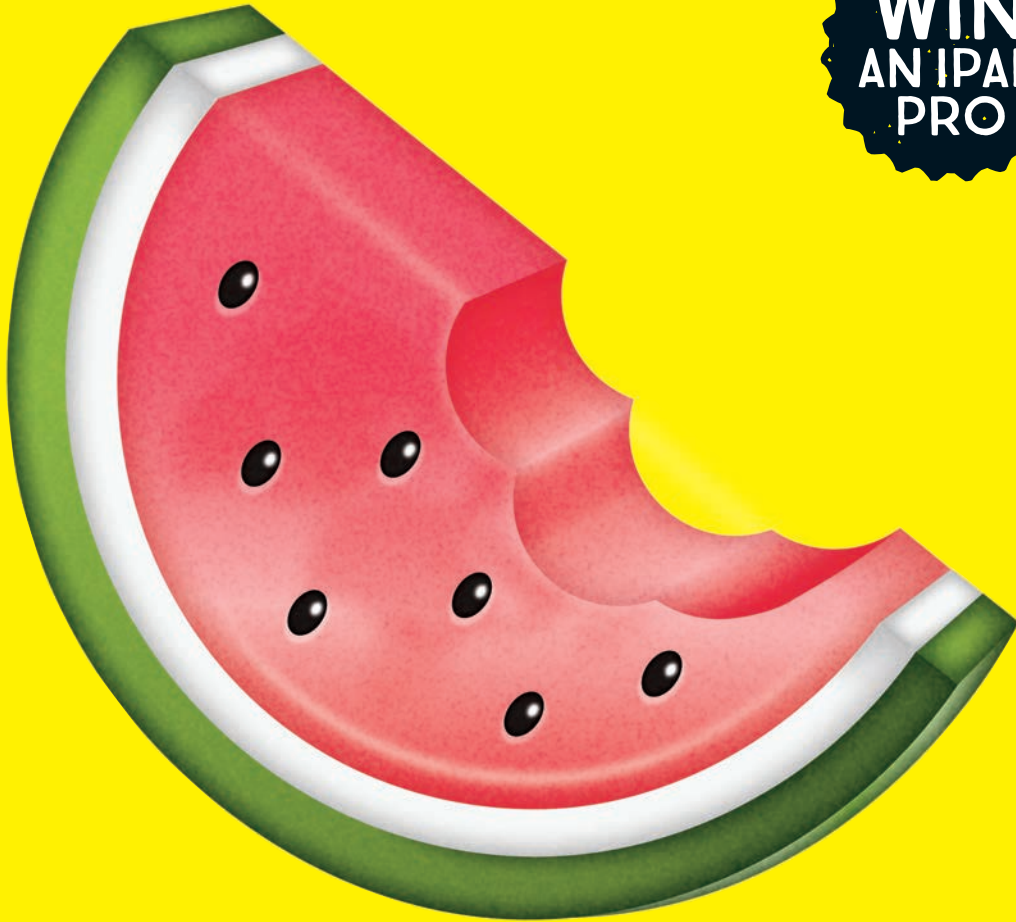


# FRESH

WIN  
AN IPAD  
PRO



EMOJIONAL EATING 🍴

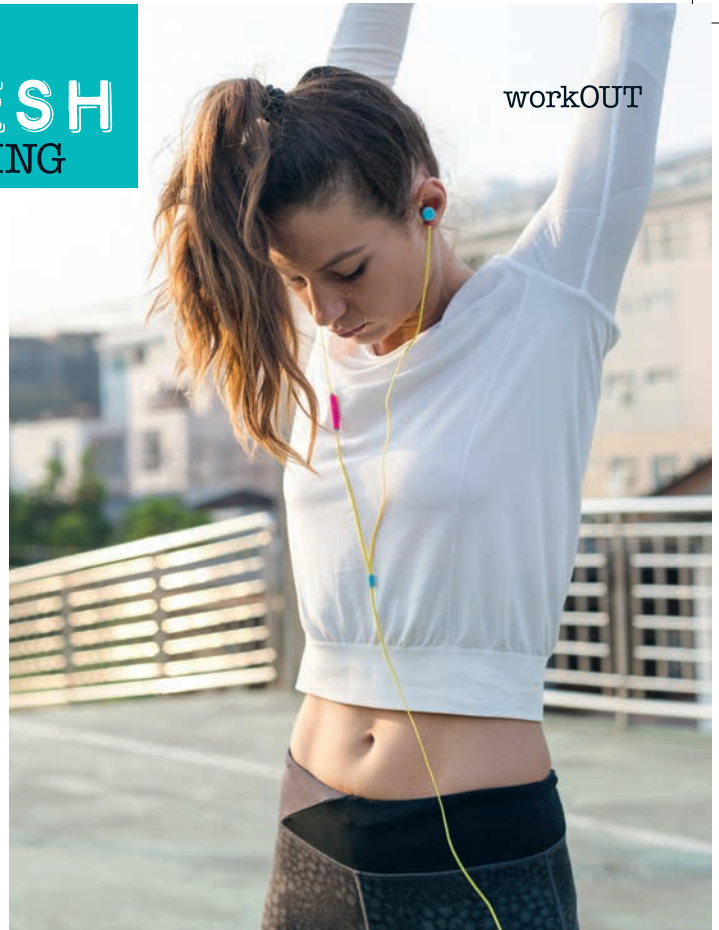
7 days on the world's  
weirdest food plan...

