

SHAPING UP FOR TWO



TV presenter Vogue Williams talks pregnancy, keeping up her fitness and her cravings during lockdown

Already mum to toddler Theodore, Vogue – seen here in an exclusive photoshoot for HELLO! when she was five and a half months pregnant – is thrilled to be expecting a girl in the summer

Vogue Williams is talking me through her impressive exercise regime over the phone, while her 19-month-old son Theodore is napping. Husband Spencer “Spenny” Matthews is also at home – as is the nation during lockdown.

“We are all in this together; it’s a new way of life for now,” says Vogue. “I am incredibly grateful for the one hour we are allowed to spend outside each day, running and going for walks with Theodore.”

The 34-year-old Irish model and TV presenter is expecting their second child – a girl – in the summer and has put isolation to good use with daily home workouts. “I’ve been mixing it up with a combination of cardio and static movements, and it’s great for my body and mind,” says Vogue, who shares with us her top workout tips – and the secret behind her golden glow...

Congratulations on your second pregnancy, Vogue. How have you been feeling?

“Thank you. I feel grand now. Like my first pregnancy, I was so sick from about seven weeks to 16 weeks. I was so knackered, and I swear people think you’re grumpy but you’re not, you just feel so sick. I’m not a ‘sicky’ person and I don’t tend to get ill, so it is hard. Luckily that has passed and Theodore is sleeping well at the moment, which always helps.”

How does this pregnancy differ to your first?

“It’s definitely different – I actually forget I’m pregnant sometimes. Last time I had a bump picture for every day and this time I only have one, and that’s because someone asked me to send one, so I got Spenny to take it. When you have a baby running around there is less time to obsess over it. I’m so focused on Theodore and we are both busy with work, and I think I prefer this pregnancy as a result.”

You exercised throughout your first pregnancy; how important is staying active to you?

“Even when I’m not pregnant there is never a week I don’t work out. I always find time to train, usually four times a week for 45 minutes – they don’t have to be super-long sessions – and even on holiday. It just makes me feel better and it’s also good for my anxiety. I didn’t run before I had Theodore, so I didn’t run during that pregnancy. But I did run before this one, so I have continued. It is getting a little sore on my joints though, so I’m worried I might have to stop soon. I plan on taking six weeks off exercise when the baby is here.”

How have you been training at home?

“I love Orangetheory Fitness in London so much and was training at their gym before we went into lockdown. I have carried on doing their online and Instagram Live workouts [free at @orangetheorylondon]. It’s heart-rate-based

interval training and you are in competition with yourself, which I find motivating. You go really hard and they push and motivate you.”

Have you become a fan of home workouts?

“Yes, and I plan on doing one a week after lockdown because they are so useful. I’m lucky because I have a balcony where I can do them. Bradley Simmonds [@bradleysimmonds] does some really good HIIT sessions. I have to modify a lot of the exercises, as I can’t do a chest-to-floor burpee right now – not any more! But that’s the great thing; you can adapt them to work for you. If you find gyms scary or classes intimidating, try one from the comfort of your home to build your confidence.”

You’ve been hosting Instagram Live workouts with your personal trainer; how has that been?

“I’ve been training with Dalton Wong [@dalton_wong22] for a while now. The home workouts are great, quick and motivating. Expect movements like hip extensions and side leg raises, with gliders and resistance bands thrown in to increase the intensity. You don’t need loads of equipment, and you can always stick to using just your body weight. I’ve been collecting gym equipment for years and have most things now, including an exercise bike.”

Who is your favourite account to follow for pregnancy workouts?

“I train with Rosie Stockley of @mamawelluk every Thursday. We do a lot of body-weight workouts and because she is a pre- and post-natal trainer, a lot of the movements have

been modified for people who are pregnant, with cardio too. You don’t have to be pregnant to do the videos; my mum has been doing them while in lockdown in Spain.”

Do you think staying active helps with the birth?

“A hundred per cent, because it is like a marathon. All in all, my labour with Theodore was about 23 hours and it was just so knackered.”

Is exercise helping to keep you sane during lockdown?

“Yes. I am loving all the online workouts and I’m so grateful for our outdoor exercise too. I try and do a two-mile jog and then we take Theodore out. We like to get him out of the buggy and let him have a little run around. We soak up the fresh air and vitamin D.”

“There is never a week I don’t work out. I always find time to train. It makes me feel better and is good for my anxiety”

Have you changed your diet since being pregnant?

“We are just trying to make healthy choices, but I definitely have something yum like chocolate every day. The good thing about lockdown is we are at home more cooking lots and there is a lot less food waste as a result. I just worked out and for lunch I’m having a wrap with egg, bacon, Irish radish, rocket and avocado. I sometimes have green juices, but I could never do a juice diet. I also love protein shakes with vanilla protein powder, almond milk and banana. I don’t add the protein for the nutritional advantage, but because it’s the next best thing to a milkshake.”

Have you had any cravings?

“I am just missing home and all my favourite Irish foods and drinks: black and white pudding is delicious; sausages, which just don’t taste the same here; and Irish sweets. I also adore Club Rock Shandy, which is half orange and half lemon in the same can. I’ve actually just had some sent to me as I was missing it so much.”

Finally, what’s the secret to your golden glow?

“I never don’t have a tan. It makes me feel fresher and healthier and I have no excuses right now as I have the time to apply it. Lockdown is the perfect time to tan at home. I tend to apply self-tan twice a week, and then I swap to ultra-dark formulas in the summer. Spenny does the same. My top tips are to use a good tanning mitt and keep my amazing eraser [Bare by Vogue Self Tan Eraser, £13.50] handy.”

I never take off my... The Power of 3 The Radiator Maker Necklace, £305, Roxanne First x Emma Lucy Knowles; visit roxannefirst.com



Vogue relishes her daily dose of outdoor exercise

INSIDE VOGUE'S WORKOUT WARDROBE

◆ “I’m kind of weird about my bump this time, I don’t know why. When I was pregnant with Theodore, I would train in crop tops, but this time around I feel more comfortable in vests and tank tops. I just did an online order with H&M, as they do high-quality pieces for a good price.” **Sports vest tops**, from £8.99, H&M; visit hm.com

◆ “I have invested in Shock Absorbers for both my pregnancies and they are really great. They hold everything in place.” **Active Classic Support Sports Bra**, £33 Shock Absorber; visit shockabsorber.co.uk

◆ “P.E Nation is such a great brand. I’ve got a few pieces from their collection with H&M, including the pink cycling shorts.” **Cycling shorts (1)**, £17.99, P.E Nation x H&M; visit hm.com

◆ “I tend to buy bigger sizes instead of specific maternity leggings. I love Lululemon (they are expensive but last forever) and Trendy & Bendy. Both are really comfortable and supportive.”

Fast and Free Tight in Navy (2), £108, Lululemon; visit lululemon.co.uk

◆ “Adidas do great trainers for running as they are so light. I’m not super specific when it comes to trainers, but I always love Under Armour and Asics.” **4D Run 1.0 trainers (3)**, £150, adidas Originals, from net-a-porter.com



Bare by Vogue Luxury Tanning Mitt, £7.20 and Self Tan Foam in Ultra Dark, £17.10; visit barebyvogue.com



Exercise kept Vogue strong through her first pregnancy and she is using home workouts to stay fit during her second