



I'VE BEEN A SAINT FOR MONTHS but now party season is raising its sequin-clad head, my gym routine isn't sticking. I don't have the threat of a bikini hanging over me and there's a pre-Christmas invite popping up every week. After all, no one likes to appear antisocial.

Gym and tonic?

Finally, a fitness professional who'll let me drink. OK, he doesn't encourage it, but he's not deluded enough to think I won't indulge in the odd glass of Pinot. I've just met Nick Mays, a lifestyle coach who believes the way to lose weight is to 'work hard, play hard', instead of cutting anything out of your life. Based in London's uber-fabulous W Hotel – the party spot – he's developed a workout that will shift any hangover. It promises to get you from pickled to primed quicker than a fry-up and full-fat Coke.

The white-wine sprinter

I walk into the gym on a cold Friday morning following a severe case of being 'over served' the night before. Nick hands me a rehydrating mint chlorophyll drink to counteract all the sugary alcohol and restore my body to an alkaline state. He explains that the less acidic your body is, the easier it is to lose weight.

Nick's 'sweat circuit' involves me using my own body weight in different exercises to get my heart pumping, rather than putting me on a treadmill, which I assure him would make me vomit. The series of pull-ups, lunges and floor exercises are surprisingly manageable, despite my compromised state, and I find that concentrating on breathing and counting more than distracts me from my pounding head.

We wrap it up with a cool-down using a foam roller to help release the muscles and make them feel less achy. All this

Extreme Beauty

Hangover Workout

Exercise for the morning after?
Jessica Hough pops a Panadol and heads (slowly) for the gym

'Rather than let the toxins fester in my body, I've forced them out in just over an hour'

A fry-up? Really?

A bonus of the workout is the 'power hour' – the hour after exercise when you're allowed to eat whatever you like (well, almost). That's because

earns me a super-healthy fruit smoothie and 20 minutes in the sauna to sweat out the last remaining toxins.

your body is more receptive to nutrients and will take in food much more efficiently. I opt for a healthier version of my usual morning-after fry-up – grilled mackerel, poached eggs, mushrooms and tomatoes.

Back in the land of the living

Stepping out into the bustle of Leicester Square, I feel almost sprightly. Rather than let the toxins fester in my body all day like they would if I was sofa-bound, I've forced them out in just over an hour. Moreover, a dose of cardio has made my body produce endorphins so my usual hangover paranoia has been replaced by sheer positivity. Then my phone rings. It's a friend asking me out for drinks tonight. I wonder if Nick's free tomorrow...

The facts

Try out the Hangover Workout at Sweat gym in the W Hotel, Leicester Square, London W1. A one-hour training session with Nick Mays costs £80. To book call 020 7758 1000 or visit wLondon.co.uk/sweat-fitness.



Photograph by Marcus Ohlsson/trunkarchive.com