

FIT CELEB COUPLES

Here are our favourite celebrity workout buddies



Fitness fans Justin Timberlake and Jessica Biel, are often seen running, biking, hiking and hitting the gym together.



It's no wonder Blake Lively works out with hubby Ryan Reynolds. Those abs would make any girl hit the gym!



We like to imagine Victoria and David Beckham pick bikes next to each other when they attend their favourite SoulCycle class!

PHOTOGRAPH OF RADCLIFFES: Alexander Buisse, CELEBRITY PHOTOS: Shutterstock



The Radcliffes enjoying a run in the mountains

THE ADVENTURE BLOGGERS

Husband and wife blogging team, Sophie and Charley Radcliffe, write about their mountain adventures at challengesophie.com and digitalsteak.com

Charley and I met at work – Charley is from a technical background and I'm from a commercial one – and fitness is something we discovered together. It came about because I decided that I wanted to climb Mont Blanc and Charley said he'd love to do it with me. Neither of us had any mountaineering experience but we trained for six months to achieve the feat. That was our first taste of the mountains, and we fell in love with them – so much so that last summer we quit the London rat race and moved to Chamonix in the French Alps.

'Fitness has become a huge part of our lives. Charley and I go on adventures and train together. We do a lot of kettlebell

training – strength work is something Charley got me into after reading that it was brilliant for injury prevention. For endurance, it really helps us get stronger and it's a time-effective addition to our mountain training schedule.

'In terms of nutrition, it really helps to share fitness goals too. We plan, cook and eat our meals together so, when we want to try something new, it's easy to change habits. Keeping fit and healthy is something fun that we share – not only the sessions, but also the journey of setting new goals, and sharing the experience of how we change and adapt to exercise.

'We moved to Chamonix to focus our lives around the things that make us

happiest and feel alive. We train in the mountains that are right on our doorstep and we've both reinvented ourselves professionally to ensure that we can live and work out here on our terms. We run events such as londontoparisportive.com, we write, we blog, I do lifestyle and sports modelling and I'm a motivational speaker. Fitness has completely changed our lives!' ■

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