



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

# GOING AEROBIC



The treadmills are a great way to get cardio intensive exercise.

## TRAINING 4 SPORT

**T**o really notice a difference you need to start being active and that means exercising a minimum of three times per week. However to develop fitness and start effectively shedding pounds it is not all about spending an hour on the treadmill or cycling round the block 50 times! Although such activities would still help this lengthy type of exercise is known as aerobic exercise and needn't be quite so gruelling. Aerobic exercise releases cortisol into the body, which acts to break down muscle, which is what we need to stay looking leaner and develop a high metabolism. So focus on strengthening exercises with some cardio to get the heart rate fluctuating.

**"AEROBIC EXERCISE RELEASES CORTISOL INTO THE BODY, WHICH ACTS TO BREAK DOWN MUSCLE"**

3. As soon as you are on the seat hold for no more than 1 second
4. Stand up straight from the seat avoiding any rocking of the feet or allowing your knees to come over your toes.
5. Repeat this exercise continuously for 1 minute and then rest for 30 seconds before doing another 2 sets.
6. The progression with this exercise is to find a lower seat to perform the exercise on or perform it standing on one leg! Prepare to feel it the next day!

**NUTRITION ADVICE:** Now we all know diets don't work. However, the principles of a number of 'faddy' diets are accurate. Any diet generally follows the principles of healthy eating, however you need to avoid any diets instructing you to cut out important food groups, cut out meals or just drink shakes. The metabolism needs solids to make it effective at burning calories. Instead try drastically reducing your calorie intake for 2 or 3 days then increasing this intake on the 4th day for effective results.

**EXERCISE OF THE WEEK:**  
Squat on to a seat

1. Start with your feet shoulder width apart and a chair behind you.
2. Sit down onto the seat lowering yourself down gently until you are in a sitting position



## 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.What time of day would you recommend is best to exercise?**

A. There is no best time to exercise it is just really when you feel you can get the best from your exercise. One school of thought is the morning is better as it gets the metabolism going and can act as a pick me up. However the majority of my clients are evening exercisers due to either work commitments or a preference to later workouts. So you should not worry about the times to work out, just do whatever works best around your lifestyle so that it can be sustained.

**Next month, how to get round some of our favourite excuses to avoid exercise!**

Personal Training Group  
Nutrition and weight management  
Specific Torso and Core Stability Development

For more information visit: [www.targetfit.co.uk](http://www.targetfit.co.uk)

