

WELLBEING

MOVING WORDS

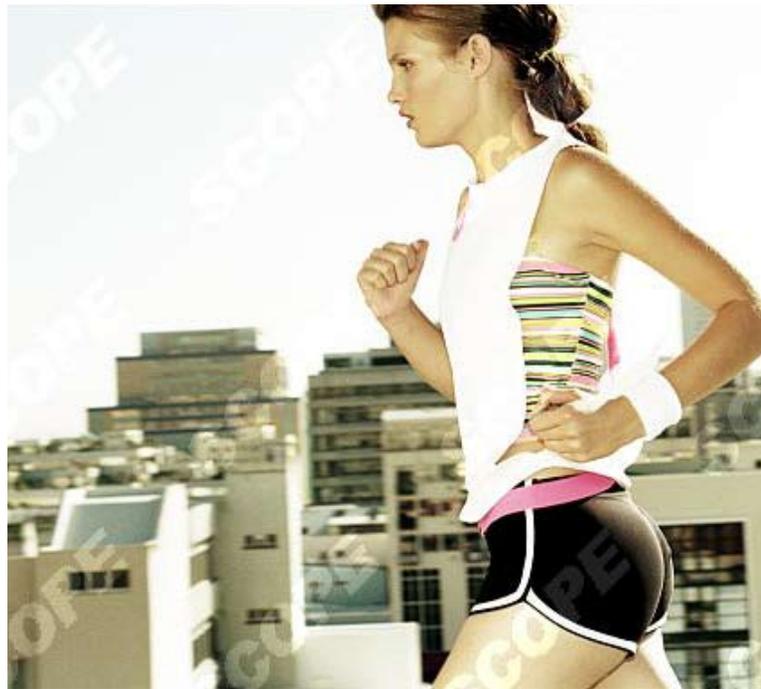
Want to get fit but can't find the time, the cash or the energy? We've asked the fitness gurus who help keep top celebrities in shape for their motivational pointers – and discover there really is no excuse not to exercise

Whether it is the weather, the state of our finances or lack of time, we Brits put a lot of energy into finding different reasons not to get fit. However the one thing all the excuses have in common is a lack of motivation. So we asked leading personal trainers to tackle the most common exercise hurdles – and to share the sort of inspirational advice they use to spur their A-list clients into action.

EXERCISE IS BORING “If you're bored with your workout then vary it,” says Matt Roberts, the man who has trained the enviably toned Naomi Campbell. “A good trainer can mix and match your workouts not only to keep you interested but to exercise different parts of your body in different ways, to get you fit and looking your best.” So one month try circuit training, the next cycling, then tennis and so on.

I'M TOO LAZY “Sign up for a course of fitness classes or lessons with a personal trainer; something you have to see through from start to finish,” says James Duigan, the trainer Elle Macpherson and Rosie Huntington-Whiteley rely on when in London. “Or volunteer to take part in a team sport. That way, you'll be letting others down if you miss out, not just yourself.”

I HATE EXERCISE “Don't think about exercise, think about having fun,” advises Sarah Maxwell, whose client list includes the super-fit team on



Strictly Come Dancing. “Keep trying new sporting pastimes until you find one you love. The best way to keep fit is to have so much fun while you're doing it that it doesn't feel like hard work.” Roller blading, horse riding, ice skating, even line dancing will all improve your fitness – and they don't seem like exercise.

I'M TOO BUSY When it comes to fitness, recent research from Harvard University has proven that little and often works wonders. Just 20 minutes of aerobic activity, three

times a week, will get you fit, improve your heart and lung function and help burn fat.

I CAN'T AFFORD TO JOIN A GYM

You don't need a personal trainer or a gym membership to give your heart and lungs a workout, all you need is a pair of trainers and a pavement or park. Twenty minutes of power walking three times a week will give results. The secret is to walk just fast enough that you are slightly out of breath but are still able to hold a conversation.

I'M TOO OVERWEIGHT “It can be embarrassing to work out in front of very fit, slim people,” admits diet and fitness expert Rosemary Conley. “But the only way to lose weight and stay healthy is to watch what you eat and to exercise. Why not begin by walking around your local park, or during your lunch break at work, to help you shift some weight first. Then join a gym and start walking on the treadmill before you work your way up to the weights.”

I'VE GOT A BAD BACK “If you have a recurrent back problem it's true that you need to take great care when exercising, but it should not stop you from exercising at all,” explains David Higgins, founder of Ten Pilates. “Opt for low-impact workouts like Pilates, which will strengthen the core muscles that support your back. In the long-term your back will benefit from regular exercise. However always tell your trainer you have an injury, and stop exercising if you experience any pain.”

I CAN'T CHANGE MY SHAPE “No, but exercise will help to rebalance it,” says Gwyneth Paltrow and Jennifer Lopez's favourite trainer Tracy Anderson. “If you are pear-shaped, exercise can tone your lower half and define and gently build your upper half to make your body look in better proportion, and if you are an apple it can define and gently build your legs. Whatever shape you are, you will look firmer and more toned if you exercise.”

HEALTH NOTES

☛ **Spot on** America's most popular anti-blemish system is finally launching in the UK this month. The Proactiv Solution 3 Step System has been created by two US dermatologists and has secured celebrity fans including Katy Perry (below), Avril Lavigne and Justin Bieber. It consists of a twice-daily application of cleanser, toner and repairing treatment – and costs £39.99 for a 60-day supply. Exclusive to Boots.



☛ **Burning issue** According to a recent survey, an astonishing half of the women who use hair straighteners have burned themselves on their appliance, making it one of the home's biggest health hazards. The survey, conducted by Acriflex Skin Cooling Gel, £4.19, which can be used to help in the healing of minor burns, also warns that one in five of us have come home to find our straighteners still switched on.



☛ **Rocket science?** A nutritional “super” supplement designed for astronauts on space journeys is now available in the UK. The AS10 AmeriSciences line, developed with NASA/the Johnson Space Centre, contains a blend of fruits and vegetables claimed to boost your immune system. It costs £38.40 for 12 single shots, or £119.81 for a month's supply of daily doses, visit harleymedical.co.uk.

