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Zest

Contributors



Emma Kenny

Zest's resident psychologist, Emma, has been working in the therapy field for over 15 years, and is a regular guest on the *Daybreak* sofa. She loves sport, saying, 'the body is more often than not a reflection of the mind and I want to demonstrate physically how I feel emotionally, which happens to be very well!' On page 60, Emma explains why multi-tasking is stressing us out.

WHAT'S YOUR TOP WELLBEING TIP?
'Positively reframing situations. Instead of seeing things as a problem, explore all the possibilities – it really works!'

Aly Hazlewood

Celebrity hair and make-up artist Aly has over ten years' experience in the fashion industry and is the woman responsible for making our cover models look even more gorgeous every month. She shuttles between London and LA and, when she's not travelling the world, squeezes in time to update her no-holds-barred blog thetruthaboutbeauty.co.uk.

HOW DO YOU LIKE TO KEEP FIT?
'With yoga and Pilates – and the occasional swim at the London Fields Lido, although I'm strictly a fair-weather swimmer!'



Liz Fulford

Chichester-based fitness expert Liz was an exercise-hating PA until five years ago, when her newfound love of running led her to set up her own personal-training business. 'I felt if I could change my life around then anyone could, and I wanted to share that with others,' she says. Find her weights workout on page 37.

WHAT'S YOUR WORKOUT WEAR LIKE?
'I love comfortable, technically designed clothes and footwear. I learnt my lesson after running a marathon in a chafing bra with no sunscreen in boiling hot conditions!'

If in doubt, consult your GP before using any of the products or before beginning any exercise regime mentioned in Zest. Zest accepts no responsibility for any adverse effects arising from following any of the advice published in the magazine.