

WHAT YOU *DON'T* HAVE TO GIVE UP TO CUT CALORIES

1. A MORNING COFFEE

"One cup is perfectly fine – it's virtually calorie free and caffeine gives you energy," says James. "It's milk that makes coffee fattening, so stick to black americanos. Not sweet enough? Mix one teaspoon of coconut oil [full of good unsaturated fats] into a black americano and sprinkle raw cacao nibs on top." It's your new mocha!

2. YOUR CHOCOLATE FIX

"Just make sure you limit your intake to two or three squares twice a week. Stick to dark chocolate with a high cocoa content – it has far greater antioxidant benefits and less sugar and fat content than milk chocolate."

3. SUNDAY ROASTS

"These are essentially protein [meat] and vegetables, which make the perfect meal," says James. "Swap potatoes for sweet potatoes [sweet potatoes are higher in vitamin A and have a lower glycemic index than white potatoes] and roast them in a small amount of olive oil. Steam your vegetables and skip gravy to keep it as healthy as possible."

4. ALCOHOL

"In an ideal world, I would recommend you give it up entirely – nutritionally, it does nothing for your body and it's bad for your liver," says James. "But I know that's not realistic for many people, so cut down as much as possible, and stick to vodka mixed with soda and fresh lime. Vodka is the 'cleanest' alcohol, so it does the least amount of damage to your body, and soda water is calorie free."

5. MID-AFTERNOON SNACKS

"It's common to get a mid-afternoon energy slump at work – the trick is to be prepared for it, so you're not tempted to reach for the biscuits," says James. "Almond-butter spread on a rice cake, and chopped-up vegetables dipped in houmous or guacamole are healthy alternatives to a quick-fix sugary snack."

Wednesday day three

Ouch! I wake up in agony. My whole body is aching and I hobble to the studio at 8am for another session. I'm off to Milan afterwards for a work dinner tonight, and warn James I might not be on top form tomorrow – Italian food is a weakness of mine. "Try to avoid or, at least have small portions of, pasta, pizza and pudding," he advises, "and no alcohol." I visibly cringe at this last bit. "Supermodels won't drink alcohol at all in the lead-up to a shoot, as it's bloating and leads to breakouts. If you really want Rosie's body, you have to say no to wine!" After a relatively gentle session, mainly based on yoga-like poses, I head to the airport with steely determination. I stick to grilled fish and veg at lunch, and even turn down a mid-afternoon gelato. But, by the time dinner comes around, I can feel my resolve slipping. I avoid Prosecco and canapés, but am starving by the time we sit down for dinner and tuck into a huge bowl of pasta washed down with a glass of Tuscan red. I'm proud I turned down an amazing looking tiramisu for pudding, but go to bed feeling guilty about slipping on the "no alcohol" rule.

Thursday day four

I wake up for an early morning flight back to the UK feeling sluggish and regretting last night's carb overload. As soon as I walk into Bodyism, James asks me what I had for dinner. Expecting a telling off, I'm relieved when he says, "Everyone slips up now and then, even supermodels. The most important thing is to focus on getting back into your routine and not letting one mistake ruin momentum." Feeling more positive, I start to enjoy the "instant butt-lift" exercise – side steps in a squat position, with a heavy-duty elastic band around my ankles. And, after another three minutes on the Crossover machine, I notice I'm more in control of my breathing and have barely broken a sweat. After a warm-down and protein shake to aid muscle recovery, I decide it's time to face my fears and weigh myself. I step on the scales, tentatively look down, and literally squeal with delight when I see that

I've dropped three pounds. I bounce out of the gym feeling super-positive and bursting with energy.

Friday day five

I'm amazed when my alarm goes off at 7am and I don't want to hit the snooze button. I spring out of bed, raring to go. My boyfriend can't believe it – I'm the girl who snoozes for a full hour every morning. It's all down to avoiding alcohol – I've realised that daily "harmless" glass of wine I was relying on to unwind after work was responsible for my early morning zombie-like state. I stop by Whole Foods Market on my way into work and stock up on Co Yo – a dairy-free coconut milk yoghurt – and cashew nuts for a healthy mid-afternoon snack. "Nuts are calorific, so you should eat them in moderation – no more than a handful per day," says James, "but they're full of 'good' unsaturated fat, which everyone needs in their diet, as it helps your body absorb nutrients. Far better than a cupcake which is full of sugar and 'bad' saturated fat." I whizz through my day's work and head to the studio for my final session. It's the most intense training yet, but I cope. It finishes with 15 minutes of boxing. "Rosie loves to mix up her training with boxing and yoga to keep it interesting," says James. "It's important to vary the way you train so your body doesn't get used to performing one routine." As I leave, I pass Toby Huntington-Whiteley and Rachel Stevens working out. Instead of being intimidated by their insanely high level of fitness, I think about how much I've achieved in one week (I'm particularly loving that I finally fit into the J Brands languishing at the back of my wardrobe). Actually, I'm kind of looking forward to continuing this new healthy lifestyle.

the results

I'm under no illusions – I haven't got Rosie's 34-25-35 vital stats, and I probably never will. But I do definitely have a flatter tum, more pert bum, better posture and bags more energy. And, crucially, I have a whole new attitude to exercise and diet. My 4pm cupcake binges are a thing of the past. Good news for me, bad news for Lola's.

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