

# FIT CLUB

She's the face – and body – of Ellesse's Body/Works range, so we grill former *TOWIE* star Lucy Mecklenburgh, 23, on her fitness secrets

## Why did you decide to get involved with Ellesse?

I love the brand and I always used to wear it as a kid. It's well established and people trust in it. When they approached me, I was over the moon to work with them. They said I could have input in the collection, which swung it for me as I love fashion. I've also got my fitness business, Results With Lucy, which works perfectly with the brand.

## What's your favourite piece in the collection?

Probably the black leggings with the mesh because they're a little bit different. I designed them because I wanted something that looked nice, but wasn't too sexy.

## Have you always been into health and keeping fit?

About two years ago, I started training and got a bit more active. At the time, I was eating what I liked and not exercising. So I got myself a personal trainer, Cecilia Harris, and I haven't looked back since. I really enjoy it. We

set up Results With Lucy together, our online workouts, and it changed my whole attitude to health and fitness.

## Have you set yourself a health challenge for this year?

Well, I'm going to climb Kilimanjaro. One of the personal trainers that works with us has cystic fibrosis and she wants to be one of the first with the condition to get to the top of Kilimanjaro. We've said we will support her and try to raise as much money as possible. That is going to be a massive challenge.

## Did you enjoy sport at school?

I think I was the same as any girl at school, although I was slim. Everyone was so self-conscious at that age. I hated the changing rooms. I always thought sport at school was boring. They really need to update it. The PE kit needs a shake-up too.

## How often do you exercise?

About three to five times a week. I do a lot of interval training because it's only 30 seconds of each exercise, so you don't get bored. Plus, you also

feel like you can get to the end. My least fave are Burpees – whoever invented them must have called them that name because they are so vile.

## Do you tend to stick with the same routine or do you like to mix it up?

I mix it up and that's why I've set up my website. There are over 300 workouts on it, so you won't get bored. And you need to work different muscles because if you're doing the same routine, even if it's a full-body workout, there's a limit to where you can push yourself. You need to change it up. I get bored so quickly. My poor trainer has her work cut out and plans me a different session every time.

## What do you like to wear when you work out?

I like the leggings because I have a long body and short legs and I think the leggings make my legs look longer. I like to wear a sports bra, not that I've got massive boobs. I can't stand to see girls running with their boobs flying about. As well as looking horrible, it must be so painful.

1. Ellesse Vesta Printed Vest Top, £19
2. Ellesse Hampton Tights, £20





**What part of your body are you most happy with?**

I've got quite a small waist, so I would probably say that.

**And what's your trouble area?**

I think just underneath your bum is hard to tone up. I did so many squats, but it was only when I trained for *Tumble*, my bum finally went: "Helloooooo." You do need to do a lot of different cardio and work different muscles because normal squats can't get there.

**Did being on *Tumble* encourage you to try out different routines and techniques?**

I thought I was fit when I walked into that gym, then two days later, I couldn't walk. It was literally the worst pain ever as you are using so many muscles. But since then, I've asked my coach from *Tumble*, Katie, to design a gymnastics body conditioning and flexibility strengthening workout because I wanted to keep it up. I enjoy it so much and also it's made me appreciate how important stretching is. I was training loads before, but I wasn't stretching my muscles out.

**Do you ever have fat days?**

All girls do and a good way of breaking that is training because you don't feel low afterwards. I'm one of those girls that some days, I love to put on the TV and just veg out on the sofa and have something naughty. But then I'll think: "OK, tomorrow is a new day. I'll have a juice in the morning." There's no point stressing about it.

1. Ellesse Quintin Printed Bra, £16
2. Ellesse Walbrook Skapri, £22



3. Ellesse Molesey Cropped Top, £19
4. Ellesse Hampton Tights, £20



**What's your daily diet like?**

Well, today, I've had smoked salmon and scrambled egg for breakfast. Sometimes I'll have it on rye bread if I'm starving. Then mid-morning, I'll pick on some fruit, then for lunch, I'll have a salad. And if I need to snack, then I love houmous and veg. For dinner, I might have a stir-fry and maybe a juice. I make my own juices, so normally I put in about 75 per cent vegetables and 25 per cent fruit in the mixer and blend it up.

