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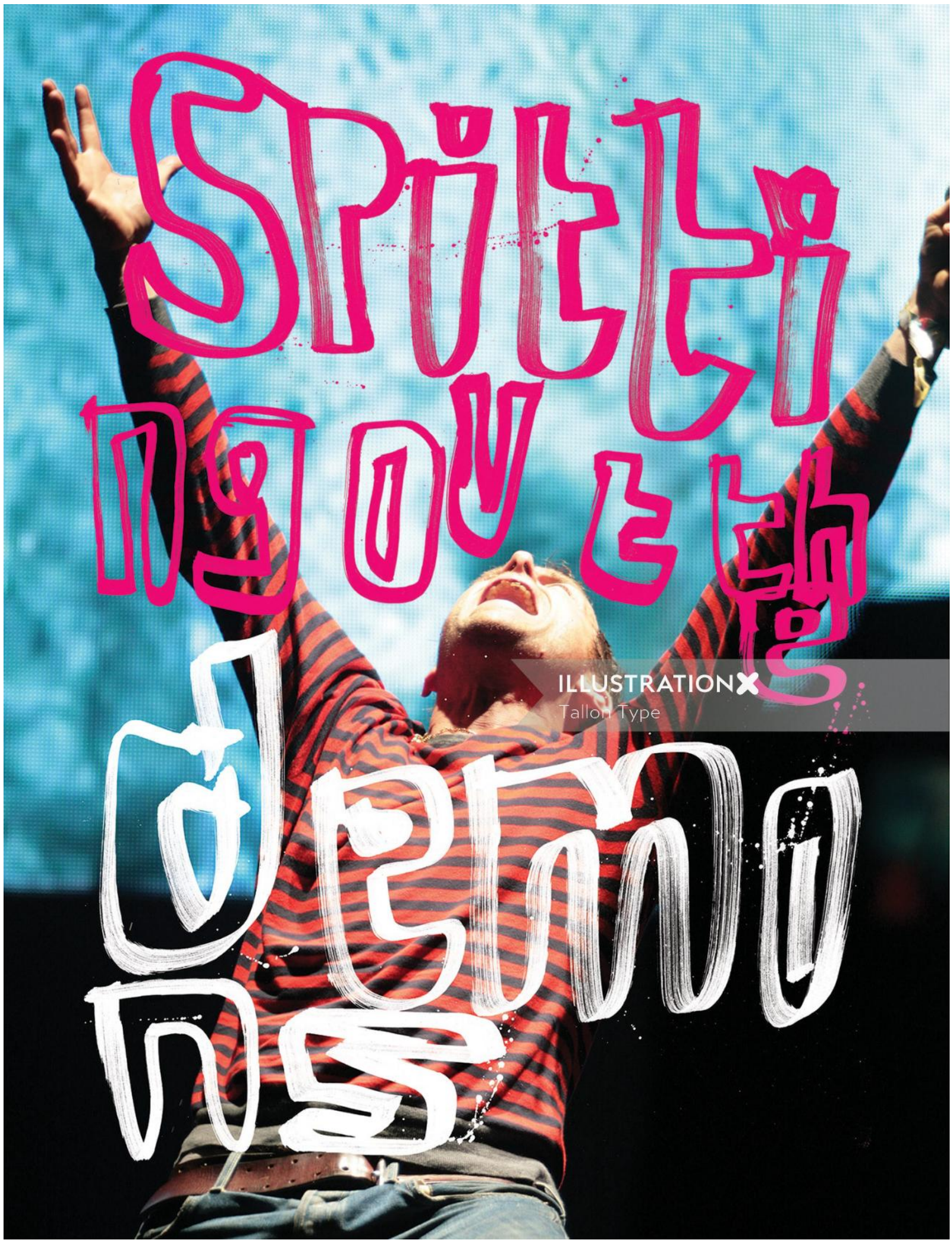

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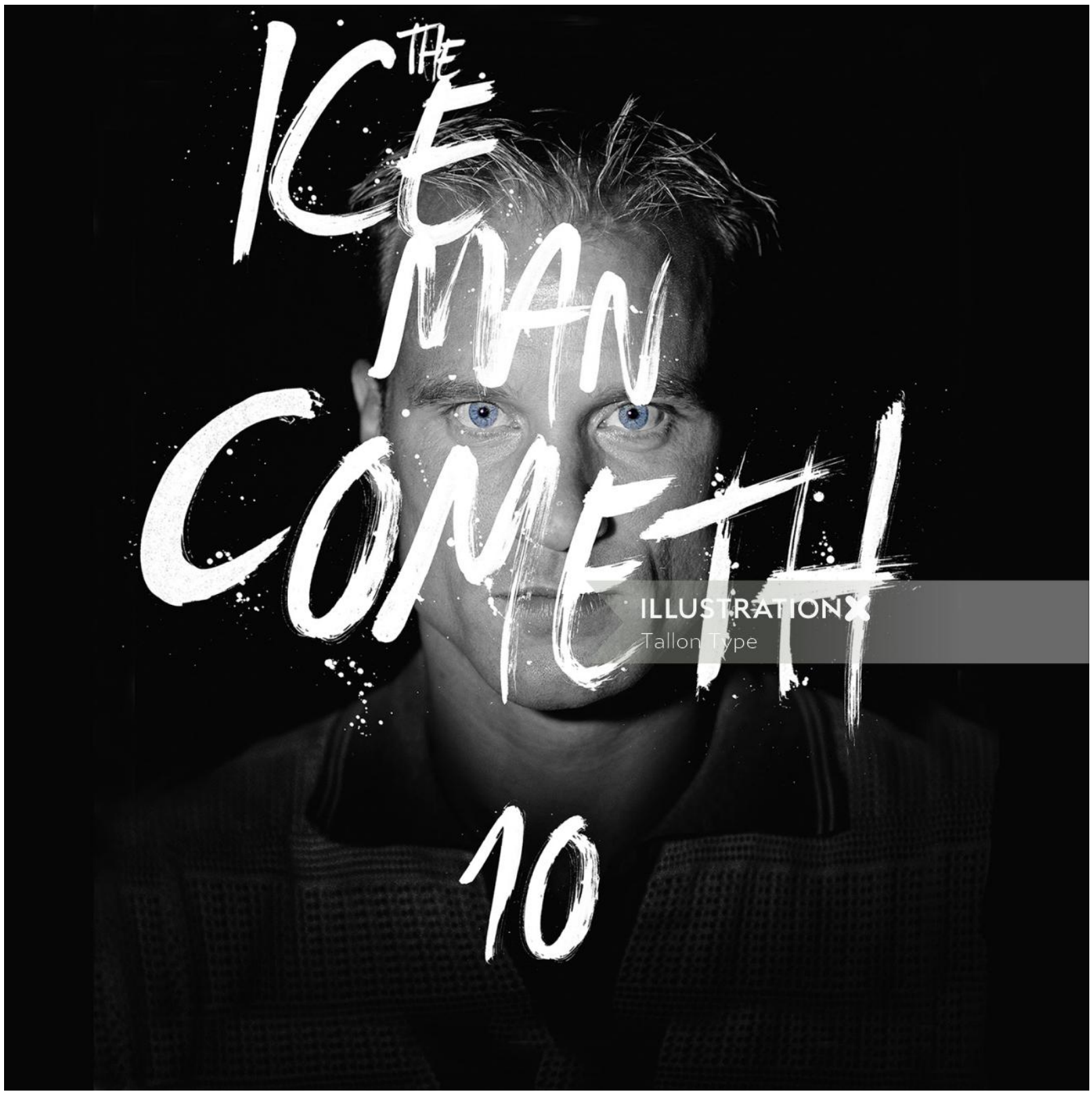

