

Keep-fit in the family!



MEET THE WINNERS OF OUR COMPETITION TO BE ON THE COVER OF *GOOD LIVING* – A FANTASTIC FAMILY OF EIGHT WITH THEIR SIGHTS SET ON A FAB REGIME OF HEALTHIER EATING AND EXERCISE

Cover story



Freddie
Can I still eat pizza?



Rachel
'I'm up for a 5K run'



Courtney
'I want to drop a dress size'



Jack
'I feel better after doing sports at school'

What one thing would you love to do to change your family's life for the better?

When we put this question to Asda customers as part of our competition to find a cover-star family, by far the biggest response was from parents desperate to get themselves and their kids

fitter. Which is why we chose David Guy and Rachel Manning as our worthy winners. Their entry said their ambition was to do more outdoor activities with the kids this year.

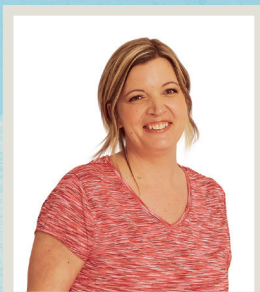
The couple, and their six children, are on a mission to get fit. At the photo shoot in London, they're chatty

and full of energy. But Rachel (from Bury St Edmunds, Suffolk and mum to Courtney, Freddie, Bobbie and Evie) and David (from Burnham-on-Crouch, Essex and dad to Chloe and Jack) admit they've let their eating and exercise habits slip since they met two years ago. Work has sidelined David's workouts,

Rachel's given up jogging, and the kids are off their bikes and on their phones and gaming consoles.

Here, we talk to the family about their activities and food habits. Plus, nutritionist and personal trainer Tali Spink shares her simple fitness prescriptions to help them kick-start their new regime.





Rachel, 37

After a day spent looking after my kids I'm frazzled, so I sink into the sofa instead of putting my gym kit on. But the less exercise I do, the less energy I have, and I worry about setting a bad example.

When David and I met, he told me I was beautiful, so

“I'd put on 2st and weighed 15st – the same as David, who'd put on 7lbs”

I stopped worrying about my weight and portion sizes. After six months, I'd put on 2st and weighed 15st – the same as David, who'd put on 7lbs.

I started jogging three times a week, for 30 minutes, and lost a stone, shrinking from a size 18 to a 14. But six months ago, changes at work meant David had no time for exercise, and without him to spur me on I quit running and my weight hit a plateau.

I skip breakfast so by lunch I'm ravenous – I go overboard on pasta. I follow the Slimming World diet, which will often involve eating potatoes and veg for dinner – but finding meals everyone enjoys is hard because my kids are so fussy. I often resort to giving

them cereal or beans on toast.

David stays at my house every weekend and, each fortnight, his two kids, Jack and Chloe, join us. We'll share a bowl of sweets on Saturday night, but I worry because I've read too much sugar can lead to diabetes and obesity.

We do need to be more active. At least now it's lighter after school, the kids jump on the trampoline rather than head straight for their screens.

David has dusted off his bike and I've started to go to Zumba classes. Next? I'm determined to do a 5k run!

FITNESS

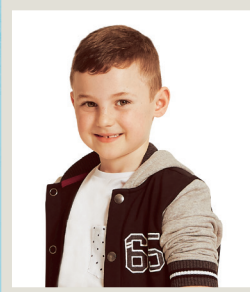
PRESCRIPTION

The best way to keep your

family fit is to make it fun.

Trampolining is an excellent workout and also low impact, so it's gentle on the knees and other

joints. And you could invest in a Zumba Wii game to play together. Tempt the kids into giving veg a go by parboiling then roasting it – it tastes nicer! And always eat breakfast as it can help you to maintain stable blood-sugar levels throughout the day.



Jack, 8

I'm a good runner. Dad says that it won't be long before I'm faster than him! At school, we do hockey and gymnastics, and even if I'm tired before I start, I feel better afterwards.

I like burgers and sausages but I enjoy oranges and grapes, too. I think I'm pretty healthy.

FITNESS PRESCRIPTION

As Jack has discovered, the more you keep fit, the more you want to keep fit! Exercise helps to increase the levels of feel-good endorphins in your brain and gets your blood pumping, giving you energy. Limit burgers and sausages to once or twice a week and go for lean poultry and meat or meat-free alternatives.



Freddie, 12

Pizza is my favourite food, but I want to be a footballer so I need to be healthy.

