

Being Fit

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It was when one of my clients approached me last week and asked me why she was not getting the results she was working so hard for. She is attending upwards of 6 classes a week each one ranging in intensity and varying in movements, why was she still not able to get under that set weight mark and not fitting in to that size trousers? She was also concerned about certain areas of the body that just seem to cling on to those fat stores.

So this got me thinking about how to get the most out of all the time and effort we put into our work-out's. I mean it should be simple shouldn't it! There is a basic formula that if we burn more calories than we consume the result should be weight loss. Then why do we find it so hard!

Modern day life is filled with energy saving devices such as cars, dishwashers, blenders etc that meaning that we do not have to bust a gut to get the things we need such as a meal on the table. We would not change these things as they also leave us more time to do the things that we enjoy, but at the same time we need to find other ways of using the energy our ancestors once used to survive. This combined with the high energy dense, enticing, processed foods is a recipe for weight gain and the obesity problem that our and many other western countries are currently facing.

In thinking about the solution for this the first thing that I thought is getting right back to basics. We would result in expending more energy in the activities that we do. Small examples are walking any reasonable distances instead of taking the car, or maybe even try using public transport meaning that you would include more walked steps on your journey, get off the bus a stop early to increase it even further. If this is too much for you then try parking your car at the furthest point in the car park, always use the stairs instead of the lift, make more journeys up and down the stairs when doing the housework. The list could go on. I am a great believer that walking and running are by far the best forms of exercise for getting results though I do know that it is not for everyone. Find an extra activity that you enjoy and try fitting in one or two extra sessions each week.

We must also try to go back to basics with the food that we eat. Try making a meal that does not include any processed foods I'm sure it can be difficult (as someone who does not have the best culinary skills). What can be better for us though than fresh fruit and veg! Always aim to get your 5 portions each day, you will find that by eating these you become fuller and therefore less likely to snack on things.

It is ok saying all of this but these things can become time very time consuming, but we must remember that being fit and healthy is about making changes in your lifestyle in order to improve it. You may struggle at first, but once the changes have been implemented they become normal practice.

Even very small changes over time can have a very profound effect on our bodies, but we must also remember that each of us is different and so is the way we respond to exercise and diet. Our body shape must be considered when we think oh why can't I lose fat from that part of my body. I personally am apple shaped and so always hold any fat around my trunk area. It is down to our natural body shape that does not allow us to spot or decide where we are going to lose the fat from. We can aid it by toning up certain areas but fat distribution is genetically determined. In light of this I urge you to stop weighing yourselves at all if you can bear it and let your clothes and the mirror be the judge of your efforts. Not losing 'weight' can be a terribly de-motivating, whereas losing in 'fat' can be visually identified.

The most important thing to remember is to enjoy yourself. If you are happier and not obsessed about your weight you should find this easier. You should also think about more significant long-term benefits of taking part in regular exercise is improved health, increased energy and improved fitness. This will help us to live healthier and longer lives and the weight loss will follow as an added bonus.

As well as teaching aerobics classes I also have a degree in sports science and am a qualified massage therapist. Practising Swedish massage techniques. If you would be interested in any personal training or massage treatments please contact me for prices and further information.

Your feedback is important to me. Please speak to me in person or via email with any comments or suggestions for future articles. Maybe you have some questions that you would like me to answer in a future newsletter.

Love Emma xxx