelievable. And so fit and healthy.'

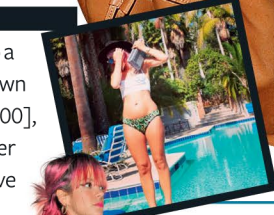
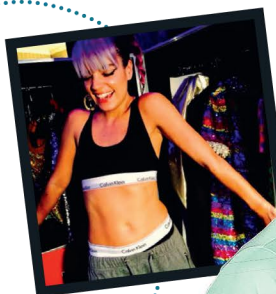
'IF I DON'T DO EXERCISE, I GET A BIT ANTSY. IT'S A GOOD WAY TO START THE DAY AND, IN A WEIRD WAY, IT GIVES YOU MORE ENERGY. I TRY TO WORK OUT FOR AROUND AN HOUR EVERY DAY, WHICH I'M FAIRLY GOOD AT STICKING TO – UNLESS I'M HUNGOVER!'

BIT OF COMMES

'I love an evening of pampering. I'll do a full-body exfoliation with Fresh's Brown Sugar Body Polish [£52, 020 7486 4100], followed by Lancaster's Tan Maximizer moisturiser – not necessarily when I've been in the sun, it's just a lovely rich moisturiser. I like spicy oud scents, so I wear Commes des Garçons' Series 3 Incense Avignon EDT [£60 for 50ml, liberty.co.uk].'

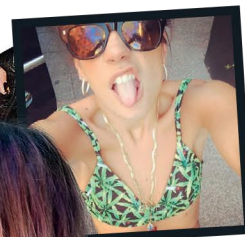


TAN MAXIMIZER SOOTHING MOISTURIZER
£22, Lancaster (selfridges.com)



ROOM SERVICE? NO THANKS!

'I'm good at eating healthily when I'm at home, but when I'm on tour I basically eat crisps. I have real hang-ups about eating food that is mass-produced. I would never eat McDonald's or Burger King, and if I'm staying in a big hotel, I won't have room service if there's a big kitchen and the food might be lying around for ages. I had spaghetti bolognese at a hotel in Paris once and it had a cockroach in it, so now have an eternal fear of room service.'



LEGGINGS
£17, Gandolfi
(020 7935 6049)



'WHEN I HAVE TIME OFF, I JUST WANT TO SLEEP – I CAN LITERALLY STAY IN BED ALL DAY. IF I'M IN HIGH-OCTANE WORK MODE, I CAN'T REALLY SWITCH OFF. IF I'M EVER FEELING RUBBISH, I FIND A GREAT BLOW-DRY AND GREAT NAILS MAKE ME FEEL INSTANTLY BETTER. I LOVE MY RAINBOW DESIGN ONES FOR ELEGANT TOUCH [LILY LOVES...EVERYTHING'S JUST WONDERFUL NAILS, £7.99, ELEGANTTOUCH.COM].'



ANY TIME, ANY PLACE

'I would never do a group exercise class – I generally prefer to work out on my own. I don't use gym equipment or weights, I just use my own body weight and do a series of high-speed, high-intensity punching and kicking. It means I can work out wherever I am – in my bedroom or bathroom at home, or in a hotel room if I'm travelling.'