

GRAZIA  
PAMPERED

**Eat Fit Food** Who did Hugh Jackman (and his personal trainer) turn to when he needed to whittle down his body fat count? The *Sydney*-based Eat Fit Food meal delivery service. Working in consultation with both a chef and dietician, this is salvation for time-poor types. Sign up to one of their programs – the 10 Day Detox is what's hot right now – and your daily menu will appear on your doorstep each morning. Too easy. ([www.eatfitfood.com.au](http://www.eatfitfood.com.au) or 02 9387 7771)

LITTLE  
BLACK  
BEAUTY  
BOOK

# HEALTH & WELLBEING

WE'VE SAVED THE BEST 'TIL LAST. THIS WEEK LUCINDA PITT REVEALS HOW TO GET HEALTHIER, HOTTER AND MORE IN TUNE WITH YOUR MIND, BODY AND SOUL