What's hot
Dietician Hala El-Shafie reveals her love of coffee — and why she doesn’t see any food as a treat

In association with

The Agenda

The perfect fit

Discover 2017’s hottest fitness trends — and the clothes to work out in. By Olivia Lidbury

The main event

Hands up how long your resolve to start 2017 as a fitter, leaner version of yourself lasted? The few days it took to demolish that last tin of Roses? Or the time it took you to realise that dry January — unless done as a fundraising exercise — serves only to make the bleakest month of the year even crueler? Hey, we’re not judging, especially if your approach was as well-intended as: “Will join gym. Will use gym all the time.”

However, there’s only so much allure a cross-trainer can muster. That contract you smugly signed on 2 January has become an albatross: you wince in shame every time you pull out your membership card instead of your Oyster; alter your commute to avoid seeing “that place”, like you might an ex.

But it’s never too late to jump back on the wagon — likely all you need is a prospect that’s as tempting as those brightly-wrapped chocolates. And luckily for us Londoners, we’re spoilt for choice when it comes to new fitness trends popping up on our doorstep — it’s just knowing where to look.

Now is the time of year that retailers have stepped up their activewear offer too, so treat yourself to some box-fresh workout gear and that glowing, chlorine-resistant. Nike is also a good bet for colourful tankinis, allowing you to mix and match while providing ample coverage.

REDISCOVER THE WATER
Swimming lengths is as entertaining as #DryJan Facebook status updates, but a slew of aqua-based classes are enticing us back to the pool for the ultimate in low-impact exercise. Virgin Active’s new Hydro class is a full-body HIIT workout that uses resistance training to build stamina and help tone without straining joints. An hour session burns up to 600 calories. You can also jog and box underwater at SwimSanity — the water-based answer to the phenomenally popular Insanity workouts, on offer at several health clubs around the capital. And you can even spin in water these days by taking a dip at aquAllure in Docklands.

TIME TO GET IN MEGAFORM
Just got your head around reformer pilates? Well, now it’s Megafomer. The hottest workout trend from Hollywood — where its been dubbed ‘pilates on steroids’ — counts Kim Kardashian and Michelle Obama as fans.

The combination of founder Sebastien Lagree’s no-impact fitness programme with his torturous-sounding bit of machinery activates slow-twitch muscle fibres to create a long and lean physique. The first London outpost of Studio Lagree opened in the City last year and business is booming — 2017 will see new studios in Canary Wharf and west London pop up.

As a Los Angeles-born movement, we don’t advise you go in last year’s washed-out leggings — we’re talking confident prints, form-fitting yoga tops and grip socks. Make a beeline for newly-launched Aussie brand PE Nation and be the envy of your classmates in its street-meets-sportswear pieces that you’ll want to wear in-between your dates with the butt-whipping Megafomer.
**Food for thought**

**The trend**

Joanna Denny gives a taste of what — and where — we’ll be eating in 2017

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be favorite restaurants and many have kid-friendly menus so you can go and go there easy. But how do we get away by the end the turkey's served up in December.

**CHICKEN TERRINE**

Remember when chefs were the master meat on your table you could eat! How deliciously 2017 is now! For it’s chicken shop a stamp of approval from the Chefs at the deliciously seasonal Chalkboard. At a Citrus, Jojo’s Kitchen and Chalk will be in - exploring the Chalkboard so many ways of ordering a chef's level of service and the modern take on the classic bird.

**MEAT FREE MOVEMENT**

A slight return to the classics, demonstrated by the range of vegetarian dishes and cutting down on meat. In that way, you’ll be feeling in the right direction for the future of food, but the meat is slowly coming back. We’ll see more of so-called food pharma these years.

**EAT AROUND THE WORLD**

It will, however, be worth your while having the house to check out the city’s growing number of chefs at the top restaurants. Last year’s winner, Thomas and Evans, Nix & Kix, Roots, Life’s Food and the new M史留ined Indian Kitchen from the South of London. The house will also be offering a range of the past years’ winners such as Chuk, and looking forward to the future of food.

**PERFECTLY IMPERFECT**

A great idea for a personal cleanse is to put together your own detox kit. This could be anything from herbs, spices, and vegetables to fruits, proteins, and grains. It’s all about finding what works for you and sticking to it. This is not a meal replacement, but it can be used as a supplement to your diet. It’s a great way to get a healthy boost.

**WIN A LUXURY ALL-INCLUSIVE HOLIDAY TO THE BEACH RESORT**

To enter, visit west/f.shortield.com/f.shortlights, to the Keyonna Beach Resort in Jamaica. A stay for two includes all meals and beverages, as well as free access to all amenities.

**PULSE POINTS: DETOXICS**

Get your 2017 off to a glowing start with these three kits for glowing skin.

