

# OUR FITNESS PLAN FROM JAMES McAVOY'S TRAINER



Buffed up: James McAvoy in 2003's *Children Of Dune*, left, and now a hunk in *Wanted*

## SURPRISE YOURSELF

MOST of us give up on exercise for one simple reason: we become bored. To combat this, Chapman suggests continually changing and adapting your routine.

Do the gym one day but try "primal training" (such as running in the local woods or park) the next, or incorporate a park kick-around with your mates into your routine. "Variety is so important with exercise and was crucial to James's programme," Chapman says. "Not only does it keep you interested but you get better results because after a few weeks of doing the same exercises your body adapts and the results of your workouts plateau. By continually mixing things up your body has a

different stimulus each time and has to work like hell to adapt." The result? Better, faster and more natural-looking definition.

## DIET RIGHT

"TO HELP James get in shape we increased his protein intake a lot, because protein is essential to muscle repair," says Chapman. Skipping supplements, he recommends a natural approach by increasing the intake of fish, lean red meat and chicken instead. Getting enough fluids is crucial too, since it's essential for alertness and all the body's functions.

To work out how much you need in litres each day calculate your body weight in kilograms and multiply by 0.033.

## MAINTAIN YOUR MOTIVATION

ACCORDING to Chapman, actors rarely have motivational problems getting in shape as they have fixed deadlines to meet (not to mention the fact that the entire world — and in McAvoy's case one of the world's sexiest women — will be judging the results). Similarly, you should set achievable goals and give yourself a deadline to get in shape by. "Working out with a friend or trainer is a good motivator: You can encourage and challenge each other," says Chapman. "Make it fun and you'll start to see results in no time."

● To book your personal training session with Glenn go to [gmcpersonaltraining.co.uk](http://gmcpersonaltraining.co.uk). *Wanted* is on general release from tomorrow.

## The Lite guy guide to... barbecues

THE sizzle of steak and sausages is the sound of summer and when the sun shines any excuse is good enough to get the barbie fired up. Here, Homebase barbecue buyer Christopher Chick reveals his pick of the latest compact models. **URSULA HIRSCHKORN**



### KETTLE CHARCOAL BARBECUE

**£24.99, [homebase.co.uk](http://homebase.co.uk) ★★★★★**  
THE traditional kettle barbecue with a funky new blue finish (it also comes in red). The grill is big enough to feed four. The fire bowl has a porcelain enamel finish, which distributes heat more evenly and resists rust.



### WEBER Q200 GAS BARBECUE

**£199.99, [weber.com](http://weber.com) ★★★★★**  
IF YOU'RE bored with waiting for the coals to reach the perfect temperature to cook your sausages, then a gas barbecue like this new compact model from Weber is ideal. It offers instant heat and requires minimal cleaning.



### MIAMI KETTLE GAS BARBECUE

**£99.99, [homebase.co.uk](http://homebase.co.uk) ★★★★★**  
A BARGAIN gas barbecue, the Miami has two burners and enough grill space to feed up to eight people. The fire bowl has a porcelain finish and there is enough storage space on the front to keep all your tools while you cook.



### NOTEBOOK GRILL PORTABLE BARBECUE

**£19.99, [directdesignsltd.com](http://directdesignsltd.com) ★★★★★**  
THE Notebook portable barbecue has an easy-to-assemble, fold-up design and looks good, too. It's perfect for picnics or a day out on the beach and is very simple to store through those long, wet winter months.



### PORTABLE BUCKET CHARCOAL BARBECUE

**£6.25, [homebase.co.uk](http://homebase.co.uk) ★★★★★**  
THIS is almost as cheap as a disposable barbecue, but you can use it over and over again. It's bright, colourful and so light you can take it anywhere and turn a picnic into a cookout, and the basic design means it's easy to keep clean.



### SOHO BARBECUE

**£24.99, [homebase.co.uk](http://homebase.co.uk) ★★★★★**  
A STRANGELY alien-looking barbecue with a funky Fifties style, the Soho is perfect for small patios. It's not up to feeding a party of people, but the grill has enough space for food for four. The lid helps to keep it clean when you aren't using it.

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