

NEW!

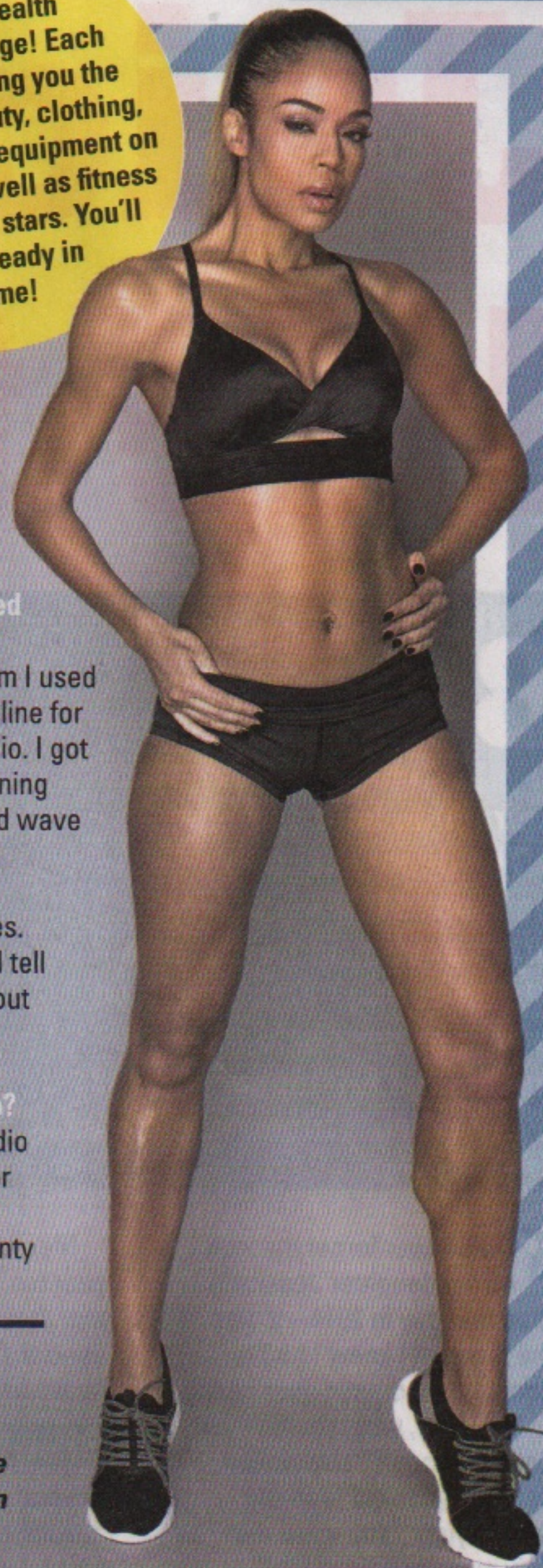
ADVERTISEMENT FEATURE

WITNESS MY FITNESS!

SARAH-JANE CRAWFORD

The TV and radio presenter, 33, on overly attentive gym staff and why she doesn't work out at home...

Welcome to new's health and fitness page! Each week we'll bring you the latest tech, beauty, clothing, apps and sports equipment on the market, as well as fitness chats with the stars. You'll be gym-ready in no time!



T

ake us through your fitness regime...

I do resistance training three to four times a week with my PT, plus cardio most mornings

before breakfast. So a jog along the Thames or spin class at Psycle in London or SoulCycle in LA.

What's your priciest fitness splurge?

I toyed with buying a home treadmill and cross trainer, but decided it was more refreshing to leave the house and go to the gym.

Has exercising ever made you cry?

When my trainer, Mckenzi Sager, pushes me, I often have a moment where I'm about to cry!

Ever had an embarrassing gym accident?

No, but I walk into the same bit of metal every single week on the leg press! I never learn.

What do you wear when you work out?

A good solid sports bra, crop top and leggings. I love high-street fitness lines by New Look and H&M, and also like wearing Elle Sport, Ivy Park from Topshop, Victoria's Secret and Lululemon.



Have you ever been chatted up while working out?

A guy who worked at a gym I used to go to would make a beeline for me while I was doing cardio. I got so fed up, I ended up moaning about him to his boss. He'd wave from a distance after that!

Would you date a PT?

