

Joe Wicks – Fitness Enthusiast

Joe Wicks (born 21 September 1986), otherwise known as "The Body Coach", is a British fitness coach, TV presenter and author.

His fitness method uses short intense High Intensity Interval Training (HIIT) workouts. Commencing his career by posting 15-second recipe videos on social media, Wicks grew his brand to become one of the most followed fitness accounts on Instagram and YouTube. His first published cookbook, *Lean in 15: 15-minute meals*, was a best-seller in 2015, having sold over 900,000 copies. He has created a "90 Day Plan" with workouts and meals with tailored portions to the individual. During the coronavirus pandemic lockdown, he began "P.E With Joe" on YouTube to try to help children stay active; this livestream had a wide impact and over a million users worldwide tuned in. He is a Channel 4 television presenter with his own show *The Body Coach*.

Early Career

Wicks worked as a teaching assistant after completing his sports science degree. After realising it was not his ideal job, he became a personal trainer for the next five years.

Business

Wicks launched a range of kitchenware in 2018. Wicks began to gain traction for his fitness and nutrition related content on social media. In 2014, he began posting videos to Instagram relating to workouts and nutrition advice. He has amassed over 3 million followers on his Instagram account. He launched a website called *The Body Coach* where he sells his kitchenware and a range of fitness/nutrition plans. Wicks has been recognised by several major publications, such as Harper's Bazaar, Elle UK and Forbes, for his online fitness efforts.

YouTube

He began posting fitness content to his YouTube channel, named '*The Body Coach TV*', in 2014. His first video garnered over 6 million views. The channel has amassed over 2.2 million subscribers and more than 128 million views.

Books

In 2015, Wicks published a cookbook named *Lean in 15: The Shift Plan*, which sold 77,000 copies in its opening week. He released a further two books in the *Lean in 15* series, including *Lean in 15: The Shape Plan*, released 2016 and "*Lean in 15: The Sustain Plan*", also in 2016. Since the success of the *Lean in 15* series, Wicks has published several more cookbooks. His upcoming cookbook, *Wean in 15*, is set to be released in May 2020 and will focus on 'weaning babies onto solid food and recipes for time-pressed parents'.

Pandemic

On 19 March 2020, Wicks uploaded a video announcing that he would begin to produce "P.E with Joe" videos on his channel. These videos were exercise videos aimed at children to keep fit during the COVID-19 pandemic as schools were closed.

Harry Kane – Professional Footballer

Harry Edward Kane MBE (born 28 July 1993) is an English professional footballer who plays as a striker for Premier League club Tottenham Hotspur and captains the England national team. Born and raised in the London district of Walthamstow, Kane began his professional career at Tottenham Hotspur, where, after fast progression through the team's youth academy, he was promoted to the senior team in 2009, at age 16.

Kane has won six Premier League Player of the Month awards (one behind record holder Sergio Agüero) and has been selected for the PFA Team of the Year four times. In November 2019, he became Tottenham's third-highest all-time goalscorer in official competitions.

Kane has scored 32 goals in 45 games for England. He appeared and scored at every youth level and made his senior debut in March 2015, aged 21, scoring in that game. Kane featured and scored during UEFA Euro 2016 qualifying, but although he played in the tournament itself he did not score. He was made the squad's captain from May 2018, prior to the 2018 FIFA World Cup. In that tournament Kane led England to fourth place, their highest finish since 1990. He also finished as the top goalscorer, winning the Golden Boot.

Training Regime

Three hours outside a day training and then additional gym sessions. First one in the gym, last one out. First one onto the pitch, last one off. His training regime is the same and he maintains the intensity day by day.

His perseverance shines through in training as, when he loses, he is determined to do better the next time. He takes ice baths to help with muscle healing. He does boxing after training. He's got a chef to help him eat properly.

Even on the pitch, unless he's shooting, he is very unselfish. He'll do the work for you if you are tired. If he sees you are having a bad moment, he'll help you out, give you encouragement. Another thing that people might not notice is, whenever players concede at Tottenham, Harry's reaction is always encouraging, telling everyone to keep their heads up.

Personal Life

Kane abstains from alcohol during the football season, and starting from 2017, he hired a full-time chef to optimise his nutrition. He plays golf in his free time.

Kane was appointed a Member of the Order of the British Empire (MBE) in the 2019 New Year Honours for services to football.

Meal Plan

Breakfast: Eggs with brown toast and spinach.

Lunch: Chicken breast with plenty of green vegetables like broccoli or asparagus.

Dinner: A good protein source so chicken, steak or fish, with vegetables and some sweet potato or brown rice.

Carbs with either lunch or dinner. Not both.

Snacks: Nuts, seeds and fresh fruit or natural yoghurt.

Drinks: Plenty of water.

Up to 4000 calories a day.

