

Fighting Fit

We caught up with athlete, nutritionist and all-around health and fitness superstar Anna Lewandowska during her recent visit to Dubai for an exclusive workout routine of her favourite moves to get *that* body.

By Yi-Hwa Hanna

Polish National Karate Team Representative, nutrition specialist, cookbook author, healthy lifestyle blogger and Nike ambassador—Anna Lewandowska’s list of achievements read like those of an entire team of people even though she’s only in her late 20s. A graduate of Warsaw’s Academy of Physical Education, Anna’s first and foremost love in sports is karate—and it’s a good thing too, since her skill has seen her become a multi-medalist, with 38 wins to her name (and counting) in various World, European and Polish Championships. Karate might not be the first sport that comes to mind when you think of a Polish athlete, but for Anna it’s always been her sport...

“Karate has always been the sport in our family—I started from a really young age,” she says, explaining that while some of her relatives are keen sportsmen with a penchant for the martial art, the other half of her family are artists. Perhaps it’s this creative influence that’s given Anna her knack for always coming up with new ways to explore her love for a healthy lifestyle, be it working on her second cookbook, developing her ever-growing blog, or simply rocking the latest sportswear and athleisure fashions.

Her latest passion? Bringing nutritional education and healthy eating tips, training guides, and generally interesting health advice to the masses via her blog, “Healthy Plan by Ann.” And we mean *masses*—her Instagram

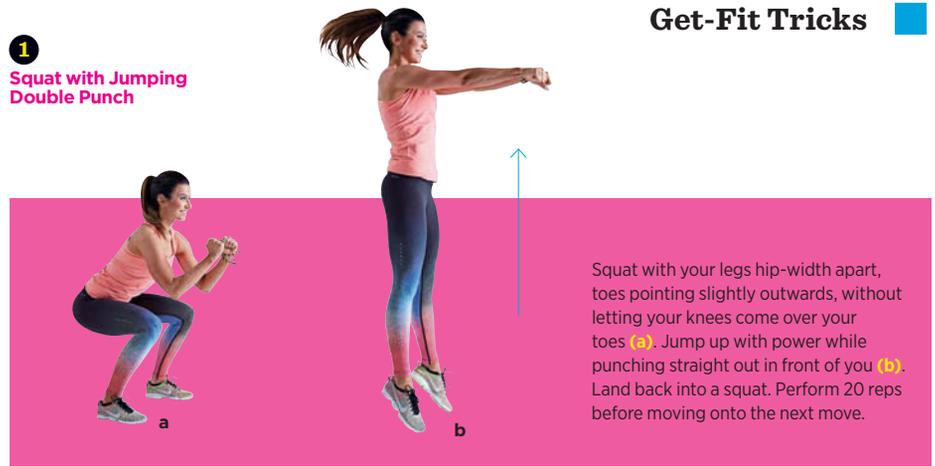


account alone boasted a following of 311k followers at the time of going to press. It's no wonder people are now describing her and her husband, footballer Robert Lewandowski (who plays as striker for Bayern Munich and captains the Polish national team) as Europe's answer to Posh n' Becks. "When I have free time, I love spending it with my husband," she says—but considering how jam-packed both of their schedules typically are, finding it isn't always an easy feat. Anna takes pride in training every single day: "I work hard: I do functional training 3-4 times a week, as well as cardio, heavy weights and work with a weights bar, kettlebell workouts, running, and squats with kicks... I prefer training explosively." Even when travelling, she doesn't stop, and has been known to do squats with resistance bands on the airplane.

But she always finds a way to combine her love for travel with not just a chance to learn about the latest ways to improve her training—she recently qualified in Tabata Bootcamp training, a method she's really been enjoying lately—but also, a way to explore new ways of eating healthily. "I try not to make healthy eating boring, so I like to follow the local flavours of the country I'm in by sampling the cultural food and seasonal vegetables—I like to base my eating habits around the season and place that I'm in," she says. During her trip to Dubai in April, for instance, she discovered a love for dates, local fruit, and camel milk. A keen chef, she'll even make lunchboxes to take on the plane and loves cooking for her husband—in fact, since personally taking on his nutrition with a heavy emphasis on the science behind food and a way of eating that helps your body perform its best, she's noticed an improvement in his performance. "It's a fun challenge for me—and we've now started to see results. Now he has power all the time!"