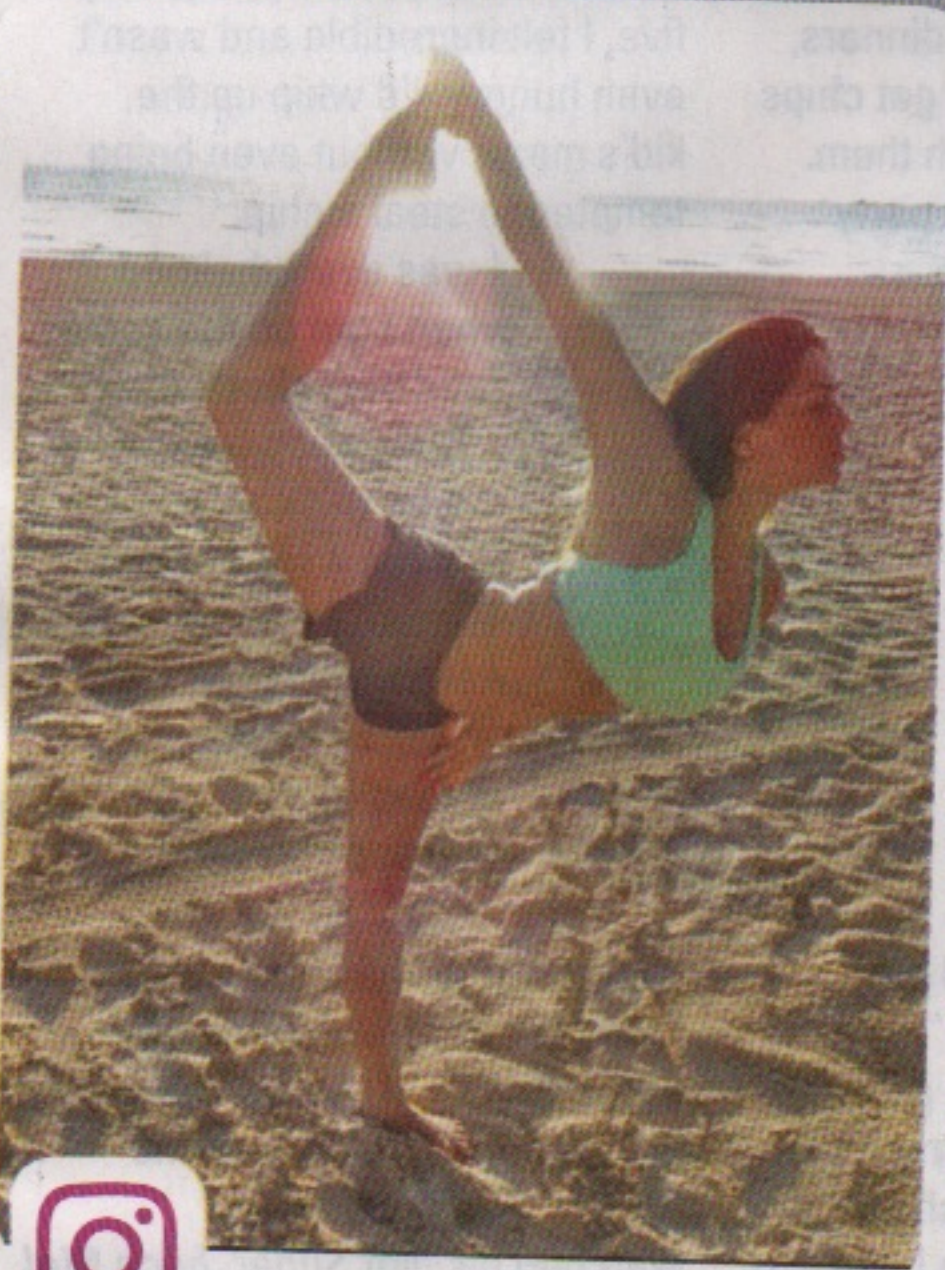
It's best not to blur the lines. I once had a trainer who'd tell me all the gory details about every date he'd been on.

It was an eye-opener!

What's your top fitness tip?

To burn extra calories, do a 20-minute cardio session straight after resistance training or weights in the gym, as your body will be in more of a fat-burning state. Also, drink plenty of water and start the day with porridge.

Follow Sarah-Jane and her trainer on Instagram @DJSarahJane and @MckenziSagerFitness. Sarah's vegan and veggie app is launching soon - see Viappi.co.uk and follow @viappiapp on Twitter for more information.



#INSTAFITTIE OF THE WEEK

Former CBB star Casey Batchelor shows off some awesome stretching skills while on her hols. She tagged her snap, "Sunrise Yoga Dancer Pose #yoga #yogapose #yogaeverywhere #beachyoga #dancerpose."



FIT FACT

If your "get beach-ready" exercise regime's hit a wall, ask a friend to join you as you work up a sweat! According to new research by Virgin Sport, we're 62 per cent more likely to drag ourselves to the gym if we work out with a mate.

Practical pants!

Getting a wedgie while running isn't a good look - or feeling! Enter Runderwear, whose new anti-VPL (that's visible panty line) low-rise hipster pant in black is 100 per cent seamless and so ensures minimum chafing and max comfort. We're sold! £18 from Runderwear.co.uk in sizes S-XL.



SLURP BEFORE YOU WORK (OUT)!

A cuppa isn't the standard pre-workout drink, but Tetley's new Super Green Tea Matcha could change all that. A blend of pure green tea and real ground matcha - believed to boost metabolism and concentration - it also boasts a natural caffeine kick that'll have you buzzing to hit the gym! £1.99 for 20 bags.



PHOTOS: Joseph Sinclair, Xposurephotos.com