**Are you quite strict when it comes to allowing yourself treats?**

I think you should have a little treat every day. I've been good today and if I go out for dinner tonight, I'll treat myself to a pudding too. I always have dark chocolate and some strawberries in the fridge at home. If I need something after dinner, then I'll have a piece of the chocolate and a strawberry to satisfy the sweet craving.

**Are you good at cooking?**

Not really. I want to learn how to cook this year. In my book, *Be Body Beautiful: My Guide To A Healthy, Happy New You* (Michael Joseph), I have a lot of simple recipes, which I can do. But I want to be able to do a really nice dinner from scratch and get all the girls over.

**What four things will we always find in your fridge?**

Houmous, dark chocolate, strawberries and eggs.

**Does going out for dinner make it hard to stay healthy?**

No, not really. There's always something nice you can have on the menu, but my downfall is dessert, probably a tiramisu or a crème brûlée.

1. Ellesse Curlew Mesh Insert Vest, £16
2. Ellesse Imperial Mesh Tights, £22



LUCY MECKLENBURGH DOES NOT ENDORSE VERY.CO.UK



3. Ellesse Tippin Cropped Tank Top, £18
4. Ellesse Imperial Mesh Tights, £22



# MISS FASHIONISTA

## What's your signature dress style?

I'm quite girly, but then I do like simple structured shapes too. A little drop-hem dress with heels.

## Where are your favourite places to shop for clothes?

Very.co.uk, obviously, and Miss Selfridge and Zara.

## Are you a carefree online shopper?

I'm a strict online shopper. I won't order something unless I really like it. Sometimes, if it's last-minute, I will get two sizes and I'll send one back. But I don't order too much because I know what I'm like and it'll just sit in the packages in my bedroom.

## Are you a shoes, a bag or a clothes kind of girl?

Can I say all? [Laughs] Actually, I think the outfit is the most important for me and I try to match it with the shoes and bags that I already have. But every now and then, I like a little splurge on a designer bag or a pair of shoes.

## What's the most you've ever spent on a pair of shoes?

My Russell & Bromley leather knee-high boots or my Louboutins. They were both about £500. I think if they last you, like my boots will, then you get your money's worth out of them.

## What's on your fashion wish list?

The Burberry cape with my initials on it. I'd love one of those.

## And what's next on your fashion design radar?

Always floor-length dresses because I do spend a lot of my time on the red carpet. My collections reflect my life – at the gym, one minute and at a do, the next.



1. Definitions Crochet Panel Dress, **£45**

2. KG Haze Mesh and Suede Sandals, **£119**

## Who is your favourite designer?

I like Roland Mouret and I love Victoria Beckham dresses too. They're simple but statement pieces.

## Are you a hoarder of clothes?

Oh, God. Well, a few months ago, I gave about 12 bags of stuff to a charity shop. I still have five wardrobes and three sets of drawers all full to the brim. Plus, there's two bookshelves of shoes and some more bags to go through too. I'm not really a hoarder, or am I?!

## Have you ever been given a piece of clothing that you've hated?

My first-ever boyfriend at school bought me a red corduroy hat.

It was the most vile thing.

I looked like a train driver.

## Who is your style inspiration?

I love Olivia Palermo. I think she always looks gorgeous.

I've never seen her in a bad outfit. I love Jessica Alba too.

## What items in your wardrobe do you love?

I've just got a black leather jacket and I don't know how I've got by without one before. It goes with jeans and dresses, everything in fact. I love my Chanel sunglasses too.

See more at  
**VERY.CO.UK**

3. Definitions Essential Cami, **£15**

4. Definitions Printed Trousers, **£35**

5. Shoe Box Isabella Minimal Ankle Strap Heeled Sandals, **£25**