My favourite player is Santos. It's important to exercise as otherwise your body stops being able to do stuff. I tried running with Mum last year but I got so tired

I had to stop. I want my whole family to be fit because I care about them.

FITNESS PRESCRIPTION

Football is a brilliant activity for kids – it's usually free, it's sociable and it gives them a real sense of achievement. Freddie should keep it up! As for pizza, if you eat a healthy, varied diet 70% of the time, you can factor in the odd treat – so it's fine for him to enjoy a slice once a week.

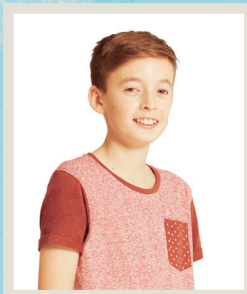


Courtney, 16

I'm trying to stick to Mum's Slimming World meals, and I've lost 7lbs. I want to lose more so I can fit into a size 14. I loved modern dance at school, but now I'm at college, my only workout is walking for 30 minutes a day.

FITNESS PRESCRIPTION

Walking – a minimum of 5,000 steps a day – is great exercise and a free smartphone app will help Courtney to keep count. Using the stairs at home for step-ups is a good workout, too.



Bobbie, 10

If you're healthy, you can enjoy life more. I like carrots and sweetcorn – but I like sweets better! At school, we do street dancing, and I love the wind on my face when I go cycling.

FITNESS PRESCRIPTION

Street dancing is a form of gymnastics so it can do wonders for flexibility and strength – and why not make cycling a family thing? For a sweet tooth like Bobbie's, sprinkle pomegranate seeds or even cinnamon on veg to add flavour and variety.

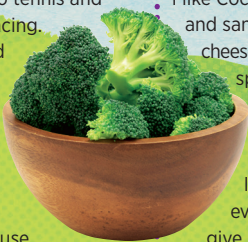


Chloe, 9

Broccoli and peas are my favourite vegetables, but chips taste good, too! At school, we do tennis and maypole dancing. I was worried when Dad got tired on a walk recently – I want him to stay healthy because I love him.

FITNESS PRESCRIPTION

As kids grow up, they become more aware of your fitness levels as well as their own. All too often, parents sit with their phones in the park while their kids are crying out for interaction. Try chasing them about – it's more fun for them and your body will thank you for the extra activity.



Evie, 4

I have fun dancing to songs from *Frozen*, jumping on my trampoline and playing ball. I like Coco Pops for breakfast and sandwiches with cheese or chocolate spread for lunch. Sweets and biscuits taste nice, but Mummy says I can't have them every day, as they'll give me bad teeth and a tummy-ache!

FITNESS PRESCRIPTION

Getting active once a day at Evie's age will set her up with good habits as she grows up. It's good to build children's exercise into play – so ball games and dancing are ideal. Chocolate spread sandwiches are OK for a treat, but cheese or chicken on wholemeal bread would be healthier.



David, 34

I'm not feeling my best right now. Rachel says I look great but my stomach is developing a podge and I've been forced to undo another notch on my belt. I'm dreading middle-age spread.

Last year, when Rachel and I were on a fitness drive, I did 45 minutes of cardio and weights five days a week and cycled four miles on the other two days. I felt fantastic and dropped from 15st to 14st. But, since I got a new contract with longer

working hours, I've put on 7lbs.

I rarely eat breakfast, have a baguette for lunch and try to avoid fast food, but when work takes me away from home, I'll get through three bottles of beer from the hotel mini-bar due to boredom.

When I'm with Rachel I eat her meat and veg meals, but I lack her willpower. When we curl up on the sofa after dinner, I can easily plough through a box of mini-eggs.

I'd love to get back on my bike and in the gym – not just to look good, but to be a good role model. I don't want my kids to be embarrassed by me.

FITNESS PRESCRIPTION

Lifting weights at home can be as effective as the gym. All you need is a pull-up bar, a Swiss ball to sit on and a couple of kettlebells. Use the

“I don't just want to look good, I want to be a good role model to my kids”

ball as a bench for shoulder and chest presses. Make time for breakfast, limit drinking alcohol to once a week, and swap chocolates for fruit, like blueberries. Focusing on your goals and remembering why you want to achieve them can help if willpower is failing.

Tali says: 'I love this family's positive new attitude! Going forward they should eat healthy evening meals together five times a week and save treats – and alcohol – for weekends. And make exercise fun! Simply walking in the park or jumping on that trampoline can be a great bonding activity and doesn't cost a penny. Their relationships and waistlines will thank them for it.'