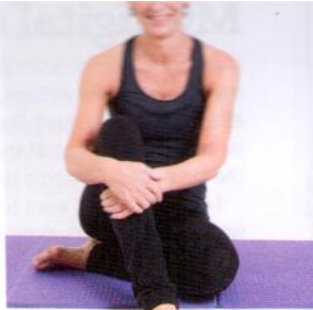


...the Bircham Windmill, and home.
 ...interval training on the way back: 30
 ...s of running as fast as I can and then I
 ...st for 30 seconds to bring my heart rate
 ...it's great for fat burning."

**La Terriere, personal trainer and
 teacher, 07733 260352
 laletteriere.co.uk**



"Start from the Blue Sky Café in Cromer. Head towards West Runton, up Sandy Lane, cross the Holt Road, run round the back of Felbrigg Hall towards Metton, then back towards Cromer. It's a ten-mile workout thanks to the hills (for leg strength), downhill (for faster leg turnover) and flat sections (for a good steady pace)."

**Risbey, nutritionist, 07759 640094
 northnorfolknutrition.co.uk**

Holkham parkrun takes place every Saturday morning around the estate. It follows a 5k trail through the park, up towards the Holkham Studios at Longlands. The route turns onto the main avenue, up to the Obelisk, and descending back to the Hall. It's a great route, for all abilities."

**Green, personal trainer, 07958 320014
 drgfitness.co.uk**



...route through
 Harpley village and
 down a tree-lined
 avenue towards
 Houghton Hall.

When you reach the main gates, turn left.

Around halfway, you hit a steady one-mile incline, which is a time to challenge yourself. Then it's the home straight back to Harpley."

**Julie Austin runs Huffers & Puffers Running Club in Harpley,
 07721 774198 julesatack@gmail.com**



My beautiful life

Chris Brown is the current captain and coach for Norfolk County Cricket Club. He will join Gresham's school as Director of Cricket in September



What exercise do you like to do?

I swim and, throughout the summer, I'm bowling two to three times a week, so that's enough at my age!

How important is keeping fit to you?

It is very important for both physical and mental health. As a cricketer, you need to develop the physical attributes to execute the correct technical skills.

How do you keep motivated?

I love the game of cricket and seeing players develop.

What makes a good cricketer?

Skill, character, mental robustness, and a desire to keep improving.

How do you unwind after a busy week at work?

During the summer, I work seven days a week. I get to unwind during the winter months, when I take the family away for a well-earned break.

What makes you happy?

Spending time at home with my family.

• Gresham's, Holt 01263 714500 www.greshams.com

You can follow Harriet on Instagram @girlnextthesea

Mail it

If you love a spot of pampering, pop into the recently opened The Hut Express Mani & Pedi Bar in Holt, where Sophie and Leanne will work their magic on your nails. Expect filing and nail shaping, cuticle work, delicious foot massages using Kaeso products for smooth and supple skin, and finishing off with a fabulous OPI nail polish or gel colour (pedicures from £25, manicures from £28).

The girls also offer a special Gardener's Manicure (£32); Princess Parties for hair braids, sparkly nails, cordials and cupcakes - my six-year-old daughter is beside herself with excitement at the prospect; and even the option to get a look in with the Man-icure (£20), a tidying-up treat and natural polish for hard-worked hands.

The Hut Express Mani & Pedi Bar, Holt 01263 713832,
[thehut@gmail.com](mailto:thehut@holtholt@gmail.com)

