

PEAK PERFORMANCE – THE EXPERT VIEW

We asked several women's health experts how they keep their bodies in top form



"I have a 'Shrek' juice every day, made from cucumbers, celery, spinach, chard, lettuce, lime, lemon and a green apple. It's full of vitamins, minerals and enzymes." **Dr Enid Taylor, naturopath and health expert**



"I always eat foods like pasta, potatoes, lean meat, fish and plenty of fruit and veg. They're high in satiety and low in energy density, which means I stay full all day." **Dr Jacquie Lavin, *Slimming World* nutritionist**



"Every morning, I mentally 'potter' rather than rush. I also do two yoga 'salutes to the sun', 30 tummy tucks and eat a healthy breakfast." **Dr Helen Whitten, author of *Cognitive-Behavioural Coaching For Dummies***



"I try to have two or three small meals to keep me ticking over during my long day as a personal trainer. And I *always* eat breakfast." **Natalie Bee, IKF World Lightweight Kick-boxing Champion and personal trainer** 