



KARLS EXERCISE TIPS

Before you start an exercise programme make sure read this checklist:

1. You have no medical problems, back problems or hip soreness. If you feel you may have, consult your GP.
2. If you feel unwell at any stage, stop immediately. Look out for signs of stress like breathlessness or feeling dizzy.
3. Allow at least an hour-and-a-half after food before beginning your routine.
4. Work at your own pace. Don't push yourself too hard

Karl's exercise myth list:

Aerobics is better for shaping up than weights
If you exercise it doesn't matter what you eat
If women lift weights they get bulky
You should only drink water when you feel thirsty

9 great reasons to do weight Training:

Helps firm up your body
Speeds up your metabolism
Builds bone density
Helps to smooth/ reduce cellulite
Decrease dress size
Increases strength
Increases energy
Improves your posture
Reduces stress

Walking wonders:

- Strengthens the cardiovascular system
- Tones muscles
- Increases flexibility
- Reduces stress
- Lowers fat
- Works the legs and bum
- Helps to reduce cellulite

My tips for the ultimate walk workout:

1. Choose a route you enjoy and one that's not too far from your home (the park, beach etc)
2. Measure the distance in a car, 4 miles is optimum
3. Get a walking buddy. You can motivate each other to get out!
4. Walk heel to toe. This helps to prevent knee and back strain
5. Get a good pair of runners or walking shoes, these will help prevent injuries, or sore feet. Ideally change your runners every three months if you are doing a lot of exercise.

6. Change your stride every ten to fifteen minutes, this will help prevent soreness and stiffness in your joints

How to continue training right through winter:

- Set yourself goals
- Make sure you have the correct clothing
- Get yourself a training buddy
- Enroll in an exercise class
- Keep drinking plenty of water
- Treat yourself when you achieve your targets