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What to do



The all-new fitness promises are in place, right? But rather than set yourself up for a fall with grand ideas of marathons and whopping weight loss, how about just safeguarding your body for the future? Maybe starting with core strengthening pilates classes?

Pilates teacher Chloe Hodgson explains her conversion. "I've always been into sport and fitness, but it wasn't until after an accident when I injured my back that I began to understand the benefits of pilates." Hodgson began taking pilates classes and magically her back problem vanished. She was so impressed that she wanted to spread the word, and so began her Stott Pilates training, ultimately giving up a successful career in PR to become a pilates instructor.

Chloe's Pilates is a combination of Stott and dynamic and tailored specifically to your muscles and body needs. Understanding innately how the body works, Chloe will

make the tiniest adjustments to get the right muscles working, whilst teaching either on a mat, a reformer machine or at the ballet barre. Chloe is based at Lomax, the slick fitness, nutrition and well-being gym in Chelsea where you'll find the first RealRyder classes in the UK (spinning bikes that also simulate the side-to-side movement), big guys flexing in the gym's individual 'fitness pods' while soignée girls sip juices and snack on raw food in the café.

At this stage in the year it's all about beginning with the right intentions and making promises you can keep. Core strength is a fine place to start. Good luck and just do it!

www.chloespilates.com

www.lomaxpt.com

Chloe's Pilates and Lomax offered all Vanity Fair A-List subscribers the chance to win a '5 Day Red Carpet Ready' package, including; 1 day Lomax juice cleanse, 3 personal training sessions, 2 private pilates classes with Chloe, 5 RealRyder classes (total worth £600). Don't miss out on future offers, [sign up to the A-List](#).

Where to go



Some years ago a clever New Yorker coined the term Bobo - short for "bourgeois bohemian" - to categorise a new sub-species of "highly educated folk who have one foot in the bohemian world of creativity and another foot in the bourgeois realm of ambition and worldly success". Bobos soon started popping up in cities all over the world. But something in the air of the 10th arrondissement proved especially congenial and they flourished most happily in Paris. If the Republic of Bobo has a capital, this is it.

The best way to spot these exotic, chic, artfully scruffy, somewhat self-regarding but essentially harmless creatures in their natural habitat is to hop on the Eurostar and embark on an urban safari. Check into the bijou Hôtel du Petit Moulin and take a special Bobo walking tour, which the hotel can arrange for you. The hotel itself is impeccably Bobo. It occupies the site of a former bakery where Victor Hugo used to buy his pastries, and the interiors - a mad, gorgeous mash-up of

colours, patterns and textures - are by Christian Lacroix.

From there, set forth into the Marais in the company of an expert guide who will help you track your Bobo quarry and fill you in on their peculiar habits and rituals. You'll do this on foot, rather than in a Land Rover, and it takes two and a half hours, so you'll work up an appetite. This is a good thing. It turns out that a defining Bobo characteristic is a taste for the finest hot chocolate and croissants - which you will be urged to sample at several top Bobo watering holes and salt licks along the way.

By Steve King

Hôtel du Petit Moulin (29-31 rue de Poitou, 75003 Paris; www.hotelpetitmoulinparis.com; +33 1 42 74 10 10). From €195 per room per night, B&B.

Bobo walking tours with Context Travel (www.contexttravel.com; +33 1 215 609 4471). From €80 per person or €330 per group, including tastings.

What to buy



The present frenzy is over for another year, but something that may have slipped beneath your radar is The Artists' Colouring Book of ABCs.

The book includes black and white works by 26 contemporary artists, including Tracey Emin, Grayson Perry, Marc Quinn and Gavin Turk. Each has been assigned a letter of the alphabet to illustrate, which is then ready and waiting to be coloured in.

Devised by editors Lauren Jones, Alix Junta and Charlotte Colbert, the book is an ingenious way for all ages to engage in contemporary art. And besides stockpiling the paperback for future presents, who couldn't be excited by the limited edition boxset available at Yoox.com that includes a signed screen print by Jake and Dinos Chapman.

The Artists' Colouring Book of ABCs

www.amazon.co.uk/The-Artists-Colouring-Book-ABCs/dp/0957156014

www.yoox.com/project/colouringbook