



DAVID FAIRLAMB THE FIT FACTOR

EXERCISE has never been more fashionable, and has even extended to the fashion world, with the new casual look of bright gym wear and hugely expensive trainers.

With the abundance of spinning and interval-based training classes popping up under what seems to be a new name every few months, the fitness world is booming and more and more people are becoming hooked through social media and endless diet plans.

Through your teens, twenties and thirties, trying all these new, often exhaustion-based, sessions is fun and exciting but, as you hit mid forties and onwards, more research and careful selection of the type of training should be considered.

Recent research shows more people in their forties, both men and women, are pushing their bodies to the extreme. Whether they are trying to lose weight or simply fear getting old, it's important to be sensible:

Here are some of my tips:

■ Avoid exercising every day as it can work in reverse – its hugely important to give your body time to rest and recover. Signs of over-training include mood swings, tiredness, insomnia, loss of motivation and

injury. Also, your body can overproduce the stress hormone cortisol. A suppressed immune system and a reduced exercise capacity is not going to make you feel good before, during or after your training!

■ Lifting weight helps sustain your muscle mass, which is vital in your forties and, by the time you pass 50, you can lose up to 1lb of muscle mass a year. Lifting weights also improves bone strength. Try to add resistance work and lift weights three times a week in your forties and fifties, then drop to two times in your sixties to allow recovery.

■ Keep your metabolism supercharged by working big muscle

groups such as legs and bum. Lunges and squats performed correctly are excellent – adding some extra resistance using weights is even better.

■ Cycling, for most, is the perfect non-weight-bearing exercise due to less pressure through your joints. Many ex-sportsmen, eg rugby players with lower half injuries, cycle rather than run.

■ Be more flexible by taking up yoga or pilates. Your flexibility decreases with age, therefore stretching will help alleviate stiffness, aches and pains while improving your overall range of movement and posture.

■ As you get older, its even more important to eat healthily to keep your body strong, plus it plays a huge role in exercise recovery.

■ A strong core is key at any age but especially as you get older as it protects your spine. Core strength plays a major role to anyone exercising.

■ Its good news that more people are exercising as they get older but it's very important to listen to your body and be sensible with the type and frequency of sessions.

Motivational quote of the day

You are never too old to set another goal or to dream a new dream

NUTRITION CORNER

Magnesium presented in pine nuts helps improve your body's use of oxygen to burn calories and increase energy levels. They're also rich in vitamin A and lutein, both of which support eye health and sharper vision.



Don't miss David's tips every Saturday in your Journal



FITNESS TIP

Train smart as you get older – lift more weights, hit big muscle groups, eat clean, stretch, add more non-weight-bearing exercises and make sure you take time to recover!

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Dumped chests of drawers land man with a £400 fine

Extra penalty added when fly-tipper failed to pay in 14 days

Kathryn Riddell

A FLY-TIPPER was caught on camera as he dumped two chests of drawers on the side of a road.

Now the County Durham man has been ordered to pay a £400 fine and given a criminal record.

Simon Littlefair, 33, of Wilson Street, Crook, was filmed removing the old drawers from the back of a van at Peases West Athletics Track in Crook on August 26 last year.

After contacting the owner of the van, the neighbourhood warden discovered that Mr Littlefair was not the owner and had borrowed the van in order to dump his rubbish.

Mr Littlefair contacted the neighbourhood warden and agreed to accept a fixed penalty notice (FPN)

of £400, which was delivered to his home by the warden.

Mr Littlefair did not pay the FPN within 14 days and was brought to court, where he pleaded guilty to depositing controlled waste without an environmental permit, contrary to the Environmental Protection Act 1990.

The defendant was then ordered to pay the original £400 fine, as well as £130 in legal costs and a £40 victim surcharge.

Durham County Council says it is working in partnership with Durham Police, the Environment Agency and Crimestoppers to crack down on fly-tipping through its award-winning Operation Stop It! campaign.

Ian Hoult, Durham County Council's neighbourhood protection manager, said: "Most people

do the right thing and get rid of their waste legally.

"However, a small number of people continue to fly-tip and although Littlefair may have admitted his guilt, that does not detract from the fact his actions were highly irresponsible.

"The very fact we are taking people to court on an almost weekly basis shows people will not get away with fly-tipping.

"We now also have powers to issue fixed-penalty notices for fly-tipping, and since the new powers came in we've issued 12 and this is the first time someone has not paid.

"If you are getting somebody to take away your waste, you need to ask where it is going, as it is your responsibility to ensure it is disposed of correctly."