



HELLO, I'M **CARL PRINCE**, WRITING EXCLUSIVELY FOR YOU IN SPORT 4 ESSEX, COVERING ALL ASPECTS OF HEALTH AND FITNESS.

# EAT YOUR WAY TO FITNESS



## Q&A

If you have any questions regarding health, fitness or nutrition by all means send them to [carl@targetfit.co.uk](mailto:carl@targetfit.co.uk) I will include the best one in my article next issue.

**Q.** I find running really hard and give up after about 2 mins if that because I am out of breath! Any suggestions?

**A.** You will find that in the first 5 mins of any run you will have an element of oxygen debt, which is just where the lungs can't quite supply enough oxygen for the body resulting in shortness of breath. Try and do a minute walk minute jog, this will make the oxygen debt less severe and help you settle into your run better.

**NEXT ISSUE: Survival of the fittest!**

## NUTRITION

My tip for this issue is a simple one. If your new years resolution is to lose weight, make sure you throw away all excess chocolate and alcohol from Xmas that is still lingering around the house. You will remove the temptation to eat them and this is a positive way of starting any healthy eating plan!



## The Body Challenge

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**W**ITH 2008 well and truly here and all of us feeling the effects of Xmas's over indulgences, it is as good a time as any to really look at why we struggle with our weight!

Obesity is a modern day epidemic with many people finding it hard to lose body fat despite trying many different diets and exercise programs. This doesn't only apply to the clinically obese but also to people who just want to loose a few pounds of fat from their tummy or hips find that despite many trips to the gym their body seems to be "hanging on for dear life" to that extra layer of fat.

Modern eating habits are without doubt the biggest problem contributing to the obesity epidemic we see happening before us. Food such as junk food results in a lack of nutrients in the blood stream which causes the body to crave more, but with most people when that more food comes it is again, junk food. This is what's happening with the people who are always hungry / can't stop eating. It's not because they're greedy, it's because they are starving. So how do we avoid these junk or bad

food binges? First of all we need to take far greater care about what foods we put in our bodies. We need to stop shopping for convenience and bargains and start shopping for health. The food you put inside your body and the bodies of your loved ones is one of the most important decisions you make, consider a diet of meat, fish, vegetables, fruit, nuts and seeds, where buying organic products when possible should be a priority, and water should be the staple liquid of your diet. Foods that come in packets and have long shelf lives and unpronounceable ingredients are definitely out.

Ineffective exercise programs are an extremely common problem too. I'm sure that we can all think of that person we see at the gym, the one who is always there always doing the same exercise but their body shape has never changed. The two most common faults are overuse of aerobic exercise and the use of relatively worthless exercises such as stomach crunches & inner/outer thigh machines. There are many problems with these types of exercise, the first and most glaring is the simple fact that spot reduction simply doesn't work, doing a hundred

crunches a day or even a thousand crunches a day will not burn fat off your abdominals, it will only lead to muscular imbalances. As well as not doing what people want them to do, these types of exercise have an extremely low calorific effect due to the fact that you are using three or four muscles as opposed to doing a proper free-standing exercise such as a squat or lunge.

Some trainers will advise that your body is burning more fat when working aerobically, but the fact is that just a greater percentage of the calories burned are from fat, but it's a greater percentage of a smaller amount. The total amount being

burnt is way less than would be achieved with an anaerobic work out (such as resistance training). The body's metabolic response to aerobic training in the long term is a greater propensity to store fat, the exact opposite is true of anaerobic training.

### EXERCISE OF THE ISSUE

- Multiple punch workout requires 2 tins of beans or 1 or 2 kg weights
- Stand with you weaker leg and arm leading so practically sideways on
- Find a point on the wall to aim at as a focus point
- Have a clock in front of you and start punching the weights out in front
- When 20 seconds is gone change to punching above the head
- When another 20 seconds are gone change to lateral (shoulder) raises with straight arms
- Finish after the final 20 seconds
- Progress by increasing time or weights



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