

Gym of the month

Anytime Fitness

Those with very good memories will recall that we featured this King's Cross gym the same time last year – but as they have continued to impress, and offer the most ridiculously flexible hours to workout, it gets our nod once again. After all, with all the impending festive excess, there aren't many other places you can go to for a treadmill run or weights session after waking at 4am and suddenly worrying about those extra pounds you've piled on.

As the name suggests, as a member you will have 24-hour access to their gym, which also comes with 24-hour security. They have the very latest in cardio equipment – treadmills, elliptical machines, exercise bikes and rowers – alongside a free weights and plate loaded section. What's more, this King's Cross branch is just one of 2,200+ Anytime Fitness Clubs around the world, and being a member here will allow you to access any one of them.

◆ Unit 2, The Nido Building, 200 Pentonville Road N1 9JP; 020 7043 1800; anytimefitness.co.uk



And relax...

If you are stressed about what to buy a loved one this Christmas, then consider a gift card for Amma Therapy, who are offering 60 and 90 minute sessions for therapeutic deep tissue, sport, Thai and Ayurvedic yoga massages. Amma Therapy is a personable boutique complementary therapies service that offers London-based clients a collection of relaxing, balancing and restorative treatments within the sanctuary of their own home.

◆ Find out more by visiting ammatherapy.co.uk

Health & fitness

NEWS

At a stretch

The Angel Resident is a big fan of HPE Clothing and their latest range is already on our Christmas wishlist. The brand perfectly fuses fashionable design with fabric technology that helps to maintain and improve the performance of the wearer. Of particular note for us is their UV stretch pants and jacket for men and women, with prices starting from £70.

◆ hpeclothing.com



Bowled over

As Christmas looms there is an ice-cream that is – wait for it – actually good for you. Wheyhey protein ice-cream has all the flavour and creamy texture of regular ice-cream without all the sugar, fat and calories. At a mere 165 calories per 150ml tub and containing 22g of top notch, Whey protein isolate (the equivalent to a small chicken breast), Wheyhey is low in fat and contains no sugar.

◆ Available at Planet Organic, 64 Essex Road N1 8LR; 020 7288 9460



3 healthy ingredients for Christmas dinner



Potatoes are a good source of carbs and are almost fat free – before they are roasted in oil or fat, so opt for a **baked potato**, just as tasty.



Stop moaning at the back: **Brussels sprouts** are a good source of vitamins B and C, as well as containing a healthy dose of fibre.



Make stuffing easier on the stomach by using **chestnuts**, which are low in fat and a good source of potassium, ideal for healthy kidneys.

ASK THE EXPERT

John Williams, David Lloyd Leisure's Expertise Coach

Stay positive about what you can achieve over the festive season. It is always amazing to me how many people will say 'I will get back to my fitness programme in the New Year' when the New Year is two or three weeks away! If you stick to your fitness regime, you could stop any festive pounds creeping on, meaning you start the New Year feeling positive. Put your workouts in your diary – those who commit in writing are up to six times more likely to get to the gym.

◆ David Lloyd Studio, 240 Upper Street N1 1RU; 020 7226 6744

