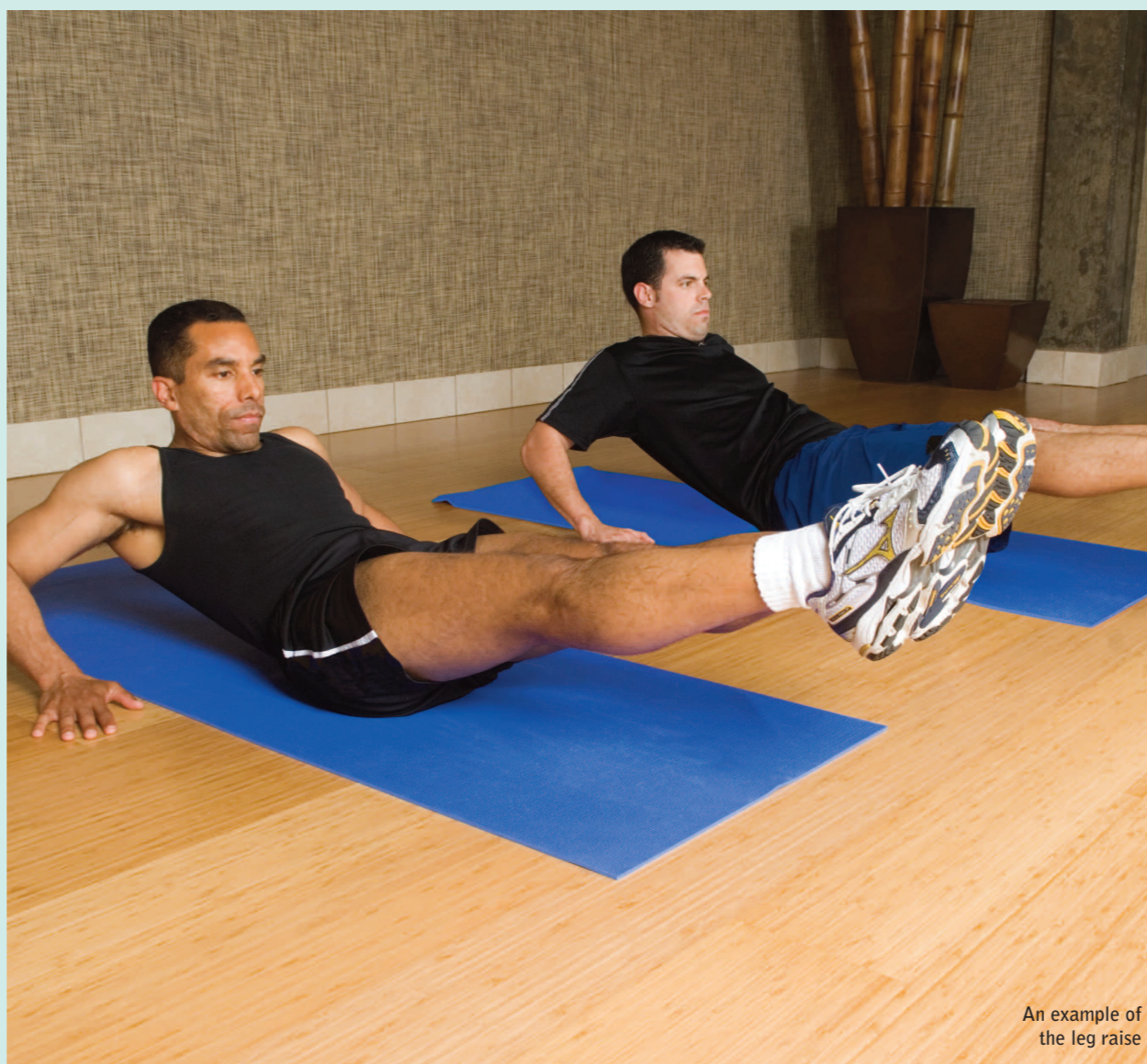




HELLO, I'M **CARL PRINCE**, AND I'LL BE WRITING EXCLUSIVELY FOR YOU IN SPORT 4 ESSEX, COVERING ALL ASPECTS OF HEALTH AND FITNESS.

# FEELING GOOD!



An example of the leg raise

**T**HIS months article is an interesting one, as I am looking at how you can feel good about exercise.

Felling good about your exercise is crucial to you sustaining any exercise programme, and therefore getting results.

Recent studies have shown that physical activity reduced symptoms of depression and anxiety, and improves mood.

When exercising, you will feel less stressed, and more relaxed. You should sleep better and develop greater confidence. Exercise stimulates the production of endorphins, which are natural mood enhancers in the brain.

The key to feeling good about exercise, is for you to switch your focus from worrying about how exercise makes you look, and more on how it makes you feel!

Focus more on being in better condition overall, rather than looking for physical miracles, and your



motivation will soar. On of the most common reasons people don't exercise, is because they feel they cannot. Therefore you should set yourself realistic goals and targets and build from them.

**EXERCISE OF THE MONTH:**

- Lie flat on your back with palms down
- Bend your knees and pick your feet up off the floor
- With both feet up, fully extend your left leg, hold for one second, then bring the leg back
- As soon as the left leg has returned to its start position, repeat the same movement with the right leg

- Repeat 12 times each leg, and that comprises one set
- Try to do 2-3 sets

**NUTRITION:**

Your food should provide you with energy throughout the day, so at breakfast you should steer clear of fry-ups, which will make you sluggish, or sugary cereals with no nutritional balance. Try to eat a bowl of porridge (approx 150g) fruit, fresh or dried, nuts and oats. These give you a fantastic source of nutrients as does digestion friendly yogurt, so start to incorporate some of these into your diet. Breakfast is the most important meal of the day so never avoid it!

## 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. How do I reduce fat from my stomach?**

**A.** A favourite question with a simple answer. Diet and exercise. You cannot spot reduce fat from a given area, all you can do is improve your diet and perform exercises that increase your heart rate. You can tighten your abs through free weights and exercise. Plenty of rotational work, Core work and Ab crunches will help mobilize fat in that area and improve shape.

**NEXT ISSUE:**

**How to get the most out of working out at home!**



Personal Training Group  
Nutrition and weight management  
Specific Torso and Core Stability Development  
For more information visit:

