

LOVE YOUR BODY, LOVE YOUR LIFE

# Health & Fitness

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## TONE UP NOW

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### Here comes the sunshine!

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## 24 BEST BEACH BEAUTY SECRETS

RELAX & REVIVE!

10-min yoga miracle

*Kirsty Gallacher*

'How I got my fittest at 40!'

GO THE DISTANCE

8 ways to a better run

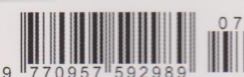
### SHAPE UP WITH LUCY MECK!

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We talk to Elle Macpherson

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sessions led by swim coaches on offer. It follows research that found two-thirds of swimmers are unable to swim front crawl for more than four lengths, and one-in-three adults aren't confident in the water.

'It's all about helping people fall in love with swimming again,' says Gallacher. 'Most of us learn the basics at a young age, but lose our abilities and confidence as we get older. I really identify with that, and hope I can encourage people to take advantage of the Speedo training sessions, so they can enjoy swimming again.'

## NEW SKILLS

Gallacher had a swim session with Dive In coach Keeley Bullock, and picked up lots of tips that helped towards her triathlon training, making changes to her breast stroke (she was apparently going too wide and is now practising shorter, smaller, rounder strokes) and front crawl (due to an old rotator cuff injury in her right shoulder, Gallacher was breathing to her left rather than alternating breaths) to make her more efficient and faster. 'My breathing wasn't something I was expecting to work on, but you know, I'm 40, so I'd forgotten some of the techniques I learned as a child,' she justifies. 'Keeley says it's not the end of the world if I don't master it, but I'd like to improve on it so I can have more balance and speed in the water.'

It's clear Gallacher is relishing the opportunity to use her fitness regime to learn new skills, rather than simply working out to feel great and look good – which, of course, is no bad thing given the amazing shape she's in. 'I feel in the best shape of my life,' she agrees. 'I've worked hard in the past year and it's taken regular training and eating well and, yes, I think at this age, I feel better than I've ever felt about my body.' Given the condition her fantastic figure is in right now, it's easy to imagine Gallacher never has to worry about pulling on her bathing suit and flashing the flesh around the pool. So does she have any advice for women who might not have her level of body confidence when getting in the water?

'I think the most important thing to remember, is that whether you're overweight or healthy, we're all in the same boat,' she says. 'We can all feel self-conscious and

## FOCUS ON YOUR GOALS AND KNOW THAT YOU'RE DOING YOUR BODY GOOD

and feel better for it. That's what fitness and sport is all about. If you put the effort in, you get the rewards out.'

## GO FOR IT

Having a good swimsuit that supports you and gives your body structure can also help confidence, she adds. 'I bought a new costume the other day and I feel great in it. It sucks me right in! No, I'm joking... actually, I'm not!' she says, bursting into laughter. And what about those women who avoid swimming for fear it might damage their hair or dry their skin? 'At the end of the day, sport and exercise are quite gritty, so you have to be gritty,' she says. 'I mean, my feet are disgusting from training and running and my stint on *Strictly*

dash from the changing room to the pool. But, instead, you should focus on your goals, knowing that you're doing something good for your body. The more you swim, the more you look

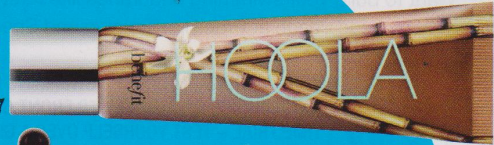
*Come Dancing*, but that won't stop me working out. I'm more interested in feeling great and having the energy to do all the things I want in life. You can't worry about getting sweaty or messing up your hair or you'd never do anything. As long as I wash my hair and moisturise afterwards, I'm not worried.'

You can't knock Gallacher's determination not to let distractions get in the way of what she wants to achieve. Which brings us to our final question before she heads off for a training session with Usher: given the fact she strikes us as a competitive soul, will she be setting any time goals for the IRONMAN 70.3?

'Absolutely not! I just want to complete it!' she says with hearty enthusiasm. 'This is a big thing for me. I want to do it for lots of people, and for charity. It's not a selfish thing. As long as I finish it, that will be the greatest achievement for me.'

## 'MY MUST-HAVES'

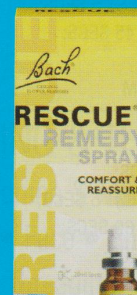
Benefit Hoola Ultra Plush, £14.50 for 15ml; [benefitcostmetics.com](http://benefitcostmetics.com)



Aurelia Cell Repair Night Oil, £55 for 50ml; [aureliaskincare.com](http://aureliaskincare.com)



Rescue Remedy Spray, £10.29 for 20ml; [boots.com](http://boots.com)



Speedo Pinnacle swimsuit, £52; [speedystore.co.uk](http://speedystore.co.uk)

