

## One to one

# FINAL SAY...

The *Strictly Come Dancing* professional talks us through her fitness routine...

**Do you enjoy doing other fitness activities, besides dancing?**

"I like being active in general. When I have some time off, I enjoy going to the gym and I do lots of walking. I also ride my Trixter X-Bike at home to stay in shape.

**What's your fitness routine like?**

"I love variety, and luckily for me, hardly any two weeks are the same. If I don't have shows, I might be teaching or choreographing new routines, and if I'm not doing any of that I'll definitely fit in one of the activities I just mentioned.

**Do you ever have low-motivation days?**

"Definitely! I'm not a morning person at all, so getting up is hard work and I feel quite sluggish before lunchtime. As the day goes on, I become livelier and feel the need to do something active. That's not to say I'd don't sometimes give myself the day off if I feel like it – once in a while is OK.

**What fitness achievement are you most proud of?**

"There are so many, but becoming a UK professional 10 dance champion sticks in my mind.

**Have you ever taken part in a charity sporting event?**

"So far, I haven't, but I would definitely be up for doing something in the future.

**Do you have a favourite body part?**

"I look at my body as a whole, but if I had to pick, it would be my tummy.

**Are there areas of your body that you'd like to improve?**

"There are always things to build on, I probably find myself working more so on my legs – I'm not the tallest girl in the world, as you might have noticed! I wish I had just a little more height to stretch things out!

**What's your diet like?**

"I love breakfast! I tend to have cereal with coffee, or sometimes brown toast, or if I'm at a hotel or out I'll treat myself to a croissant. Lunch is normally pasta of some sort, and dinner could be meat with salad. I

always like a little snack before bed, like milk or cereal. I know that's naughty, but it's nice!

**What's your biggest foodie weakness?**

"Luckily, I don't have a huge sweet tooth, so I let myself indulge it whenever I like – choc chip muffins are a favourite!

**Do you take any supplements?**

You can take as many things as you like, but they won't work on their own unless you put in the effort. I like using Maxitone products. The Definity snack bars are

great for munching on between mealtimes, and they can help with toning. The Sculptress line, which aids weight-loss, is also good. It's great to be able to choose between the ranges of bars, shakes and capsules when I need them because my busy lifestyle doesn't always leave enough time to eat as well as I'd like to.

**And, how do you relax?**

"A good meal followed by a great movie snuggled up on the sofa. Bliss!"

For more information about Trixter exercise bikes, visit [trixter.net](http://trixter.net)

FLAVIA CACACE



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