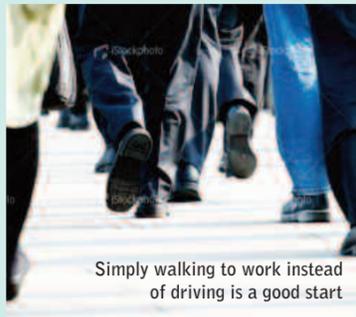




HELLO, I'M **CARL PRINCE**, AND I'LL BE WRITING EXCLUSIVELY FOR YOU IN SPORT 4 ESSEX, COVERING ALL ASPECTS OF HEALTH AND FITNESS.

# GET IN SHAPE FOR SUMMER

Each month I'll be giving you ideas and advice on how to achieve the body you crave as well as a healthier lifestyle. I'll also be answering any questions you have on nutrition or exercise issues. With the summer fast approaching its time to get over the new year blues and start feeling fitter, so I thought I'd begin by giving you ideas of different ways to start losing any excess pounds you may wish to shed.



Simply walking to work instead of driving is a good start

### EXERCISE:

To really notice a difference you need to start being active and that means exercising a minimum of three times a week. This could be a trip to the gym, playing a sport or even a brisk walk. Get out of the comfort zone! Whichever activity you choose try and get your heart rate up, you'll know you're working when you feel slightly out of breath and start to sweat. Keep your exercise varied. Simply walking to the station instead of driving is a good start but realistically you won't achieve the weight loss you are after just by doing this. Soon this walk will become too easy so look for ways to continually increase your activity.

### EXERCISE OF THE WEEK:

Lunge with a twist

1. Start with your feet together. Take a step forward so your legs are 1 metre apart.
2. Lower your back knee so it is a foot above the floor and both legs are at right angles. Hold this position.
3. Now extend your arms out in front of you and twist your upper body towards your front leg, 90 degrees.
4. Hold, then twist back to the front, step back and return to a standing position.
5. Repeat 12 times on the same leg before changing legs.
6. Repeat the entire exercise three times to reap the benefits but prepare to feel it in the morning!

### NUTRITION ADVICE:

Try and develop a structure to your diet.

Eat regularly but in moderation. Little and often is the key, without skipping meals.

Drink plenty of water, two litres a day preferably. This will give you more energy and keep you hydrated as dehydration can often be confused with hunger.

Base your meal size on the activities that follow. For example, if between this meal and the next you will be sitting at your desk or watching TV, your calorie intake should be low as there will be little opportunity to burn off what you have eaten. If, on the other hand, you are going to be working strenuously then increase the size of your meal accordingly.



The lunge with a twist exercise.



## WELCOME TO FUTURE OF RACING

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## 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 month.

**Q. I find it hard to get motivated to exercise, do you have any tips to help me get started?**

A. Exercise is just something you need to get into. Try and find a sport or activity you enjoy or that you can easily fit into your routine, so that you don't see it as a chore. If going for a run or to the gym does not appeal to you, try something completely different like kick-boxing, a martial art or yoga and pilates. The key is to have a goal or a reason to want to start exercising in the first place!

Next month, why diets don't work and why you should reduce aerobic work!



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