

what's hot

British Military Fitness (BMF): Fed up with everyone moping around in the gym, avoiding eye contact? Try a session at BMF to experience the most social workout ever. Classes include circuit activities and team challenges (britmilfit.com).

Strawberries and blueberries for longer life: A new US study shows eating more helps you live longer.



what's not

Gym Drop-Outs: 80 per cent of people who join a gym in January will drop out, wasting money. So think twice before you retire the trainers and head for the couch.

Raspberry pavlova: The berries are good for you but the cream isn't. Expect 350 calories per portion.



swapshop



SWAP a baked potato with butter and cheddar with 660cals and 33g of fat **FOR** a baked potato with tuna and sweetcorn in extra light mayonnaise with 414cals and 9g of fat. **SWAP** one slice of quiche with 450cals and 32g fat **FOR** two poached eggs on toast with 320cals and 12g of fat.



celebdiet

GORGEOUS Gemma Bissix, who has just joined *East-Enders* from *Hollyoaks*, says: "I'm a curvy size 10 and I'm never going to be skinny. I'm confident with my body. I eat healthily - bar the odd McDonald's breakfast."



celebfitness



CORRIE'S Jennie McAlpine, 23, says. "I've lost weight by playing on my Nintendo Wii - that's my fitness regime. I did a boxing game the other day and I was knackered. That's my workout."