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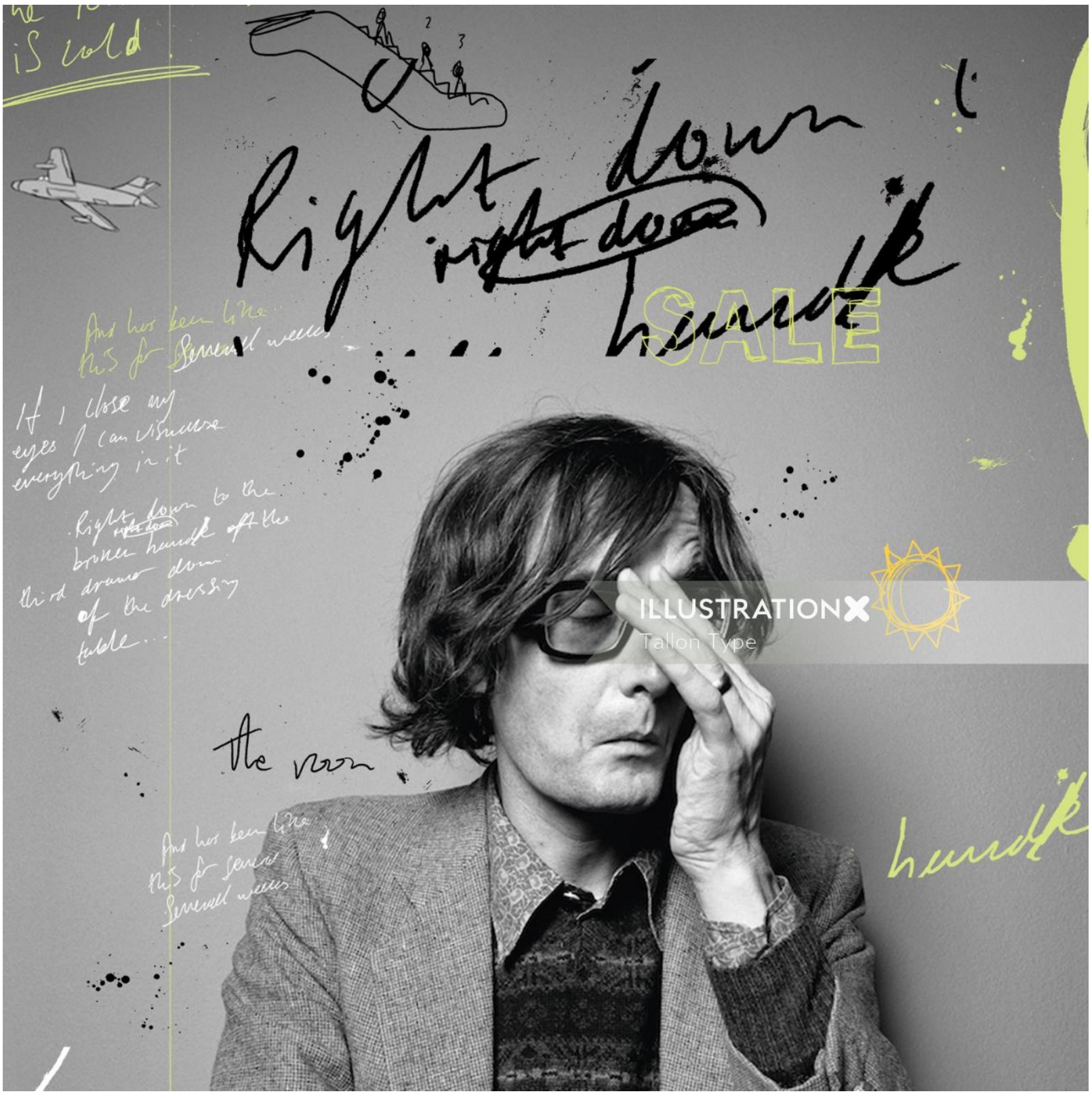

