

The FITNESS



Busy mum, writer and TV presenter Helen Fospero reveals her secret to keeping fit in Notting Hill

Notting Hill's Helen Fospero is very much a modern mum. A familiar face on daytime television, Helen is best known for her work on Daybreak and Lorraine, where she has interviewed all manner of inspirational figures since GMTV snapped her up back in 1997.

These days, Helen splits her time between presenting, writing and looking after her two young children, while also keeping fit with the help of Zana Morris, the expert behind The Library on Kensington Park Road. So, as the post-Christmas detox begins, we caught up with Helen to talk all things health and happiness in the Hill.

HOW WOULD YOU DESCRIBE A TYPICAL DAY PRESENTING DAYBREAK OR LORRAINE?

I get up at 3am and I get to work around 3.45, we then do about an hour's prep, then at 4.30am we have our half hour meeting where the presenters and the producers run through the show and discuss the items, then at 5am we move down to make-up and wardrobe and get hair done and everything and then at 5.45 we are in the studio for a rehearsal before the 6am programme. So it's quite full on!

DO YOU STILL ENJOY WORKING IN BROADCASTING?

I absolutely love it – it is such a privilege to be in people's living rooms at that time of day as it's quite an intimate time and you meet so many interesting individuals. It's a great job but you have to keep fit and healthy as it's not easy getting up at that time of day.

HAVE YOU ALWAYS WANTED TO BE A JOURNALIST?

I stumbled into presenting accidentally, but I always wanted to be a journalist. I wanted to be a storyteller – I'm fascinated by people's stories. When I came down to London I worked at

Photography by Debra Hurford Brown and Words by Shona Wallace

files



newspapers, I worked on Fleet Street, Sky News and then one day the overnight presenter on Sky fell ill and I stepped in for five hours and that's how it all started really. I love the live studio environment, there's nothing like it because no two days are the same.

WHAT IS IT THAT DRIVES YOU TO LOOK AFTER YOUR HEALTH?

I enjoy feeling fit and well and having energy. I've always been interested in health but I think it's in the past few years that I've really embraced it and I've finally got that feeling of being a little bit addicted to it. I crave the exercise now and I really enjoy it when I do it.

TELL US ABOUT YOUR FITNESS REGIMEN AT THE LIBRARY GYM, NOTTING HILL?

The basis of the exercise there is you do three sessions a week but each session is only fifteen minutes so it is ideal for someone like me. It is results-driven and consists of intense back-to-back weight training. Each time you go you exercise a different muscle group, alongside five minutes of abs. It is combined with nutrition advice and is manageable for me because my schedule is really busy. The results are amazing – I've definitely never been as toned as I am now.



Helen balances her busy morning TV schedule with trips to The Library gym in Notting Hill

I think in the past few years I've really embraced health, I crave the exercise now and I enjoy it when I do it

WHAT DO YOU LIKE ABOUT THE LIBRARY GYM?

It's sort-of like a little urban oasis just off Portobello Road. It's a really nice space, I think it just contrasts well with the hustle and bustle of Portobello. It's nice to know that if I'm up in Notting Hill doing a bit of shopping I can just pop in because I find they are very flexible about time too.

HOW DID YOU COME ACROSS THE ZANA MORRIS REGIMEN?

Somebody referred me to her about eighteen months after I'd had my little boy Jack. I've always been fairly naturally slim but after I had Jack there was

about half a stone of weight that I just couldn't seem to shift and somebody recommended going for a chat with Zana, who was based at Educogym in Harley Street. When I went to see her she put me on a twelve-day eating and exercise plan and that's how we met. She's brilliant, she's great on food and exercise and she's also started doing her own supplements too so you get the whole package – it's really great having her locally.

DO YOU HAVE ANY ADVICE FOR OTHER WORKING MUMS WHO WANT TO GET FIT?

You've got to set yourself really small goals. I think 80% of your shape is what you eat, so it's just making small changes gradually and you have to keep active too. It's just making small changes as those are the ones that will make a difference in the long term.

❖ Find out more about The Library gym at
020 7221 7992
thelibrarygym.com