

from the editor

Joanna Knight



ON THE RUN

Everything you need to face up and go!



THINK YOURSELF SLIMMER

Yes, it is possible!



AWESOME ABBEY

The gorgeous model and mum reveals her flat-tummy workout

Spring is my favourite time to get outside and run. It's not too hot, not too cold and, for me, it's a great opportunity to boost my winter-drained vitamin D levels and have a bit of 'me time'.

From **page 57** we have everything you need to get into your running groove this season, from routes and kit to workouts.

The warmer days are a perfect time to overhaul your eating habits too. Check out the Placebo Diet on **page 102**, to see if it's the one for you, and from **page 106** we have a veritable feast of healthy recipes for you to enjoy.

We all benefit from cross-training, so be sure to mix up your sessions this month with our A-list-worthy workout on **page 32**, and hit your flat-tum goals with Abbey Clancy's speedy moves and top tips on **page 78!**



PART-TIME PALEO

Get on board Mon-Fri



GET CELEB-FIT

Do the moves that make you look like an A-lister

Have your say

Joanna

WF readers say...

STAR COMMENT

I was so pleased to read the 'Ab-solutely fabulous' workout in the January issue. Although I'm becoming fitter, I still hate that pesky layer of lower-belly fat which, in the past, I've found hard to

budge. Your toning workout was brilliant and nicely timed after the indulgent festive season. It's just what I need to wake up my core at the beginning of a workout or to use as a standalone exercise any time I want to squeeze in some extra abs work. And besides looking good, great abs really are healthy too! *Geraldine G Burton*