FRESH  
LIVING

workOUT

GET  
FIT  
quick!

Got 15 minutes to spare?  
That's all you need for a  
total body transformation



When we're forever whizzing between long work days, chores at home and clocking in with loved ones, what's the first thing to drop off the to-do list? Exercise. 'One of the most common reasons people don't commit to exercise is too little time - but it's a sign you're not prioritising your health,' says Dalton Wong, personal trainer and founder of London's Twenty Two Training. Fortunately, it turns out feeling good doesn't have to mean carving out hours of sweat time a day - research has shown that short bursts of intense physical activity can improve fitness and burn calories just as effectively as longer periods of lower-intensity exercise. 'Just 15 minutes can make a positive difference - especially if you choose your workout wisely,' says Dalton.

FEATURE VICTORIA JOY PHOTOGRAPHY STOCKSY

**1 INSTANT ZEN**  
Yoga is a great way to namaste in shape, even if you've only got a quarter of an hour. Want to get the most out of your mat time? Yoga Studio offers tons of pre-recorded online sessions just 15 minutes in length, with a digital yogi trainer guiding your breathing and talking through each posture in detail. Whether you're looking to de-stress or strengthen your core, a few swipes will find the perfect class within seconds. Download from [yogastudioapp.com](http://yogastudioapp.com)

**4 SLIM IN SEVEN**  
Activity app Seven is based on the science-backed concept that exactly seven minutes of super-high-intensity exercise can up your physical prowess - leaving you with time to spare! It offers seven-minute circuit-based exercise routines - with helpful graphics to ensure you maintain your form while moving at super-quick speed - and charts your progress over seven months. Available for iOS and Android on App Store and Google Play.

**2 REP LIKE CRAZY**  
Insanity - the killer workouts from US exercise guru Shaun T - is the very definition of high intensity and has seen thousands of people shed excess pounds and boost their fitness levels. Just 15 minutes of jumping planks and high knee jumps, as per Shaun's *Fast And Furious Abs* DVD, will see your heart rate soar, your body shake and sweat drip from places you didn't know existed. Buy the DVD online at [beachbody.com](http://beachbody.com) or [amazon.co.uk](http://amazon.co.uk)

**5 MIND YOUR STEPS**  
Staying true to his theory that finding time in your schedule for even a small amount of exercise can make a difference, Dalton Wong's most recent book *The Feelgood Plan* contains a number of 15-minute workouts. There's a routine to work you hard no matter what your fitness level, and focusing on switching on every muscle and feeling how your body reacts during different moves (exercising mindfully) can help you tone up 35% faster, according to Wong.

**3 SWEAT TO ORDER**  
The closest most of us will get to having a personal trainer, free app Sworkit creates bespoke workouts according to how much time you have spare to work up a sweat. Swipe to tell it your workout goals, whether you fancy cardio, strength training, yoga or stretching, then select your preferred duration, and voila! - you'll have an instant personalised programme. Available for iOS and Android on App Store and Google Play.

*Buy the book*

*The Feelgood Plan: Happier, Healthier & Slimmer In 15 Minutes A Day* by Dalton Wong and Kate Faithfull-Williams (Ebury) is available in Kindle, hardback and paperback editions.