1. **The Organic Pharmacy Breathe Off-Shoulder Long Sleeve Tee, £30, Whistles**

   This off-shoulder long sleeve tee is perfect for layering and is made from organic cotton. It’s also very flattering on most body types.

2. **The Brand New DominicK | Fress (Subtitled ‘Bold Flavours from a Jewish Kitchen’) by Emma Spitzer**

   This book gives us a taste of Tel Aviv and adds a modern twist to traditional Jewish cuisine.
‘Coffees? I’d love to have 10 a day’

The influencer

In an age of self-proclaimed ‘clean-eating’ gurus, west London’s Hala El-Shafie is a rare gem: a registered dietician with credentials as glowing as her complexion. She tells Ellen E Jones about her love of hot drinks, dance parties and reveals why nutrition rocks.

I’m a proper food geek. I love Whole Foods – I just love going in there. If anyone is new to London and they haven’t been to the High Street Kensington branch, I’m like, “You’ve got to see it!” I used to practice out of Harrods and Harley Street, but now I’m everywhere but an office, so I sometimes meet people in there.

I’ll never be seen dead without heels at meetings and I’ve always got my trainers in my bag. We’ve got amazing parks for walking in this city. My favourite is Holland Park and the Japanese Garden.

Oh my God, I’m the antithesis of one of those people who’ll never be seen with a bowl of pasta! I’m all about balance, variety and the 80/20 rule. There’s a great Italian restaurant in Mayfair, QP LDN. I love going there – it’s super glamorous and the food is amazing! Farmacy in Notting Hill is also great. Actually, the great British Sunday roast is probably one of the most balanced meals we can have. But it’s important for people to remember that food is food. I don’t use the word ‘treat’ for food. Treats are getting your hair done, having a massage, spending time with friends.

I would probably have 10 coffees every day if I could, but you’d have to pull me off the ceiling. I like good, strong Arabic coffee, generally speaking. There are lots of amazing Turkish and Arabic restaurants on Edgware Road and that’s where I’d recommend going. Just for one.

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My family is from Sudan and I’m in the process of writing a book on Sudanese cooking. Most people don’t know that much about the country apart from the negative connotations. The hospitality and the food is incredible, really delicious, a fusion of Arabic, Mediterranean and African food. Interestingly, while there are quite a lot of meat dishes, there are also a lot of vegan dishes, foods that are really rich in vitamin B12 and iron. Hibiscus is a national staple and has lots of really valuable health benefits.

Dancing is my preferred exercise.

I do hold some great parties. What a lot of people probably won’t know is that I used to co-run a club night in Leeds called Electric Ladyland. I’m into funky house and New York house. It’s good music to work out to.

Definitely. We’re hosting some retreats in Ibiza this year with Nutrition Rocks (co-owed with Noel Gallagher’s ex, Meg Mathews), because exercise has got to be fun. I think we just really need to get back to basics. Oh, ‘Back to Basics’, that was one of our clubs back in the day! See what I did there!

Hala El-Shafie is a registered dietician and consultant nutritionist. Catch her on Channel 4’s How To Lose Weight Well, ITV’s Sugar Free Farm and on Instagram @Nutrition_Rocks.

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**Advertisement Feature**

**Gym kit you won’t want to forget**

Getting workout ready is not only about looking good — it’s about having the right accessories too.

- **Duffle bag**
  - Getting back like a Victoria’s Secret model is the reason a lot of women head to the gym. Sadly, this bag won’t instantly turn you into Gigi Hadid, but it will give you a chic way to carry your gym kit. After all, if you enjoy actually holding your gym bag, then enjoying the gym is the next step, maybe. **£81.36.**
  - **Victoria’s Secret**

- **4mm yoga mat**
  - Even if yoga is not your activity of choice, a yoga mat is a very useful accessory to have. It can be used for stretching after a hard workout or even as a soft support when you’re doing weights. This Adidas mat is non-slip, easy to roll away and comes in a range of colours. So no excuses for not finding your zen. **£14.99, Adidas.**

- **H20m water bottle**
  - Hydration is the key to any good workout. Make sure you’re getting enough water with this hard-to-ignore bottle from cult brand, Lukelemon. It comes in six colours if pink isn’t your style — including shades of blue, teal and fuschia — and is made with durable glass so good for the environment, too. **Win, win.** £25, Lukelemon.

- **Fitbit Alta**
  - A step tracker is the easiest accessory to add into your routine, just put it on your wrist and walk. The Fitbit Alta tracks steps, distance and calories burned and can even track your sleep with a silent alarm that wakes you at the optimum time. Easy to wear — and discreet, too — with customisable goals you’ll find yourself waking just a bit further to hit your target. **£100, Next.**

Visit westfield.com/uk to find out more.

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**Favourite places:**

Hala loves visiting Whole Foods, above; Farmacy in Notting Hill, left; and Mayfair’s QP LDN, inset.