Laurie Hernandez

Lauren Zoe "Laurie" Hernandez (born June 9, 2000) is an American artistic gymnast. She competed as a member of the U.S. women's gymnastics team dubbed the "Final Five" at the 2016 Summer Olympics, winning gold in the team event and silver on the balance beam. In 2016, Hernandez won season 23 of Dancing with the Stars with partner Val Chmerkovskiy.

Early Career

2012

Hernandez's elite career started in 2012 at the U.S. Classic, where she placed 11th in the junior division at the age of 12. Through the Classic, she qualified to the National Championships in St. Louis, where she placed 21st after two days of competition.

2014

In early 2014, Hernandez fractured her wrist when she slipped off the beam in a training session. She returned to competition soon after the injury but then suffered a torn patellar tendon and dislocated kneecap, resulting in six months out of gymnastics. She resumed training in the fall and attended the final U.S. training camp of the year in November.

Senior career

2016 Summer Olympics

On August 7, Hernandez competed in the women's qualification at the 2016 Summer Olympics, where the top eight teams advance to the team finals. She posted the fourth highest score on floor, but did not advance to the final due to the two-per-country rule, with teammates Biles and Raisman getting higher scores. Hernandez did not compete on uneven bars. The United States team finished first in team qualifications. On August 9, Hernandez and the rest of the United States team, known as the Final Five, won gold in the team competition. The Americans won every event.

Television roles and media appearances

Hernandez was revealed as one of the celebrities competing on season 23 of Dancing with the Stars on August 30, 2016. She was partnered with professional dancer Valentin Chmerkovskiy. The couple won the Mirrorball Trophy on the episode that aired November 22, 2016. At 16, Hernandez is currently the show's youngest winner. In November 2017, Hernandez returned to the 25th season in week eight, to participate in a trio jive with Victoria Arlen and her professional partner Valentin Chmerkovskiy.

On July 15, 2018, Hernandez announced on Instagram that she will be co-hosting American Ninja Warrior Junior.

Lyndi Cohen

Lyndi Cohen is a nutritionist and dietitian, specialising in no-nonsense recipes to help people eat healthily. Having initially tried every diet, program and meal plan for herself, Cohen decided that she need to aim to eradicate the confusion around what was good to eat and what wasn't.

'I realised that I didn't want to spend the rest of my life feeling uncomfortable about my weight and guilty for eating something 'bad'.'

Cohen decided to get Back to Basics instead, creating meal plans and focusing on maintaining a relationship between food consumption and a positive mindset. It's all about balance.

'You don't have to be perfect to be healthy, count points or avoid your favourite foods.'

Over 4 years, Cohen lost 20kg but voiced that it was just a 'happy coincidence' and not a goal of hers to lose weight altogether. Not being controlled by food allowed her to eat when she wanted (when she was hungry) and not focus on the calories or fat content. She promoted the idea of indulging as and when was necessary whilst maintaining a positive, mental relationship with the food she was eating.

'Now, I'm not controlled by food or rules. I eat when I'm hungry and stop when I'm full. Nothing is off-limits including pasta, chocolate and wine. Best of all, I feel so comfortable in my skin.'

Her simple approach changed her world and the world of many others. She is now a respected dietitian and nutritionist who helps others do the same.

Mantra

- Swap cauliflower for carbs and you will lose ~88% of the joy you get from food,
- Twenty minutes of exercise is better than an hour at the gym that you never do,
- Don't give up 95% of your life to weigh 5% less,
- If hating your body helped you lose weight, you'd have your dream body already.

Publications

Lyndi has released a book titled 'The Nude Nutritionist' in which she outlines what is expected from her healthy eating regime and promises:

- No-nonsense advice,
- Real life examples and practical strategies to implement,
- 50+ healthy recipes using everyday ingredients,
- Refreshingly free of diet confusion.

The book will help you:

- Feel comfortable in your body,
- Be confident to make healthy choices,
- Stop emotional eating and feeling guilty about good,
- Balance your hormones and boost your energy.

This book is for you if you're:

- Confused about what you 'should' eat,
- Sick of feeling guilty for eating,
- Keen to live healthily and love your body,
- Ready to stop dieting or worrying about food,
- Either really 'good' or eating ice cream from the container.

What about the recipes?

- You'll get 50+ easy, healthy recipes,
- Quick and easy to make healthy recipes,
- Short ingredients lists with loads of flavour,
- Everyday ingredients (no weird or expensive superfoods!),
- Family and budget friendly.

Michelle Obama

Michelle LaVaughn Robinson Obama (née Robinson; born January 17, 1964) is an American lawyer and author who was the first lady of the United States from 2009 to 2017. She is married to the 44th President of the United States, Barack Obama. She is the first African-American First Lady of the United States.

She worked in non-profit associations and as the associate dean of Student Services at the University of Chicago as well as the vice president for Community and External Affairs of the University of Chicago Medical Center.

As first lady, Obama served as a role model for women and worked as an advocate for poverty awareness, education, nutrition, physical activity, and healthy eating.

Let's Move!