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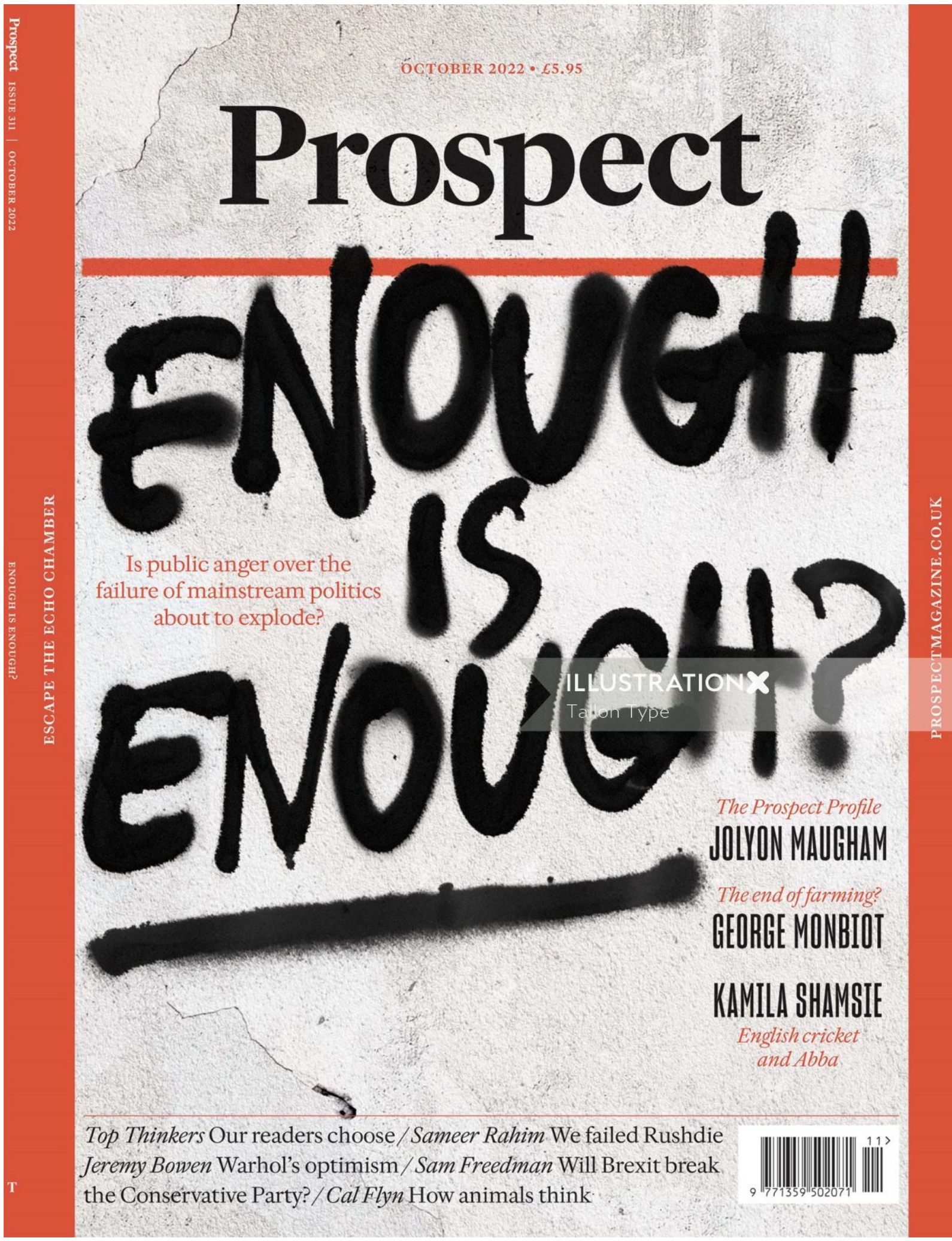

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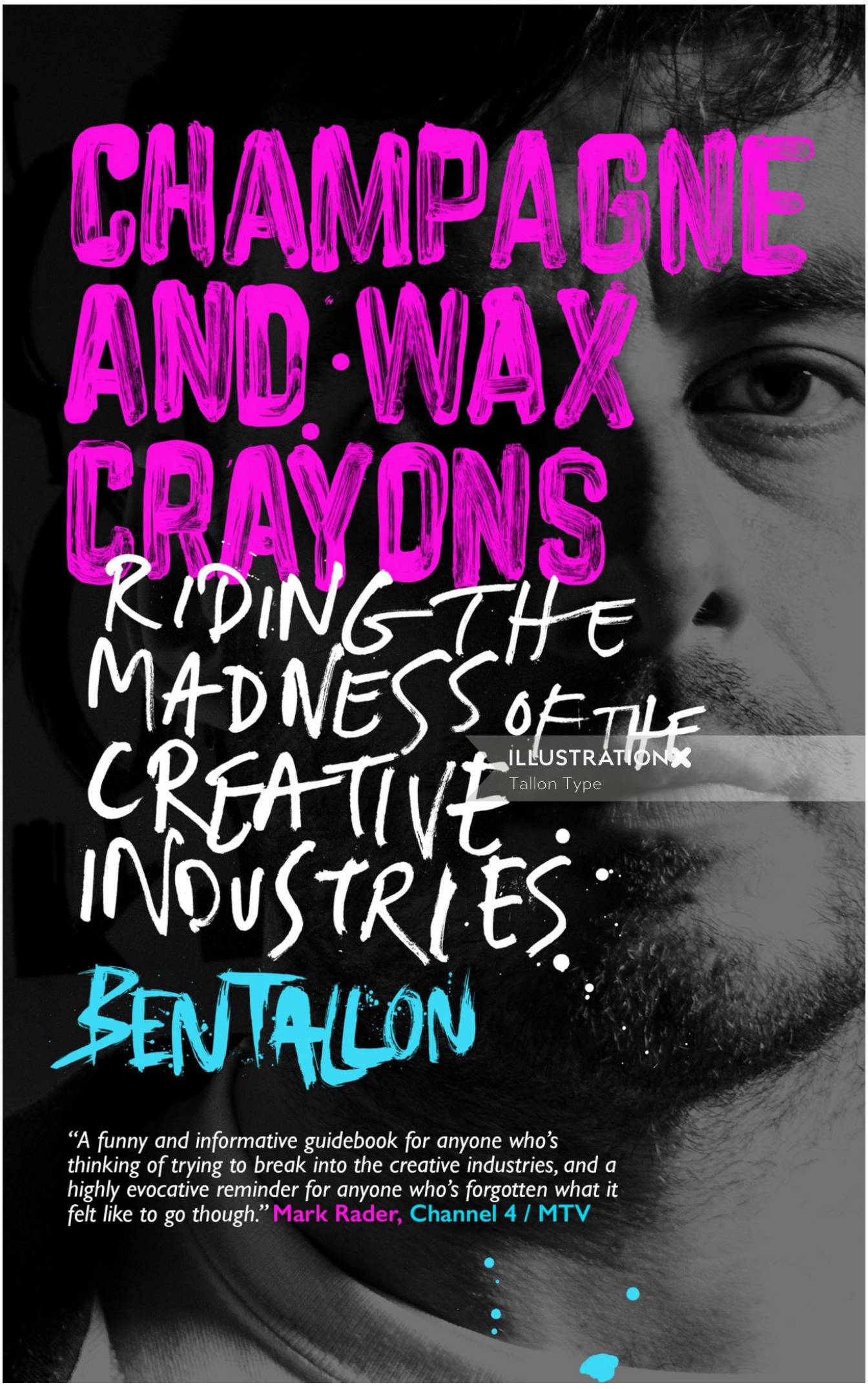

