



Doreen supervises Caroline Phillips's fitness programme

How to get the body to Di for

By Caroline Phillips

Pictures: Mark Kehoe

IT IS disconcerting to wear an old mashed potato-coloured tracksuit over post-natal body and scruffy trainers and then bump into the Princess of Wales.

Particularly as Diana is leaving her personal training session wearing sweat-free cerise leotard, pore-hugging shorts and earrings. And I'm going into mine suffering from the exertion of having walked downstairs.

We are both training with Doreen Whittaker, manager of Total Health Integration at London's Harbour Club. It was with Doreen that Diana

flexed her muscles while the Oliver Hoare phone debacle unfolded. And with Doreen that Diana stretched her hamstrings while the Great Cellulite Debate gripped the nation. (She doesn't have it.) Doreen's brief now? To get me as fit as Di.

Doreen, 36, in spray-on Reebok gear and with the energy of a Jack-in-the-box plugged into a pylon, has never before talked to the Press. If that is what you call it.

Doreen: "Pull up with your abdominals." Grunt. Wheeze. They've disappeared. They will want to feature me in The Lancet.

"Squeeze your pelvic floor." I don't have one any more.

Doreen, on the other hand, does 18 hours of exercise classes a week plus three hours of personal exercise. She is not what you would call fat.

Raised in Derby, she drives a BMW, carries her gym kit in a Louis Vuitton bag, and has been a fitness consultant for 15 years. She has trained Diana for 18 months.

She sees the Princess twice a week for an hour. They work out behind closed wooden blinds. Diana's other personal fitness trainer, Jenni Rivett, accompanies her into the gym.

After my first session, muscles that died years ago are shaking. "What," asks Doreen, sitting radiantly in her office, "are your aims?"

To be able to walk upstairs. Doreen feels I will be pretty fit in three months if I see her twice a week and work out once on my own. "I'll never be fit," I wail.

Doreen says I have a mesomorphic body. Encouraging. Means I'm evenly proportioned and could lose weight relatively easily.

Princess Diana is a combination of ectomorph and mesomorph. Discouraging. Means she has legs that stretch from Wimbledon to Waco.

NEXT is a fitness assessment in the state-of-the-art, park-sized gym. I put on three stone during pregnancy, most of which, I'd hoped, would be Baby, Baby brontosaurus, even. (Doreen has had clients who gained five stone during pregnancy.)

Now it becomes increasingly clear that the scan missed something — I



Proud of her image — fitness expert

seem to be carrying another baby, already six months overdue.

Am I fit as Di? Fit to Di, more like it. My fitness level is proclaimed average. Unlike me, Diana did not join the club just to drink banana milkshake. She is fit as a flea, and not much fatter.

A month later. Back stretches, hamstring stretches, stepping up and down on a fluorescent pink plastic step like Sisyphus in trainers. Cardiovascular exercise, Doreen calls it. Heart attack, I call it. Did I really pay to do this?

Later, the Princess is photographed jumping off the club's kitchen wall.

Clearly Doreen is teaching her harder exercises. But then Diana is not post natal, unless she counts it 13 years



Doreen Whittaker has been training Princess Diana for past 18 months

on. I awake next day with my limbs in cement and lead running through my veins.

But the tummy is flatter. And Diana is looking good too — although there is still a long way to go before watchmakers Omega ban me from their advertisements.

THREE months on I am reassessed. A heart monitor is attached to me like a suction pad on my chest, as I exercise. Wearing cycling shorts instead of size 16 jogging pants, I find my waist has decreased from 31 inches to 27 inches. Hips from 43 inches to 40 inches. Heart rate down, so too weight, blood

pressure and body fat. My fitness level is "excellent". It's perfectly possible that I am turning into Princess Diana. I don't drink, don't smoke, I go to an acupuncturist and a physiotherapist and believe in every New Age therapy. I've swum, worked out in the gym, done the total health concept. My muscles are toned and I glow with health.

I won't ever be exactly like the world's fittest Princess. After all, she is 5ft 10ins and I am only 5ft 8ins. But, come to think of it, isn't there now another HRH title up for grabs?

■ The Harbour Club 0171-371 7700. Full (resaleable) membership £2,600 p.a. Subscriptions £175 pcm.



The Harbour Club in Chelsea

THE cost of looking like Diana is not just a physical work-out, you have to get your flexible friend working as well.

She already spends a King's ransom on all the glamorous evening gowns, shoes, bags and jewellery that adorn her chiselled form, writes Deborah Sherwood.

Before she even breaks into a sweat, Diana has spent nearly £10,000 to just get through the door of the exclusive Harbour Club (membership £3,375-a-year) in London's Chelsea.

She has to dash off a cheque for £4,160-a-year to pay for the services of personal trainer Doreen Whittaker twice a week.

Then out comes the credit card again as she shells out for all the glamorous Lycra exercise wear.

That is so important to a lady who limbers up so regularly.

Diana pays £140 for each set of Lycra cycling shorts with matching slinky leotard. The designer trainers cost up to

Huge cost of keeping royal legs dimple-free

£100 a pair. And even her selection of immaculate sweat-bands can be up to £10 each.

Total cost of the gear, per year, is £720. Then there is the essential bottle of Evian water to sip between sit-ups.

That costs another £170 a year. Then there is £3.50p for a designer bottle-holder.

That enables one to swing a bottle casually as one saunters back to one's motor.

Keeping cellulite at bay is a never-ending battle.

Diana is rumoured to spend upwards of £1,000-a-year on exclusive French preparations to keep the royal thighs dimple-free.

That all comes to £9,428.50p a year.

Of course Diana tops up her exercise regime with a daily swim in London's most exclusive pool in Buckingham Palace. But only she knows the price she has paid for that.

Doreen's top tips



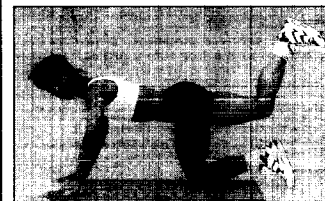
WARM UP: Lie flat, extend right leg in the air and place right arm flat on the floor.

Support head with left hand and bring left elbow towards the right knee.

Slowly bring your shoulder off the floor.

Do eight right knee touches, eight left knee touches, and repeat three times.

Tip: Keep your back in its natural position as you lift.



BUTTOCKS: Kneel on all fours. Tighten your buttocks and slowly lift one knee to the level of your hip, then lower it to calf level.

You must keep the abdominals contracted.

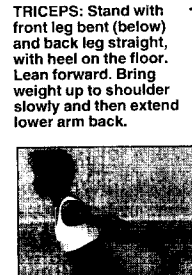
You can rest on your elbows, if you prefer.

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on toning yourself up



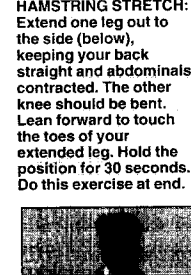
BICEPS: Feet hip distance apart (above), hold weights in palms. Elbows by your side, slowly lower the weights to your shoulders. Don't hold too tight.



TRICEPS: Stand with front leg bent (below) and back leg straight, with heel on the floor. Lean forward. Bring weight up to shoulder slowly and then extend lower arm back.



STEPPING: Steps (above) are excellent exercises, good for the heart and lungs. Stretch at the exercise bar afterwards, says Doreen, here with Caroline Phillips.



HAMSTRING STRETCH: Extend one leg out to the side (below), keeping your back straight and abdominals contracted. The other knee should be bent. Lean forward to touch the toes of your extended leg. Hold the position for 30 seconds. Do this exercise at end.