## Life & Style

## **Tomorrow Diary of an Eco Dad**

Walking fan Deanna Delamotta catches up with the UK's leading fitness and lifestyle expert to learn how to stride off the pounds

## The walk that has a sit-up in every step

OANNA Hall is teaching me to walk the walk. Striding out in Spinningfields, Manchester city centre, in front of dozens of confused-looking diners, the fitness expert tells me I need to walk from the back not the front. Eh?

It all sounds back to front to me but is apparently a matter of using the muscles at the back of your legs rather than those at

**STRIDING INTO SHAPE Singer** Rachel Stevens is a disciple

the front - which most of us do. The traditional way of walking can pull the pelvis out of its natural alignment, storing up potential back problems for the future, warns Joanna, a sports scientist by training.

The 42-year-old reckons that if you learn her technique that

regimes that

shouldn't

ourselves. I'll

includes four movements focusing on 'Women are those rear end gluteal muscles, the arms punishing body will be in the correct anatomical position as you walk. make them Sounds OK, but miserable. We when she tells me that a Joanna stride equals a sit-up my deprive ears prick up.

I hate sit-ups, but I love walking and have a chocolate adapting my stride to if I fancy it' shed the pounds can't

be that difficult. And having just returned from a week of walking where I somehow managed to acquire 4lbs, I'm all for it.

But then I look down at her expensive MBT-style trainers, that springy footwear that makes you walk like a Masai warrior and wonder if this walking routine involves forking out for pricey footwear.

"No you don't need to wear these at all, I've just got them on because it was raining this morning. It's just a matter of learning these movements; anyone can do it," reassures Joanna, a regular on daytime television and contributor to glossy mags and writer of 11 books.

She has many high-profile disciples including former S Club singer and Strictly Come Dancing runner-up Rachel Ste-

The petite poppet, wanted to maintain the fabulous figure she honed during Strictly for

her recent nuptials and is now a convert to Joanna's brand of high intensity walking - which she extols the virtues of in the current issue of OK! magazine.

"I think walking is the best exercise you can do," says Joanna, who was also on a mission in Manchester this week to

promote the Australian beauty brand,

"Walking is the and the feet your themselves with simplest and cheapest form of exercise that you can do at any age or any stage of your life. I want to encourage women to embark on an exercise programme that is sustainable and walking is the key to this.

> "What concerns me in the 20 years I've been working in the fitness business is that women are under increasing pressure to look their best all the time.

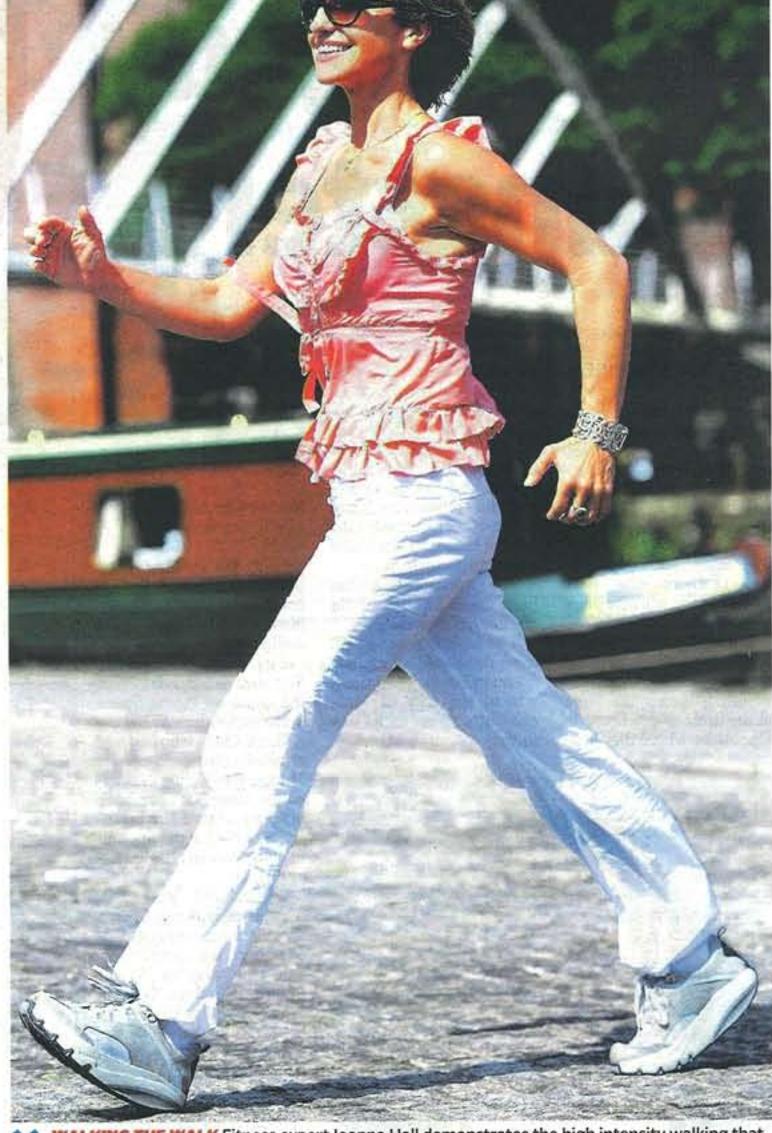
"As a result, they are punishing themselves with regimes that make them miserable. They won't go to dinner parties because they don't want to eat, they won't go out with friends because they don't want to have a drink.

"We shouldn't deprive ourselves. I'll have a chocolate if I fancy it."

But as I ponder whether to order Tiramisu for my pudding as a treat for my relatively healthy (for me) sea bass and sautéed potatoes, I see that Joanna is "feasting" on ridiculously healthy calves liver and spinach.

"We all know these extreme diets only work in the short term, they are not about long term lifestyle changes at all,"

I'm sure she's right, but evi-



WALKING THE WALK Fitness expert Joanna Hall demonstrates the high intensity walking that has helped former S Club and Strictly Come Dancing star Rachel Stevens Pictures: Steve Allen

dently you have to cut out the carbs and restrict the sweeties if you're going to aspire to a figure of Joanna's streamlined proportions.

After all, this is the woman who advocated the "carb curfew" - zero carbs after 5pm for dieters.

A busy mum (Joanna has a three year old daughter Isabella) with no signs of mummy tummy or wrinkles despite being out in the open much of the time, Joanna has no time for complicated beauty regimes.

"I don't use fancy beauty creams or potions. I hate the way women are confused, intimidated and pressurised by the dizzying number of products on the market.



**FUSS-FREE BEAUTY** The Natio range of beauty products

"I follow the simple cleanse, tone moisturise, routine - with a few add-ons, like sun protec-

tion and extra hydration from serums and oils. That's why I like Natio because it's cheap, natural and fuss-free with everything I need from a beauty regime."

And with that Joanna strides off to convert others to her creed.

....... » Natio, Australia's fastest growing beauty brand, is now available at Debenhams. For more information about Joanna's health and fitness regimes, log on to joannahall.com

See video on this story. Log on to: manchestereveningnews.co.uk