



# 10 Tips to Make This Year YOUR HEALTHIEST EVER!

## 1) Write down what you want to achieve, when you want to achieve it by, and what it means to you to achieve it

If you know where you're heading, you'll know what success looks like before you arrive.

With a written frame for your goal, you're twice as likely to achieve it. Take this one step further by reading your goals regularly to make yourself seven times more likely to achieve it!

Surely that's worth the hour it'll take to really think through what you want to achieve?

## 2) Know where you're starting from and how you're going to get where you want to be

Be honest with yourself; if your diet has slipped over the last couple of months, and you haven't done any real exercise for a while, make sure you account for this.

The important thing here is having a plan – what

obstacles are you likely to come across on your journey? How are you going to deal with them?

You should plan for anything from being asked to go for a business dinner and avoiding the wine – to re-arranging your lunchtimes so you can get a training session in.

## 3) Plan your food for the week

Not only will you save a lot of money by planning what you need to buy in advance, but you can plan the nights you'll be late home so need a quick option – then you're less likely to go home via the take away!

## 4) Eat well

Good nutrition is the absolute key for whatever you're looking to achieve. You can never out train a bad diet – thinking you can have that bar of chocolate at 3pm “because you're going to the gym later” doesn't work, unfortunately. If you're seeking to lower your body fat – don't fall into the trap of believing low fat is a good idea – it's not.

## >> health tips for 2010



### 5) Drink water

I know this has been said a million times before – but that doesn't make it any less true! Our bodies are 70% water – keep yourself topped up!

Drinking enough water will eliminate fake food cravings (a lot of people mistake thirst for hunger), give you more energy, and allow your digestive system to work at it's best (increasing metabolism).

Not drinking enough water however will mean food is left rotting in your stomach, adding to the toxic load in our bodies.

### 6) Cut out sugar and caffeine

Stimulants are unnecessary if you're following an overall healthy diet – they put unnecessary strain on your body and will encourage you to crave (more) sugar as you come crashing down from the high the stimulants give you.

### 7) Train!

Ok, this is an obvious one – you need to exercise to maintain your health.

For the huge majority of people, training programs should involve a lot of resistance training (with weights) – not on the machines but using free weights.

Only one session a week should be aerobic – and that

session should be an interval training session. Work hard for 30 seconds; come back for 30 seconds and repeat.

Too much aerobic exercise encourages cortisol (the stress hormone) production – which means your body is put into fat storage mode, not fat burning mode. Long duration aerobic exercise is OUT – it is far too time consuming for far too little, if any, results!

### 8) Think about your posture!

If you work in an office, you're likely to be sitting down hunched over all day. In time, your body comes to think of that as "normal" and so adapts to suit the position it's in a lot of the time – so when you stand up and try to un-hunch, various compensations take place.

The aim with your training program should be to correct these compensations – and when your structure improves, so does your health.

### 9) Take some time to yourself

Rest and recovery is a key part to any training program. Not only is it good for the mind, but it's good for the body too – lower blood pressure, a feeling of calmness (which leads to sleeping better) and a reduction in cortisol production, again meaning reduced stomach fat.

Try sitting quietly away from all distractions and noise for 10 minutes, close your eyes, and just concentrate on breathing for a while. A kind of "mini meditation" – see how energized you feel for it!

### 10) Get to bed early

If you get to sleep before 10.30pm every night, your body will thank you for it. Sleeping earlier in the evening encourages that all-important cortisol to lower, which aids in reducing stomach fat.

In fact, this one tip alone could see you lose 5lbs in a week!



Heather Gillam runs one of Surrey's leading fat loss specialist Personal Training companies, Fitbiz Training. Her company is one of the few in the area with the skills to guarantee you'll drop a clothes size in a month, or give you your money back. Sign up to Heather's newsletter, download free articles and get in touch via [www.fitbiztraining.co.uk](http://www.fitbiztraining.co.uk).

Photo on page 27 courtesy of Chris Pearsall Photography . [www.cpphoto.com](http://www.cpphoto.com)