

» Getting fit for 2012 | Mark Weatherup is put through his paces

Workout shows we all have room to improve

Trainer tips on how to beat Christmas bulge

I thought I was at the peak of health and fitness but this workout proved there was still ground to be covered as I found myself exhausted after just 15 minutes.

I was put through my paces by personal trainer Noel Germishuizen at his studio in Chigwell Road, South Woodford before a chat about battling the Christmas bulge.

As a gym enthusiast, who trains with weights three or four times a week and also plays tennis regularly, I was expecting to cruise through whatever exercises were put in front of me.

However a selection of suspension training moves, which sees part of the body hanging off the floor, were surprisingly tough and a shock to the system.

A flurry of suspended lunges, press ups and single arm rows really took their toll and I was left needing an extended break before resuming.

This reinforced to me how improvement and progress can be made at whatever level

or condition you are.

For those looking to shape up for 2012, Mr Germishuizen, who runs Total Training Systems, shared some of his knowledge of training and diet after our session.

He was quick to address motivation – saying it was “very hard” to maintain.

“It’s difficult when you get in a gym and see someone already in the shape you want to be in,” he said.

Mindset

“What you haven’t seen is the progression they went through so to keep motivated, it’s good to have a trainer or train with someone.”

He said losing weight was “all about looking at small goals as they are just as important as the overall goal” and encouraged people to be active and burn calories “for free” with fun activities like football or hockey.

“If you haven’t lost the weight you have wanted to lose for years it’s probably just your mindset,” he said.

“People get too focused on the idea of weight loss rather than actually doing anything about it.

“If you are new to training try and stick to compound movements which use more than one joint as this will burn the most calories.

“If you have a game plan you end up building a lifestyle as opposed to a one-off thing and there’s a much better chance of lasting.”

Mr Germishuizen said diet was just as important as training and recommends avoiding processed foods and eating lots of fruit and veg.

“Wholemeal bread, pasta and rice is much better than white because it offers slow release energy,” he said.

“With meats stick to chicken and turkey, which are lean, or lean cuts of beef.”

He also spoke of the importance of “good” fats in your diet, which include foods like avocados, nuts and oily fish.

For more information visit www.totaltrainingsystems.co.uk.



■ Reporter Mark Weatherup does some bicep curls as Noel looks on



■ Mark with the medicine ball



■ Single arm rows – one of the tough suspension training drills



■ Suspended lunges

MAKE YOUR NEW YEAR MOVE TO REDBRIDGE, IG4



An exclusive cul-de-sac development of just nine semi-detached and detached 3, 4 and 5 bedroom houses in an established residential area.

- High end specification including designer kitchen with integrated appliances
- Under three-quarters of a mile from Redbridge station
- Five separate house designs
- Within catchment area of Beal School
- Garage and utility room to most house designs
- Fitted flooring throughout
- 10-year NHBC Warranty



READY FOR OCCUPATION

THREE BEDROOM HOUSE AT £475,000

FOUR BEDROOM HOUSES FROM £499,500

FIVE BEDROOM HOUSES FROM £595,000

SHOW HOME & MARKETING SUITE NOW OPEN

Open Thursday-Monday including weekends (closed Tuesday & Wednesday) 10am-5pm

Call now for information: 020 8550 4367



Showcase Weekend 21st & 22nd January