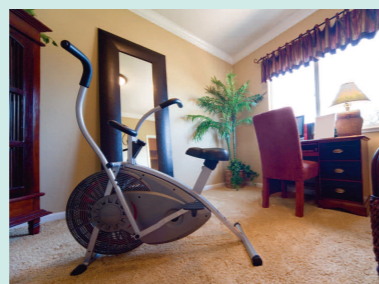




HELLO, I'M **CARL PRINCE**, AND I'LL BE WRITING EXCLUSIVELY FOR YOU IN SPORT 4 ESSEX, COVERING ALL ASPECTS OF HEALTH AND FITNESS.

EXERCISE AT HOME



WITH exercise now such an important focus point of today, particularly in light of the current national obesity crisis, bringing it in to your daily routine has never been easier.

Exercising in the home can be a good way of getting yourself fit in comfortable surroundings, without having to face the occasionally intimidating gym environment.

The best way of getting the most out of exercise in the home is to use a fitness video for cardio, combined with floor exercises for developing tone and strength.

A good combination would be a boxercise video for 30 – 45 mins at a moderate to high intensity followed by 3 sets of press ups and 3 sets of ab crunches.

This is a good example of a typical workout that can easily be done in the home, however if you do not want to use a video then doing step ups on your stairs is an option. 4 minutes stepping in sets of floor, combined with floor exercises such as leg raises and work on a fit-ball, is another

good combination to try. To add variety maybe try some skipping or hula hoops, this has become a recent and popular way of keeping fit. One of the most important things you can do when starting an exercise regime at home is to plan a time during the day allocated to exercising, so that it becomes routine. Once you have found times to train try and stick with these as you can easily find excuses not to train when you are at home.

EXERCISE FOR THIS ISSUE:

- Clean and Press exercise, work the legs, bum, arms and shoulders
- Stand holding 2-3kg in weight or 2 big bottles of water in front of your thighs, feet wider than hip width
- Start to lower into a squat position
- Keep your weight in your heels and spine tall

- To perform the clean lift up out of the squat, draw your abs in tight, bend arms to chest palms facing out
- For the press extend your arms to the ceiling and check your posture, then slowly reverse the process back to the start
- Repeat 15 times and that comprises 1 set, do 2-3 sets.

NUTRITION:

Don't be a salad dodger! Not only because of the nutritional value, but because a recent study by the American Dietetic association has shown eating a small salad as a starter will mean you will eat up to 12% fewer calories in your main meal.

Q&A

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

Q. I have heard about the importance of not skipping breakfast, but struggle to stomach food in the morning, any tips?

A. Breakfast, particularly a nutritional one is very important as it kick starts your metabolism and can regulate how you eat the rest of the day. If you cannot handle food in the morning, try a glass of orange juice or a smoothie, eventually working your way up to solids like yoghurt, fruit, cereal, porridge etc. You will eventually develop an appetite in the morning.

NEXT ISSUE:
The best ways of getting over your gym jitters!

TRAINING 4 SPORT



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