



**SPORTS BRA**  
£18, Fabletics  
(fabletics.co.uk)



**STYLE IT OUT**

'I like to wear shorts or capris when I work out and I live in the seamless sports bras from Fabletics, the activewear range I co-founded. I did Pilates before this interview and I'm wearing a hot pink halter one right now. I love the neon colours and pink lava prints we did, too. What's fun about our company is that we change things up every month so, like my workouts, I don't get bored of my clothes.'



**HOT, HOT YOGA**

'I get bored really easily, so I'm constantly switching up my exercise. I'll try boot camp or boxing or anything really, depending on where I am. If my girlfriends are going for a spin class, I'll go with them, or if I'm in London, I do hot yoga because it's often rainy. When I'm in my routine and the kids are back at school, I usually do Pilates twice a week because it makes me feel stronger.'



**LEGGINGS**  
£35, Fabletics  
(fabletics.co.uk)



**THE HOLLYWOOD STAR**  
**Kate Hudson**



**JUST ADD CAFFEINE**

'Espresso is part of my get-fit secret. When I've got to get into shape for a film, I have to be dedicated. So, the first thing I do after waking up is have a shot of espresso and a grapefruit juice - it's a natural way to kick start your metabolism.'



**TAKE IT OUTSIDE**

'I grew up with all brothers and always felt like I had to keep up with them. My family is very sporty - my dad was a baseball player and my mum started out as a dancer, so family time was about riding bikes, rollerblading, ice-skating or skiing. We were always outside and active.'

'I LOVE WORKING OUT TO 90S HIP-HOP. IT'S WHAT I GREW UP WITH, LIVING IN LA AT THAT TIME. I'VE GOT JAY Z, KANYE WEST, A TRIBE CALLED QUEST, EVEN DE LA SOUL ON MY IPOD, AND I'LL NORMALLY PUT IT ON SHUFFLE.'

**LIGHT TREATMENT**  
£31.85, MoroccanOil  
(moroccanoil.com)



'MY WORKOUT ROUTINE IS GENERALLY CARDIO FOR 20 TO 40 MINUTES, THEN I'LL TAKE THE KIDS TO SCHOOL AND, WHEN I COME BACK, I'LL DO 30 MINUTES OF CORE WORK. FINALLY, AT 9.30AM, IT'S BREAKFAST TIME! THIS ROUTINE REALLY REVS UP MY METABOLISM.'