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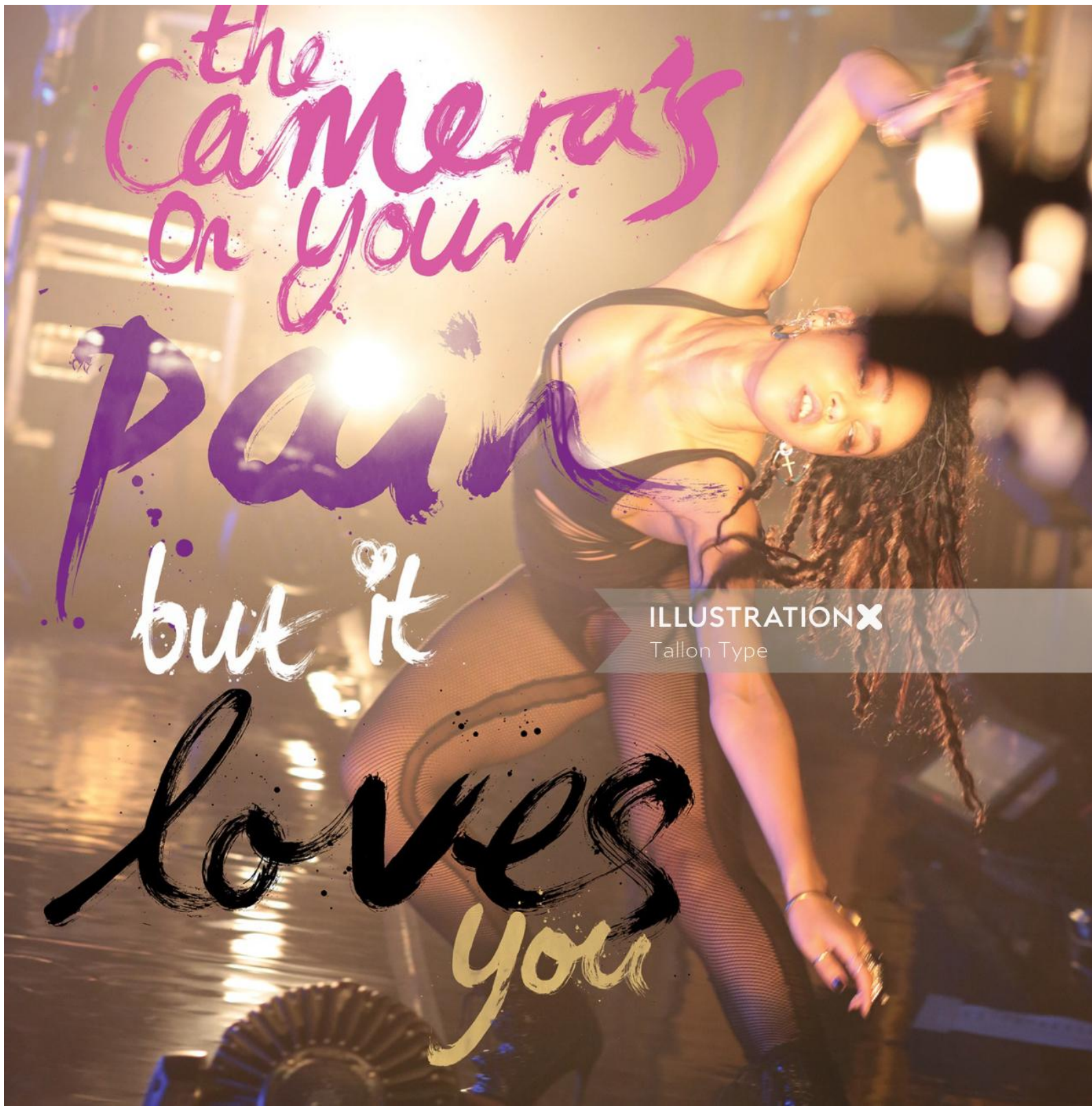