Obama's predecessors, Hillary Clinton and Laura Bush, supported the organic movement by instructing the White House kitchens to buy organic food. Obama extended their support of healthy eating by planting the White House Kitchen Garden, an organic garden, the first White House vegetable garden since Eleanor Roosevelt served as First Lady. She also had beehives installed on the South Lawn of the White House. The garden supplied organic produce and honey for the meals of the First Family and for state dinners and other official gatherings.

In January 2010, Obama undertook her first lead role in an administration-wide initiative, which she named "Let's Move!", to make progress in reversing the 21st-century trend of childhood obesity. On February 9, 2010, the First Lady announced Let's Move! and President Barack Obama created the Task Force on Childhood Obesity to review all current programs and create a national plan for change.

Michelle Obama said that her goal was to make this effort her legacy: "I want to leave something behind that we can say, 'Because of this time that this person spent here, this thing has changed.' And my hope is that that's going to be in the area of childhood obesity." Her 2012 book *American Grown: The Story of the White House Kitchen Garden and Gardens Across America* is based on her experiences with the garden and promotes healthy eating. Her call for action on healthy eating was repeated by the United States Department of Defense, which has been facing an ever-expanding problem of obesity among recruits.

Several Republicans have critiqued or lampooned Obama's initiative. In October 2014, senator Rand Paul linked to Michelle Obama's Twitter account when announcing on the website that he was going to Dunkin' Donuts. In January 2016, Chris Christie, Republican Governor of New Jersey and presidential candidate, criticized the First Lady's involvement with healthy eating while he was campaigning in Iowa, arguing that she was using the government to exercise her views on eating. Obama had previously cited Christie as an example of an adult who struggled with obesity, a demographic she sought to diminish by targeting children since Let's Move! was "working with kids when they're young, so that they don't have these direct challenges when they get older." In February, Senator Ted Cruz said that he would end Obama's health policies and return french fries to school cafeterias if his wife was First Lady.

Jessica Ennis-Hill

Dame Jessica Ennis-Hill DBE (born 28 January 1986) is a British former track and field athlete from England, specialising in multi-eventing disciplines and 100 metres hurdles. As a competitor in heptathlon, she is the 2012 Olympic champion, a three-time world champion (2009, 2011, 2015), and the 2010 European champion. She is also the 2010 world indoor pentathlon champion. A member of the City of Sheffield & Dearne athletic club, she is a former British national record holder for the heptathlon. She is a former British record holder in the 100 metres hurdles, the high jump and the indoor pentathlon.

Early Life

Born in Sheffield on 28 January 1986, Ennis-Hill is one of two daughters of Vinnie Ennis and Alison Powell. She has a younger sister, Carmel. Her father is a Jamaican self-employed painter and decorator, while her English mother is a social worker from Derbyshire. Her father did some sprinting at school, whilst her mother favoured the high jump.

Injury

Ennis withdrew from a heptathlon competition at the Hypo-Meeting in Götzingen, Austria after the first day's events citing pain in her right foot. A scan later revealed the injury as stress fractures of the navicular and a metatarsal of the right foot. Consequently, she missed that year's Olympic Games in Beijing and the rest of the 2008 season.

Personal Life

Ennis-Hill is an ambassador for the Jaguar Academy of Sport and a patron of both the Sheffield Children's Hospital charity and Barrie Wells' sports foundation. She is a columnist for The Times newspaper and advertises Aviva, Powerade, BP, Adidas, Omega watches, Olay Essentials, and Santander UK.

Workout and Diet Plan

In the build up to the London 2012 Olympics, Jess was doing lots of sports specific work, to improve her time, speed, and distance in the 7 events that are featured in a heptathlon event. The 7 events of a heptathlon are...

- 100m Hurdles
- High Jump
- Shot Put
- 200m Run
- Long Jump
- Javelin Throw
- 800m Run

Weight Training – with the events in a heptathlon being relatively short, having muscle is advantageous. Lots of strength and power are required in order to be successful in the heptathlon event. For example you need strong and powerful legs for the 100m hurdles, and high jump, but you also need excellent core and arm strength for the shot put, and javelin throw. Jess would lift weights doing exercises like squats, lunges, core work (bicycle crunches, planks, medicine ball drills), as well as training the upper body with barbells and dumbbells.

Circuit Training – the aim of this style of training is to improve muscular endurance and aerobic fitness. Whilst the 100m hurdles is a short event, the 800m run is just over 2 mins long – so it's important to have more in the tank and one of the best ways to do this is short and intense circuits.

Breakfast – either: toast, cereal (Special K, Granola), porridge, yoghurt, and fruit juice (apple or orange).

Post Workout – Snack, sports drink (Powerade), cereal bar, or a banana.

Lunch – either: veg soup, chicken sandwich, ham salad, roast beef, or some other protein rich food with rice or pasta.

Dinner – either: pasta bake, grilled steak salad, chicken stir fry, lasagne.