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Health & Fitness

August 2007 * £3.10

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STYLE

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Tone-up shoes tried and tested

ARE YOU SABOTAGING YOUR HAPPINESS?

Instant life-coach test **page 53**

Nell McAndrew

Back in shape after her baby

PLUS! PAGE 105

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12 pages of expert advice and instruction

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- Get lean legs – now!
- How to run your best ever



READER MAKEOVERS

'Help me stop snacking'

'I hate my big bottom!'

Future



My workout

Susie Stoddart

Professional racing driver

The UK's top female racing driver, 24, tells us how she's putting jokes about women drivers to rest

Racing is my life and passion – I can't imagine doing anything else! Everything about it captivates me – the speed, the adrenaline rush, the sensation of you and the car battling against the clock. My aim is to be the first successful British female in Formula 1. I believe if you want something badly enough and work hard, you can make it

injury, so I'm limited as to what I can do when I'm not driving.

I'm not frightened of being injured – racing is a way of life for me and I feel completely safe when I'm in my car. I've never felt intimidated by the male-

“If you want something badly enough and work hard, you can make it happen.”

At the moment, I'm driving in the DTM (German touring car series) for Mercedes Benz. I'm the first woman to get behind the wheel of a Mercedes touring car in the DTM for 10 years. I used to race Formula Renault and Formula 3, and before that, I competed nationally and internationally in karting.

It's exciting being a driver, but behind the glamorous façade it's hard work. It's imperative I stay fit and healthy and keep my weight on an even keel. My schedule varies from week to week, but I spend most of my working days in and around the track – if I'm not driving, I'm working with the engineers and mechanics on set-up. Cars are never far from my thoughts!

Off-season, I focus on fitness training, mainly working on my upper body strength in the gym so I can handle the grip and G-force in the car. I love other adrenaline sports, such as mountain biking and downhill skiing, but I have to try to avoid

dominated environment. I get the odd comment about women drivers, but my team-mates and support team are really encouraging. I'm a girly girl in many ways, except when it comes to driving.

To find out more about Stoddart, visit www.susiestoddart.com.

NOW YOU TRY

Fancy following in Stoddart's footsteps (or should that be tyre tracks)? There are over 700 registered motor clubs in the UK and over 5,000 events each year in 22 driving disciplines.

And of course, if you prefer not to compete, you can always spectate. Discover more about motorsports and find your nearest track on the Motor Sports Association's website, www.msauk.org.