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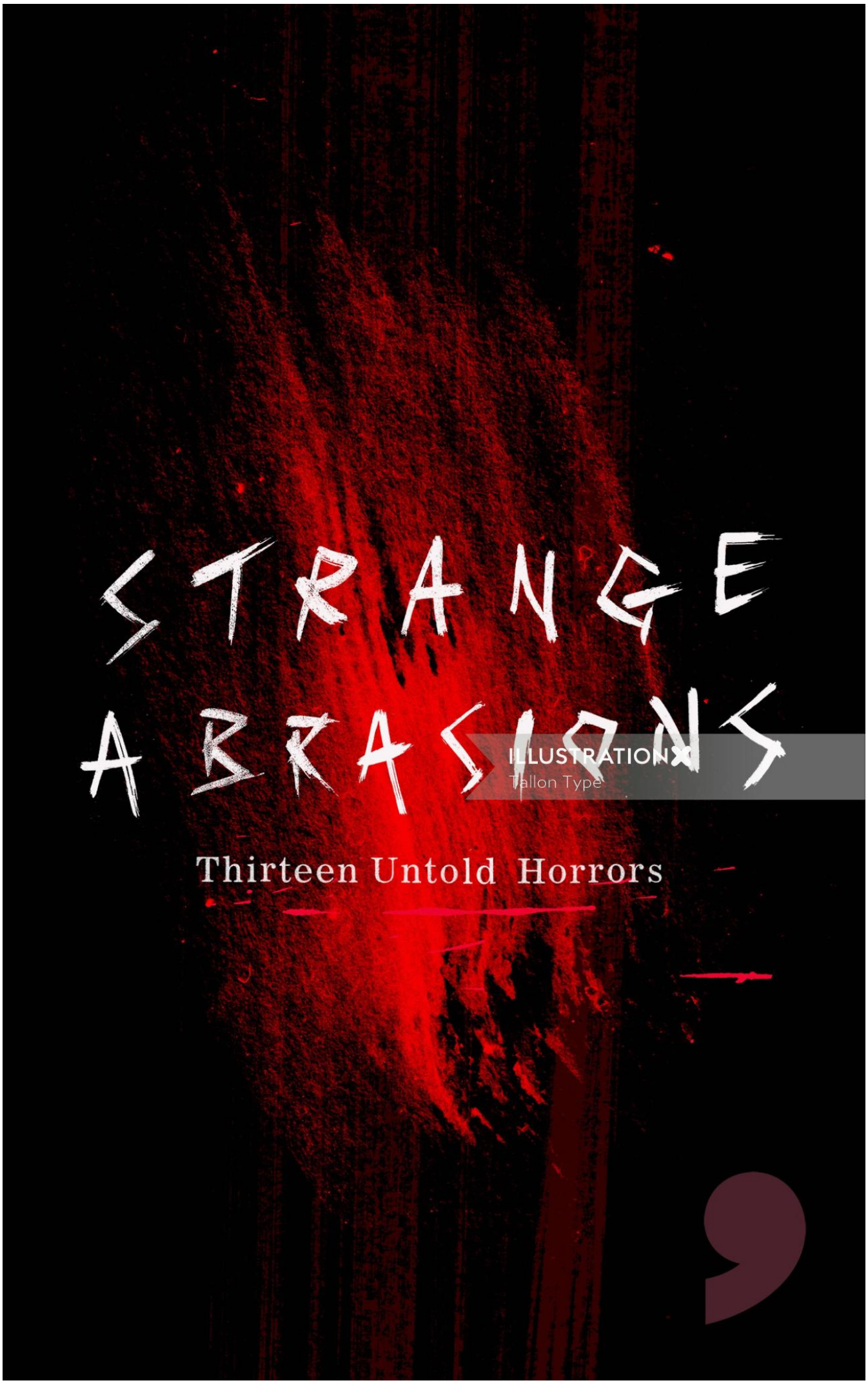

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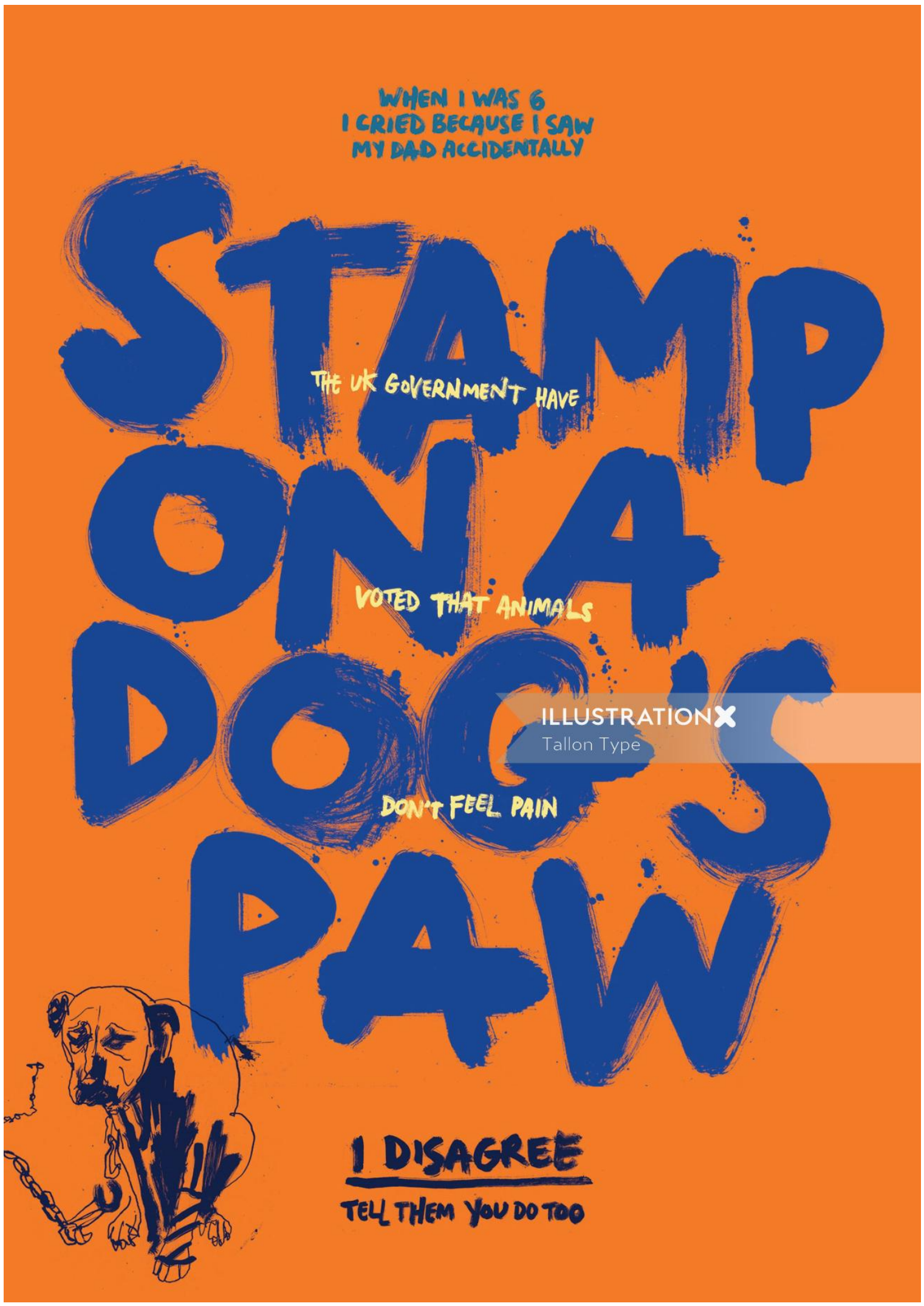

