

CAN I DRINK AND STAY HEALTHY THIS CHRISTMAS?

Our *healthy* panel on coping with injury, menstrual cycle-optimised exercise, and whether a festive tippie will undermine your health goals

→ THE HEALTHY PANEL



PIP BLACK is the co-founder of gym chain Frame. Use code HEALTHYFRAME

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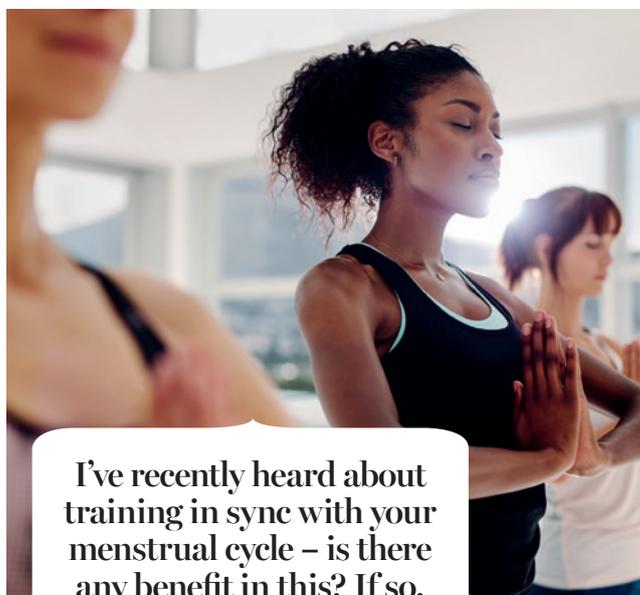
CHRISSIE WELLINGTON is a retired British triathlete and author of *To The Finish Line* (Constable, £18.99).



KIM PEARSON is a nutritionist and weight-loss specialist with more than

10 years clinical experience (kim-pearson.com).

Got a burning fitness question? Email healthy@therivergroup.co.uk with 'Fitclinic' as the subject line.



I've recently heard about training in sync with your menstrual cycle – is there any benefit in this? If so, what should I do and when?

(A) Pip says: When we optimise our energy levels every month by planning according to our cycle and capacity, we're working with our bodies, instead of against them. Every individual is different but the luteal (premenstrual) phase is when you're likely to be feeling a dip in energy. If you're someone who suffers with PMS, you might experience mood swings or irritability. Choosing something like yoga, Pilates, or barre may help counteract these symptoms. During the follicular phase and ovulation (typically days 7-14), you may be experiencing more energy, which means you may find it easier to be motivated to do your high-intensity workouts. This is the ideal time for boxing, cardio or kettlebells.

IF I'M DRINKING, HOW CAN I MAKE SURE I STILL HIT THE GYM THE NEXT DAY?

(A) Kim says: There are things we can do to minimise the negative effects of drinking. Aim to keep within the government's guide of 14 units per week (equivalent to six average-strength pints of beer or cider, six small glasses of wine or six double shots of spirit). Don't 'save up' your drinks to have in one go – spread them out, but still aim for at least two alcohol-free days per week. Drink with or after food and have plenty of water too. Finally, choose healthier drinks. Good-quality dry wine (red or white) is a better choice than beer, cocktails or alcopops.



I'M INJURED AND WANT MY NETBALL TEAM TO DO WELL, BUT IT'S HARD TO WATCH THEM PLAY WITHOUT ME. HOW CAN I SUPPORT THEM?

(A) Chrissie says: The psychological impact can be just as debilitating as the injury itself, and healing means addressing

both the physical and emotional aspects. Remember that you are still a really important member of the team and can support them by looking after yourself and doing the best you can to recover. Words of encouragement from the sidelines help more than you'd think – how about promoting them via social media or writing a blog too? Good luck and heal well. **(b)**

*Code can only be used once. After choosing a class, enter code into promo box at the checkout. Code is case sensitive. Compiled by Hattie Parish. Photographs iStock, Shutterstock