



MINI WAYS TO **MAX** YOUR *wellbeing!*

Experts reveal the everyday health must-dos that they do to keep their wellbeing humming – so we're sure they'll help you too

1 STAY STRONG!

Top physio Sammy Margo is no slouch when it comes to walking the talk. "As a physio, I am aware of how important keeping a strong body is, but it's difficult to squeeze in exercise to help keep on top of "sarcopenia" – the usual decline of muscle mass as we age," says Sammy. "So aside from making sure I get in 10,000 steps a day, I wear leg weights

for some of the time while I'm at work to get some lower limb training in, without having to go to the gym. It helps maintain muscle mass and prevent falls later on in life. I call this future-proofing."

+ *Sammy wears 5lb weights on each ankle, but suggests newbies start with 2.5lb weights for 10 mins per day while on your feet and gradually increase. Sammy practises in London: sammyargophysiotherapy.com*

2 BULK UP!

Stress hits us all – even experts like trichology guru Anabel Kingsley get the downside of the problem. "After a really stressful period in my life, my hair was not in the best shape," says Anabel. "The body classifies hair as a non-essential tissue, so

often it needs help – especially when you're rundown. I started taking our complex for hair and added 10,000mcg of Biotin (a great nutrient for hair and nails) every day."

+ *Anabel found that three months on... "They've done wonders for the thickness of my hair and strength of my nails. I also*

eat two eggs every morning without fail. They are the perfect protein – essential for great hair!" Philip Kingsley clinic and products: phillipkingsley.co.uk



3 EXHALE STRESS

We all breathe, but do it right and it can help ease stress, fatigue and more.

Breathwork coach Rebecca Dennis says: "We can't always control what is happening around us, but we can control how it affects us physically and emotionally. Breathwork keeps me energised, inspired, centred and calm – and it's so simple." Try Rebecca's breathing exercise:

Conscious connected breathing

- ▶ Prop yourself up with pillows on the bed, with chest higher than your legs. Make sure you're comfy and your head is supported.
- ▶ Place your hands on your lower abdomen – just below the navel. Relax the jaw, open your mouth wide and take a deep inhalation (the belly should rise) and exhale with a quick sigh.
- ▶ Stay present with the inhale and the exhale. Inhalation should be about twice as long as the exhale, which should be quiet and relaxed. Keep the breath connected, with no pauses, coming in and out like a wave.
- ▶ Repeat for 1-2 mins, noticing any physical sensations in the body. Rest for 1 min; return to normal breathing.

+ *Rebecca's book And Breathe (Orion Spring) is out now. For her workshops, see breathingtree.co.uk*



FEEL GOOD YOU

4 SPEED UP!

Most experts hedge their bets when giving advice, but not research herbalist Monica Wilde.
 "Basically I could not live without taking seaweed!" says Monica. "It keeps the old batteries charged." It's the iodine in seaweed

that's key. "76% of British women are iodine insufficient and this has a huge knock-on effect on our metabolic rate – the speed at which our body's chemistry runs. That speed affects all our body's processes from how quickly we burn calories to how fast sperm swims," explains Monica. "If I forget my daily dose for a while,

everything slows down, then I remember and it all speeds up again!"
 + Monica takes: *1tsp powdered seaweed a day. "I most notice it in my energy levels, ability to control my weight and keep warm, skin and hair dryness, and mood."*
 Try powdered organic seaweed or Napiers Organic Kelp capsules, £17.25 for 90, napiers.net

5 LOOK YOUNGER!

Don't you love it when people reckon you're younger than you are?
 The Organic Pharmacy's Margo Marrone has an uber-easy move for younger looking skin. "Recently a friend asked me why my hands looked so good," says Margo. "Easy! My secret is skin brushing – it's simple but makes a big difference. It detoxes, exfoliates, moisturises, and gives the skin an incredible glow."

+ Margo uses a soft brush to work the magic. "Towel dry after a bath or shower, then add a few drops of body oil to your skin brush. Start at the feet and brush upwards in a circular motion towards the heart." Find body oils at organicpharmacy.com; Round body brush, £9, [The Body Shop](http://TheBodyShop)



6 CALM YOUR GUT

Phew! Gut-soothers get cult status fast. Currently it's fermented foods such as sauerkraut kefir and kimchi, and nutritionist Nina Sabat has found her must-take. "My digestion and elimination has always been slow," says Nina. "It's why kefir grabbed my attention – a study linked daily consumption with a faster transit time and less reliance on laxatives. I started by trying cow's milk kefir at breakfast and a side of sauerkraut at lunch. Too much too soon! For days I had a painfully bloated stomach. So I cut the 'kraut and the kimchi and gave kefir a second chance. I immediately felt so much more comfortable."
 + Nina says "I drink 125ml of kefir a day, not the 500ml as in the study. My digestion has improved and my stomach feels much calmer." Visit nutritionwithnina.com

7 STAY BALANCED

The smartest stay-younger move you can make is to retain your balance. "Balance makes all the difference in life" says consultant physio Sally Roberts. "I want my body to have such a well-trained memory that I can easily maintain my balance into my nineties!"
 Sally slots in a balancing exercise every day: "Usually while I'm cleaning my teeth or on the phone." Try this...

- Stand straight and lift one foot off the floor, see how long you can retain your balance without toppling over. Remember the time and switch legs.
- Try to balance for 90 secs on each leg. Don't stress if you can't do it at first, or if one leg is stronger than the other.
- Repeat daily and reap the benefits!
 + Sally consults at ReCentre Health in London; recentre-health.co.uk

8 FIND ENERGY!

We're still in love with all things superfood and wellbeing experts love the way they give energy a big kick!
 Herbalist Tipper Lewis has a personal blend she uses to fight fatigue. "I love my job but it's non-stop and energy can drain away," she explains. "My trick is a daily breakfast smoothie based around superfoods." Tipper blends: 1tsp each ashwagandha and maca powder, 250ml oat milk, a handful of berries, 1tbsp oats and 1 banana.
 Find superfoods at nealsyardremedies.com



9 BEAT THE BUGS!

We're taking vits of all kind to hike up our immunity, but aromatherapy guru Glenda Taylor has a great move for free!
 "For about a year now I've been turning my shower to cold before I get out," says Glenda. "At first I used to sit on the bed shivering. Now it makes me feel stronger and more awake, plus it seems to regulate my temperature. It's said to keep aches, pains and viruses at bay, and indeed I haven't had any colds or flu this year!"
 + Glenda stands under the cold for 30 seconds after every shower: "No thinking, just do it! It's fantastic!"

BE SMART!

10 Experts get the latest health gen way before we do.
 Dr Marilyn Glenville was researching her latest book when she hit on brain-boosting potential. "The study showed that people taking 20mg of

86, 500mcg of vitamin B12 and 800mcg of folic acid had 90% less brain shrinkage compared with those taking a placebo," says Dr G. "To me, this effect is staggering and I thought well, I'm taking Bs in a daily multi anyway, I just need to up the amount."

+ Dr Glenville has upped her Bs. She adds: "My memory is good but I want to keep it that way."
 + Her book *Natural Solutions for Dementia and Alzheimer's* (Lifestyle Press) is out now. Try *NHP Brain & Memory Support*, £29.77 for 60, bodykind.com w&h

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