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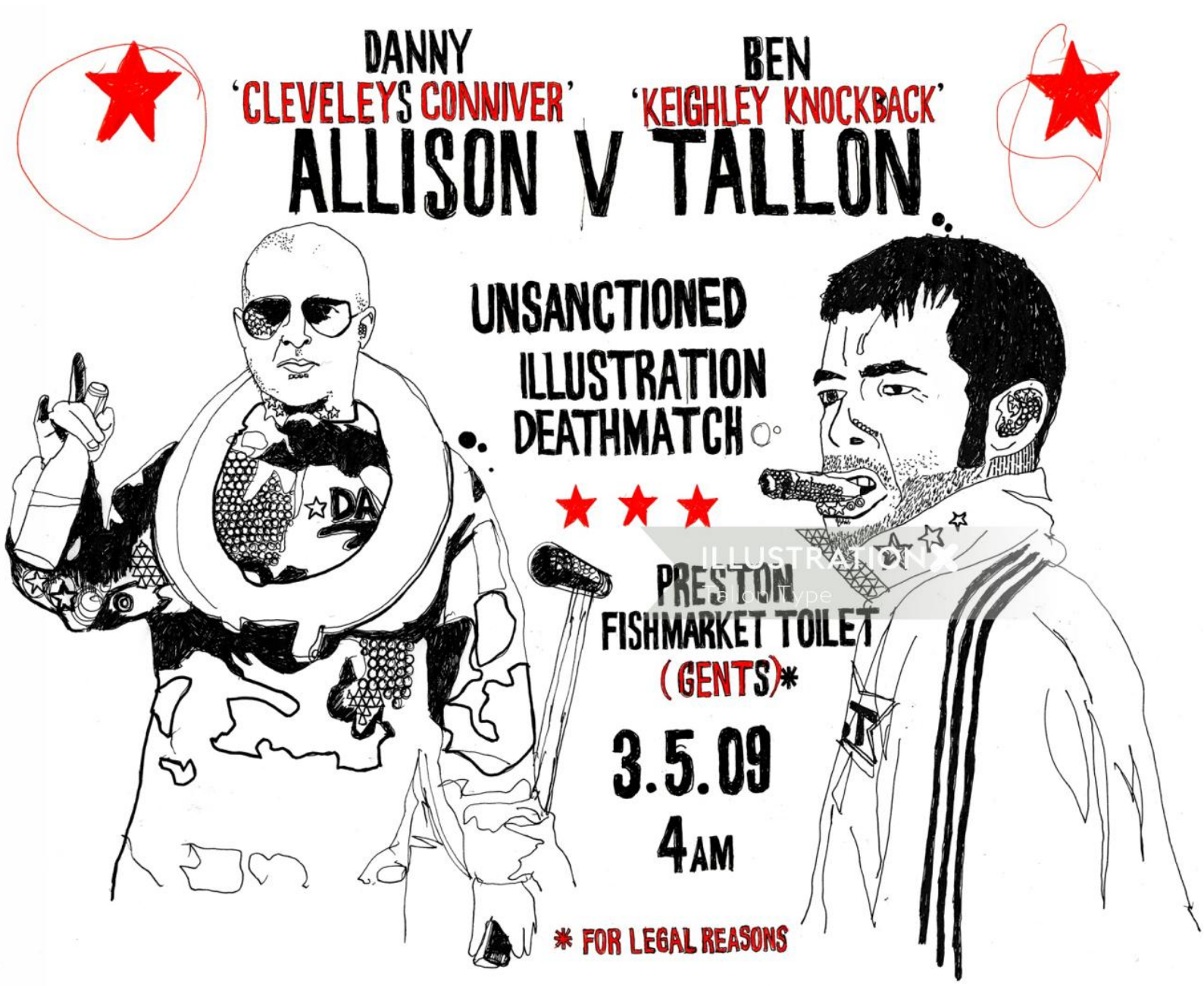

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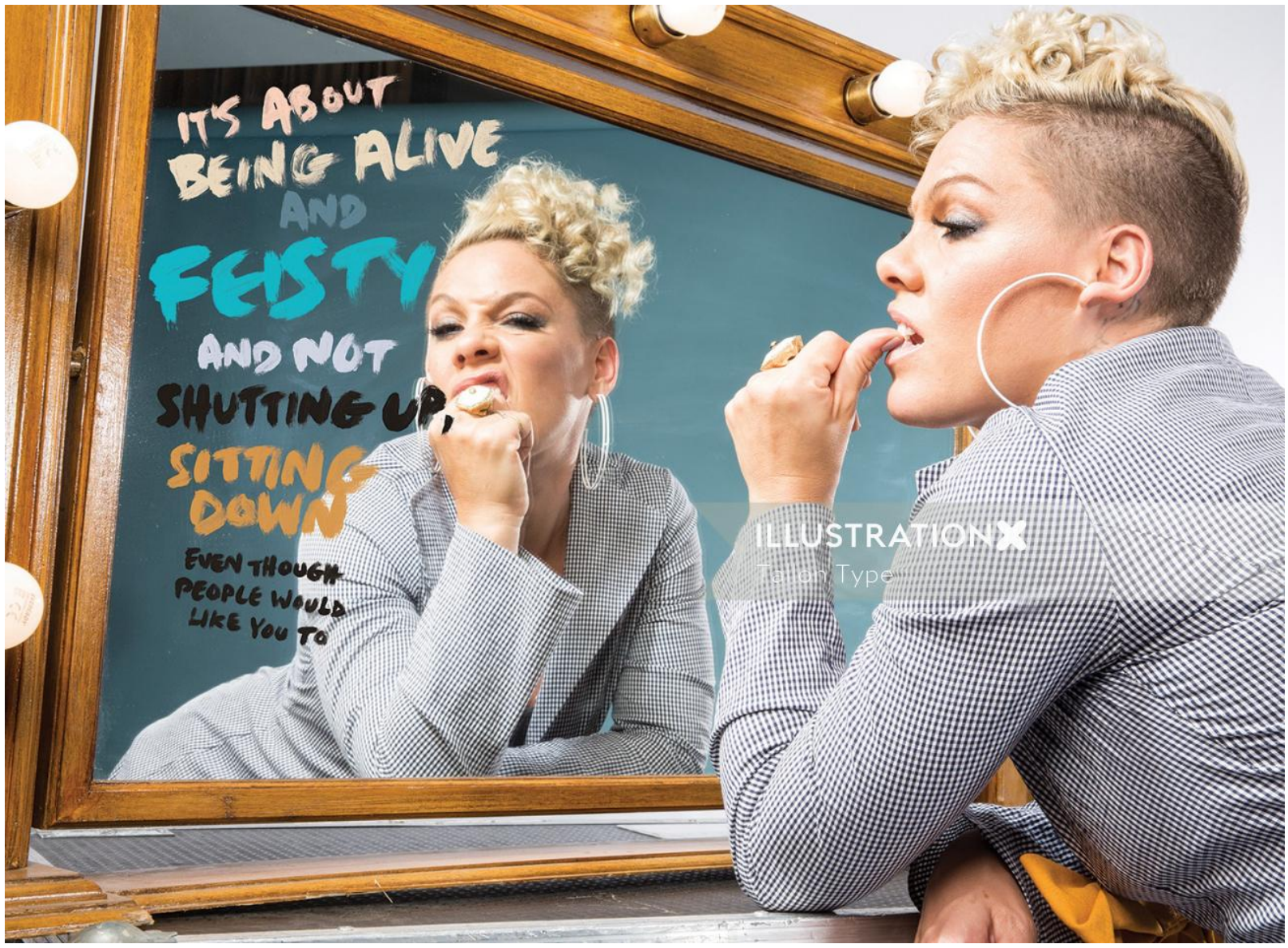

