

Shape Up For Summer

Summer is around the corner and many of us have finally banished the Winter boots and cardigans to the back of the cupboard. It's time to get those legs out... or at least your ankles...

Personal Trainer Matt Wadie has some great tips to get us all started.

- 1) **Stay Hydrated-** Our bodies are about 60% water and so drinking 2-3 Litres of water a day will keep you feeling healthy and keep you ready for exercise.
- 2) **Eat more!**- Eat 6 times a day, but in smaller, healthier portions. Eating 3 healthy main meals and snacking on fruit and vegetables in between will keep your metabolism up to speed.
- 3) **Exercise-** Exercise is really good for us. Try to exercise 4 times a week for at least 30 minutes, and this will help you to achieve that body you've always dreamed of.
- 4) **Eat more whole grain foods, like wholemeal bread and wholemeal pasta-** These are much healthier than things like white bread, and will also keep you fuller for longer, as they contain lots of Fibre, Vitamins, and Nutrients.
- 5) **Make it realistic-** Making monthly achievable goals will keep you motivated and will help you lose weight gradually, which is best. Setting yourself unrealistic and unachievable goals will de-motivate you and will therefore make exercise more tedious.
- 6) **Stay focused on yourself-** Don't get so concerned with other people's weight and fitness levels that you stop thinking about your own.
- 7) **Don't Diet-** Diets are generally seen as short term fixes, and therefore as soon as you stop dieting the weight will return. Try eating a balanced diet instead and reward yourself occasionally with a treat. Try to eat different foods so your body receives a range of nutrients.
- 8) **Increase your fibre intake-** Everyone should eat more fibre. It lowers cholesterol levels, helps with digestion, and can help to prevent many types of cancers. Fibre also keeps you fuller for longer.
- 9) **Get some help-** Getting a Personal Trainer or joining a Fitness Class is a great and fun way to exercise. They will help motivate you and keep the exercises interesting, as well as analysing your nutritional intake.
- 10) **Make it enjoyable** - Doing exercises you enjoy will keep you motivated and so keep you interested in keeping fit and achieving your goals. You never know, you might actually enjoy exercising!

Matt Wadie is the founder of Focusing On You Personal Training. He is a REPS registered Personal Trainer and Sport Nutritionist. He says enjoying exercise is the key to success: 'At Focusing On You I work on the basis that encouragement is much more productive than intimidation. Whilst training hard and eating well are essential in achieving goals, I firmly believe that having fun is just as important.' His fitness class 'Matt's Total Toning' is new and completely unique. Created and designed to tone up the entire body in just one session a week, the fun filled and structured class is a great way to keep fit. 'It's your **life**. It's your **health**. It's your **Future**.'

For more information on Personal Training, Fitness Classes, and Nutrition advice, you can contact him on 01628 623936 or 07545 915056. Or visit his website at www.focusing-on-you.co.uk.