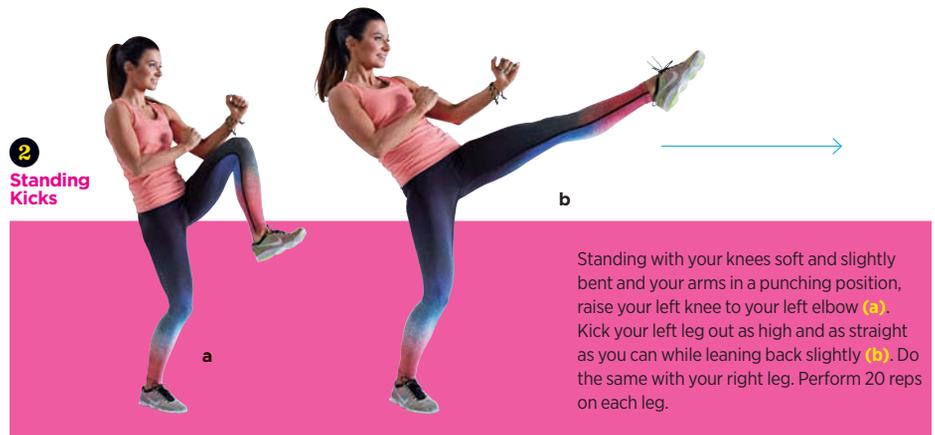
With dreams for more cookbooks in the works, the plan to expand her website with more thoroughly translated English categories for her international fans, plenty of work with Nike, lots of travel and maybe even her own workout DVD on the cards, it sounds like she's truly found the recipe for success. ■

1
Squat with Jumping Double Punch



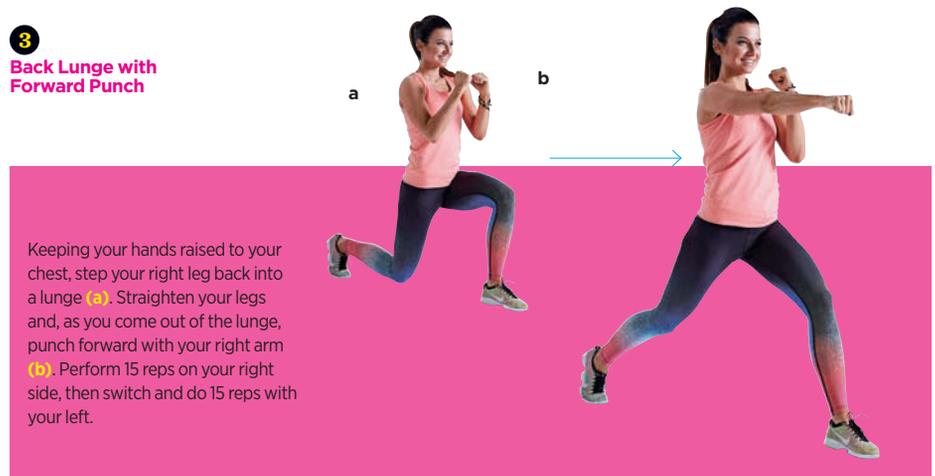
Squat with your legs hip-width apart, toes pointing slightly outwards, without letting your knees come over your toes (a). Jump up with power while punching straight out in front of you (b). Land back into a squat. Perform 20 reps before moving onto the next move.

2
Standing Kicks



Standing with your knees soft and slightly bent and your arms in a punching position, raise your left knee to your left elbow (a). Kick your left leg out as high and as straight as you can while leaning back slightly (b). Do the same with your right leg. Perform 20 reps on each leg.

3
Back Lunge with Forward Punch



Keeping your hands raised to your chest, step your right leg back into a lunge (a). Straighten your legs and, as you come out of the lunge, punch forward with your right arm (b). Perform 15 reps on your right side, then switch and do 15 reps with your left.

4
Oblique Twist with Punch



From a lying position, perform a crunch by raising your torso and legs off the ground with a bend in your knees (a). Keeping your hips square and your abs tight, twist your torso to the right while punching with your right arm (b). After returning to your original position—but this time with your shoulders and feet slightly raised from the floor—repeat the move but with a twist to the left. Keep alternating until you've done 15 reps on each side.