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he lights go out. Bray Wyatt flicks a match and uses it to light a hurricane lantern. "We're here," he announces before blowing out the lantern, leaving the arena in darkness, symbolic of the ignorance to the "truth" Wyatt preaches.

Wyatt wants to save the world, but the "sheep" that don't follow his word, suffer for it.

"Fear not the army of the wolves led by the sheep," he said on the July 17, 2013, edition of office role with The Authority.

The night after *SummerSlam*, R-Truth became the next Superstar to confront The Wyatts. With so much buzz around Wyatt, it was hard to prepare to face him. Truth found that a large part of the challenge was psychological.

"You have to get inside your opponent's head," he says, "And it's real hard to get inside Bray's head."

When challenging Wyatt, competitors also have to deal with the beasts in his corner, Harper and Rowan.

The pair answers Wyatt's every order, such as attacking Kane and R-Truth upon his command

Although Wyatt is the clear leader c group, it's also obvious that he trusts and Rowan. In his mind, he has the a people seek. His power even convince to briefly agree to side with The Wyatt January after months of feeling their v

He insists that Harper and Rowan a brothers, not his followers, which JBL makes him an appealing leader becau himself on the same level as the peop and relates to them.

"A quarterback calls the plays, but t mean he's better than the running ba wide receiver," he says. "Bray is a great

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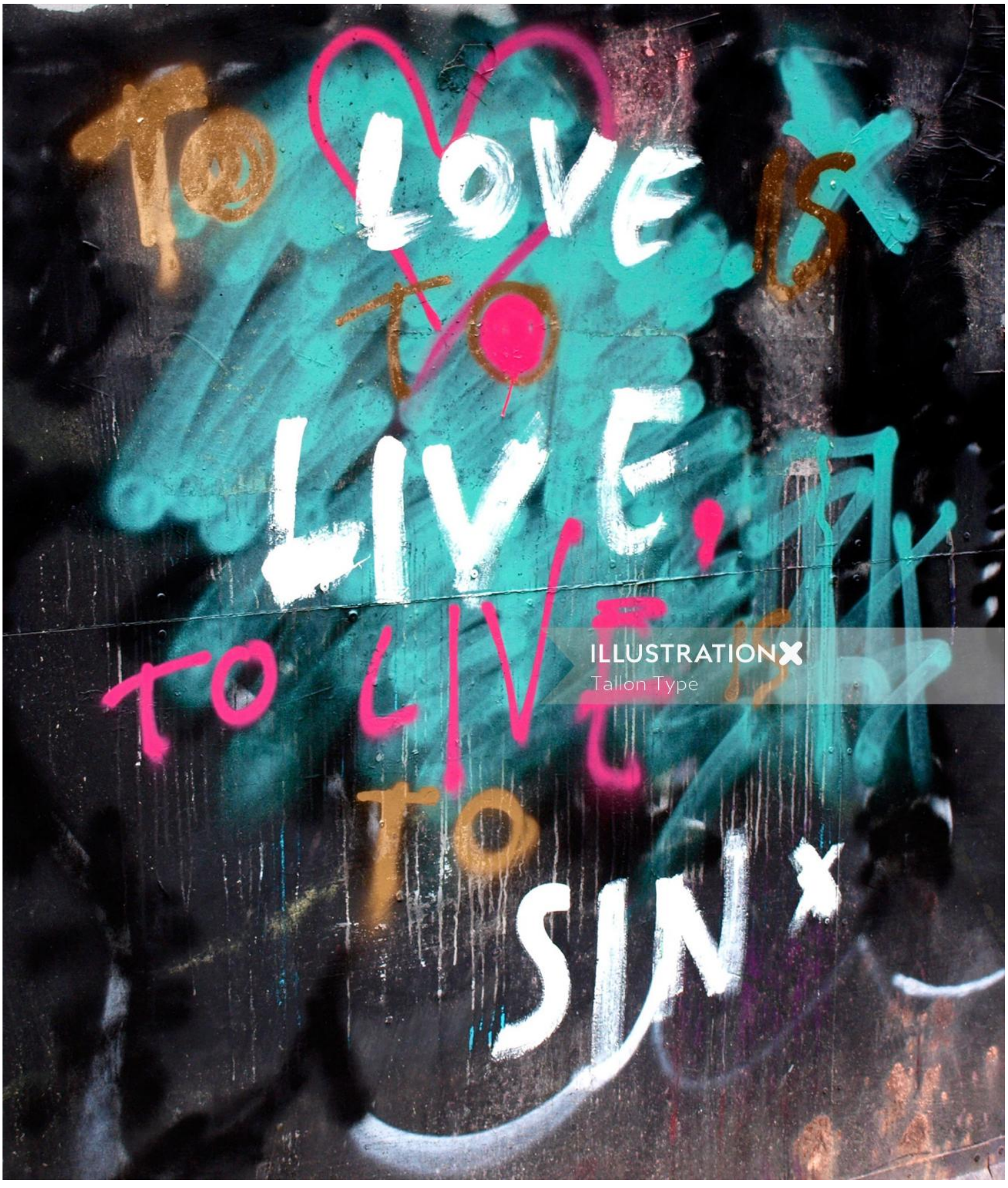

