

BALANCE

LIVE WELL

FLYING SOLO
THE JOYS OF BEING
AN INTROVERT

SUMMER IS HERE
YOUR FESTIVAL PREP FOR
SUN-KISSED SKIN

WILL POULTER
ON THE SOCIAL
MEDIA THREAT

DISH UP
INSTAGRAM'S
FINEST FOODIES

FEARNE



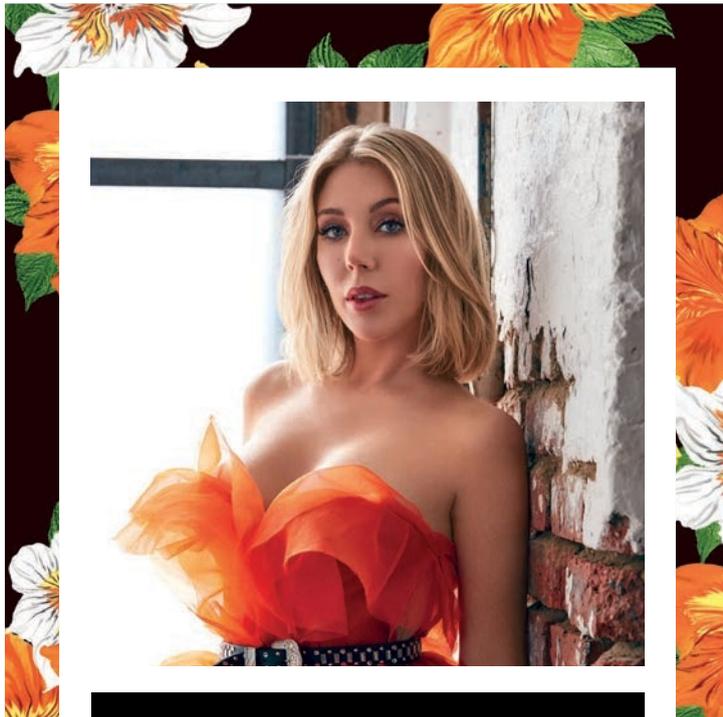
Guest
Editor

COTTON

JULY 2019 / ISSUE 38

▶ TAKES US TO HER HAPPY PLACE

REBAL



LIFE OF RYAN *Katherine Ryan: Glitter Room*

No one in comedy makes you want to jump up, scream and high five a stranger quite like the Canadian firebrand. This inspiring show reveals how she indulges her daughter's request to decorate her bedroom... **On Netflix now**

SIX STEPS TO PUT FIRE IN YOUR BELLY

Fearne Cotton on... Desire

"Find that one thing you really love. It doesn't have to be a job; it could be a hobby. Find it and tap into it"



CLASS ACT Fiit app

Fearne says "I work with these guys a lot. They asked if I'd like to do something, and I wanted to try their classes. I was hooked. Parents can do a 20-minute advanced Hiit workout and tick off the list that you've moved that day. I probably use it five days a week. It's by two university friends who had the idea; they've done it all off their own backs. I love their vision and what they've accomplished" **fiit.tv**



BEST FOOT FORWARD The Balance podcast: Kriiss Akabusi

If you want to spark your internal flames, this instalment of our podcast is a must. Discover how a young boy was abandoned by his parents, ended up in care, joined the army, and was spotted running. The rest is gold medal-winning history. Akabusi is now a motivational speaker, and this proves a hugely inspiring conversation **Available everywhere you get podcasts**



MORNING GLORY Lavazza Eco Caps

When it comes to getting a livener, coffee may be comparable to riding a bike with the stabilisers on (you're not exactly putting in the graft). However, when coffee tastes this good, you'd be missing a trick. Lavazza Eco Caps make for a velvety experience and are an ideal way to kickstart any morning. What's more, the compostable Eco Caps mean both you and the planet are nourished, too **lavazza.co.uk**



SQUAD GOALS Diego Maradona

Few people in the history of sport had fire in the belly quite like the mercurial Argentinean. This stirring documentary, from the makers of *Amy* and *Senna*, is a hugely inspiring, yet unsettling, watch. Focussing on his turbulent time with an unfashionable Napoli side, which the legendary playmaker dragged to glory, let's just say that off-the-pitch matters also come into play **In cinemas now**



PURE ESCAPISM Yoga, Pilates & Coaching retreat

This six-day retreat in Malaga is a chance to re-set, re-focus and re-energise. Because sometimes, reawakening your passions requires a helping hand. Sessions include one-to-one coaching, Reiki treatment, group coaching and daily meditation. For those who want to stay in peak physical condition, there are five swimming pools on the property **franklycoaching.com**