

ShortList

HEALTH+FITNESS

Keeping you honed and toned

Boost your workout warm-up

Adding the right pre-training drill can help reduce injury, increase performance and burn off more energy. Personal trainer Steve Halsall shares his top tips.

1. Get your spine in line "As the body's main shock absorber, the spine must be well prepared. Roll your shoulders back and forth 10 times, reach your arms above your head as if climbing a rope, hold for 10 seconds, then relax. Do this five times. Lastly, bring your knee across your body so it's touching the opposite hand. Repeat on each side five times."

2. Rev up the respiratory system Breathing rapidly



releases more hormones, using carbs and fats for energy. Steve explains, "Use an exercise bike because it's non-weight bearing and, on a scale of one to 10, aim for an intensity of about six or seven for 10 minutes."

3. Expand your muscle fibres Stretching before your muscles are warm can actually do more damage than not stretching at all. "Stop pedalling on the bike,

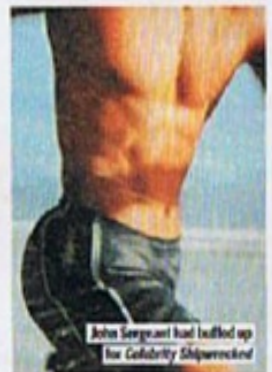
push down on the pedal stirrup and drop your heel, extending your calf muscles. Jump off the bike, stretch your hamstrings by touching your toes, then pull your foot into your rear to work the quads." Hold both for 10 seconds and finish by doing 10 squats to help warm the knees up.

For more warm-up wonders, visit Stevehalsall.com

NUFFIELD HEALTH'S TIP OF THE WEEK

AVOID BEACH EMBARRASSMENT

It's April, meaning it's precisely eight weeks until the summer months are upon us. While on one hand exciting, as thoughts turn to holiday fun, this can also be daunting as it's when our humble bodies will be given their first tastes of sun and sand this year. Fear not: two months is plenty of time to get to the gym and start honing. Take your sun-starved body down to a Nuffield Health Fitness & Wellbeing Centre now. Its research says anyone can lose weight, tone muscle and improve all-round general fitness in just 60 days.



Nuffield Health
fitness & wellbeing