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Alice wears: (This page) Bra, L'urv at Active In Style; crop top, Boohoo. (Opposite page) Bra, L'urv at Active In Style; jacket, Sportmax at Harrods; bikini bottoms, Arabella London; boots, New Look; socks, stylist's own

moment' – Alice is so enthusiastic right now that she's almost levitating – 'It's called *The Telomere Effect*.' Never heard of it. 'It's these two female scientists – girl power! – one of whom won the Nobel Prize for discovering the part of our chromosome responsible for ageing. It's very science-led, about the importance of breathing, meditation and focusing your mind. I'm devouring it.'

And what about #goals? Presumably with all of her books, sponsorship deals, an ever-growing roster of clients and her first app all ticked off the list, Alice's aims for 2018 and beyond must be inconceivable to the average person, right? 'I'm so good with money, because I'm trying to save as much as I can. My biggest ambition in life is to buy my own house, maybe just outside of London.'

You see, Alice, for all her hundreds and thousands of followers and best-selling books, isn't so different from you and me as we might think. WH

Fierce

Strength

'Sorry I'm late!' hollers social media superstar Alice Liveing, even though she isn't. 'Thanks for coming to see me,' she adds, despite the fact that I pretty much insisted we meet here at Third Space in Soho as it's five minutes from the pub where I'm scheduled to meet my mates later. Plus, I fancied a bit of a snoop around the gym I've been eyeing up for years but can't justify on a journalist's salary, where Alice guides her lucky PT clients through squats, lifts and lunges.

The 24-year-old is walking – well, it's more of a bounce – towards me, clutching a coffee the size of Texas, arms poised for a hug. She's wearing an oversized parka, hood up, her pixie face – flushed by icy wind – hiding among a halo of fake fur. She smells of perfume – kicky, fresh base notes of spice – and cold London air. She asks how my holiday was. (It was great, thanks.) She waves hello to at least four people. We sit in the gym's cafe on stools that may or may not be made out of old champagne corks. To my left is a man who looks like he just stepped off the front cover of our brother publication, doing walking planks. To my right a table, on which copies of *Women's Health* are spreadeagled among bowls of fruit and some herby perennials. And they're not even there for my benefit – this is just a very classy place.

Alice wears: Bra, Helmut Lang at Harrods; crop top, Missguided; bikini bottoms, Arabella London; boots, Public Desire

'Let me hold this for you,' says Alice, lifting my recording device snogging-close to her mouth as the smoothie bar connoisseurs blend with gusto. So far, so charmed.

And Alice *is* charming. It's this affable nature and friendly face that, along with her aptitude for poaching the perfect egg and being in amazing shape, has given rise to her impressive trajectory from blogger to brand. It's also why, when shooting her for her second cover, the *Women's Health* team decided to mix things up. Gone are the Disney-esque colour palette, mega-watt smile and Cali-blonde curls you see daily on Alice's Insta stories. This is Alice the businesswoman, Alice the no-nonsense trainer, Alice the woman who knows exactly what she wants, with a gaze and confidence as fierce as the form-fitting black pieces we've put her in. This is Alice Liveing like you've never seen her before.

The fitness star's journey from overweight student to buff influencer has been well documented – never the sporty type at school ('I was more into singing and dancing'), her first foray into the gym wasn't until university and her social media feed began solely to document her new-found healthy cooking skills – but less well known is that her motivation wasn't simply for aesthetic reasons.

'It began by putting myself on a level playing field with men. I'd been in a really horrific relationship from the age of 16 and ended up taking out a restraining order against this guy. I'd been beaten down to the point where I had no self-esteem, no self-confidence, and strength training enabled me to find that again. It was like I was refinding myself. I was controlled by a man for so long, and now I was taking back control.'

Alice's current boyfriend Paddy – who you may recognise from the odd cameo on her social posts – is the yin to her yang.

'We met on Happn. He was the only guy I matched with – we chatted for months before meeting. Our first date was going out for coffee – if it was a drinking date, I would've got hammered and said all the wrong things! And he's not in my industry, which I love. He's in finance.'

'Ker-ching!'

'I knew you'd say that,' she laughs. 'Not the stinking-rich kind, unfortunately!' she laughs some more. 'He's been the best influence on me – he loves a drink and when we go out, we have so much fun, he makes me really relax.'

Half an hour before our chat, Alice updated her 625k-and-counting Insta followers with the news that her latest book, *Everyday Fitness*, was number nine on the Amazon charts, outselling Jamie and Nigella. An hour or so before that, news came that her 'seriously' affordable fitness range, 'Alice Liveing x Primark', had sold out. There are three other books in the works that she's not even shown off about yet, all of this while holding down a job as a personal trainer at Third Space. ('I love it. It keeps me grounded. I'm at the coalface of fitness.') And there's one more thing to get excited about.

'My app!' For Alice, it's the realisation of her ethos – all her astute fitness knowledge, garnered from a genuine desire to live well/do good/save the world, crammed into one handy tap of your phone. It's called *WH Transform* and, yes, the *WH* does indeed stand for *Women's Health*.

'It's about transforming the way you train, and at the core of it all is weights,' Alice explains. 'One of the things I hear most from women is that going to the gym and not necessarily knowing what to do is intimidating. It's the biggest hurdle we need to overcome. It can be a stressful environment, I know that, but if you've been guided through the moves and feel like there's a plan in place to follow, hopefully you'll feel more in control and therefore more confident.'

Based on the 12-week transformation of *WH* Editor Claire Sanderson, who was lucky enough to train with Alice in person, the fitness and nutrition guidance in *WH Transform* can be tailored to your own experience and strength; something Alice insisted on.

'We've created a prep phase for those who have never lifted in their life, which you can do over four weeks, six weeks, however long feels comfortable. There are recipes created by a nutritionist who's given tips about putting together a healthy diet – but there are no specific diet plans. There's no one-size-

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