



# Personal touch

Now you have made it through the glutinous gauntlet that is December, **Simon Robb** and the *etc* team are shedding unwanted festive fat in the Matt Roberts challenge.

**Y**ou may have thought about throwing on your headband; slipping into that skin-tight leotard and dusting off your VHS copy of Jane Fonda's Workout – but that's not necessary.

Having coached Mel C, Amanda Holden and Tom Ford into fitness, Matt Robert's name has become synonymous with training, and this year he's launched a new workout programme, 'Training with You', brought right to your living room.

It may not be Matt himself ringing the bell, but a qualified member of his team

will swing by to help you drop those waist sizes in just six weeks. You can even get your friends and neighbours to join in.

Becky Wells, one of Matt Robert's very own expert trainers, has the challenging task of getting Sussex into tip-top shape.

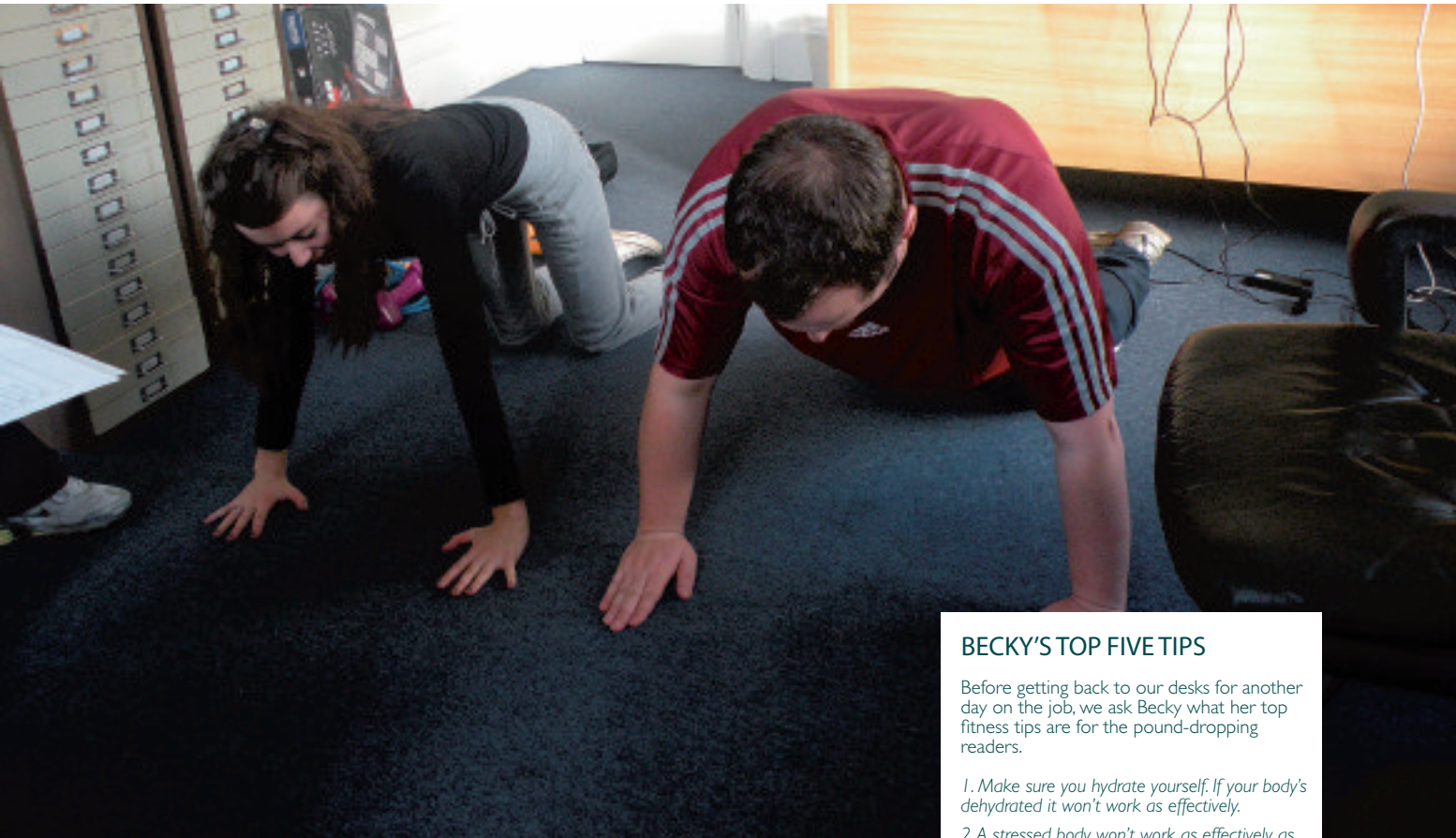
"I think the whole country has a weight problem, West Sussex included," Becky admits. "We rely on conveniences, so we do drive everywhere rather than walk. We've become a nation that would rather use fitness computer games, but we need a lot more than that."

Four self-admitted unfit colleagues, Jasmin,

Mark, Greig and myself, are sacrificing 90 minutes of our time each week to try out Matt's strict but fun fitness regime and discover his secret to a healthier lifestyle.

Wearing a t-shirt and some tired looking trackies, I filled out my food journal and realised apart from the odd banana, my current diet of sandwiches, sweets and crisps each day was not the ideal route to a 'new me'.

"It's important to follow a nutrition guideline," Becky explains. "If you stick to it you'll start to feel much better as it detoxes your whole body."



### BECKY'S TOP FIVE TIPS

Before getting back to our desks for another day on the job, we ask Becky what her top fitness tips are for the pound-dropping readers.

1. Make sure you hydrate yourself. If your body's dehydrated it won't work as effectively.
2. A stressed body won't work as effectively as a relaxed one.
3. Go for regular brisk walks everyday. Just imagine yourself running for the bus before it leaves.
4. Don't just workout on land, water is also a great form of exercise.
5. Some people find it hard to motivate themselves, so when a person doesn't want to carry on make sure someone else steps in to motivate them.

For the personal trainer to come to your home it will cost two people £250 each, and the rates go down the more people are involved, so rally your neighbours and friends. To find out more about Matt Robert's nation-wide programme visit [www.mattroberts.co.uk](http://www.mattroberts.co.uk). To get a taster session only costs £20 each.



Becky meticulously checked our blood pressures and heights before asking us to step on to a scale that sends a pain-free pulse through the feet to measure excess body fat.

We compared our results like a game of Trump Cards before starting Matt Robert's rigorous routine.

During our session we performed six muscle-stretching, weight-lifting exercises to work every part of the body – and we certainly felt it.

Under Becky's guidance we took on overhead squats, in line lunges (one foot positioned directly behind the other),

assisted band pull (to work the arms), and then on to the floor for press ups, leg rises and the dreaded plank.

It may sound exhausting – and believe me that's the whole point – but each exercise is broken down in 30 second intervals and a two minute break after completing each circuit.

Becky is a tough cookie, but was supportive throughout the entire session making sure we had the motivation to see it through.

"All of this you can do at home. A living room for about four people is enough to adjust the exercises.

"If you follow the programme down to a tee, you should start to see a change in your body as the weeks go on."

Matt Roberts may have gotten some of the biggest stars ready for the red carpet, but there is no glamour and hi-tech equipment involved. Everything is stripped back to give you a more natural and effective way to get trim.

"Matt has kept this programme simple, he won't take on all these fads that quickly come and go," Becky explains.

"If you go to one of his gyms in London they don't have hundreds of equipment on display, they just have the essentials."