



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Those who add sugar or, as I call it, 'white death' to your tea/coffee or cereal, try halving the amount or, even better, stop altogether. You are filling your body with empty calories that your body does not need and excess sugar is directly linked to obesity, diabetes and heart disease.



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

THERE are numerous easy and convenient weight loss fitness tips that can be used on a daily basis.

The big hype at the moment seems to be skipping. It's not exactly new and I'm sure most people will have tried it at some point in their lives - but it is effective.

Just because the likes of Justin Bieber and Kate Hudson have recently been seen skipping, isn't the only reason why it is suddenly receiving so much publicity.

Here are a few other reasons:

- It's convenient and can be easily transported and used pretty much anywhere

- It gives a full-body workout, targeting many larger muscle groups - particularly the thighs and calf muscles

- Moderate paced skipping burns more calories in comparison to jogging. The American Heart Association says skipping burns 375 calories in a half-

hour session.

- The study showed a 10-minute jump-rope session per day was more efficient than a 30-minute jogging session. The study found that that he jumping up and down motion burns more calories.

- Skipping also engages more muscles than rowing or swimming, the research stated

- Like all aerobic exercise skipping also enhances cardiovascular health as it improves the rate of heartbeat, therefore is also beneficial for blood pressure patients, as long as its performed sensibly.

- Skipping is kinder to the joints than running,

because you land on the balls of your feet rather than the heels, this lessens the impact. The National Osteoporosis Society also recommends it as a bone-strengthening activity.

- It can be enjoyed by the whole family as it's a fun activity for your kids, they will be exercising without really realising it.

Ropes now range from a simple cord with handles which costs a few pounds, to hi-tech versions.

Make sure you skip with the right length of rope. A general rule is to stand in the middle and the handles should come up to your armpits.

If you are a beginner keep your skipping smooth and only jump a few centimetres off the ground and land lightly keeping the pressure on your joints to a minimum.

Build on the amount you skip week by week, you will soon feel your technique and fitness improving.

Motivational quote of the day

Motivate your mind and your body will follow



FITNESS TIP

Add skipping to your fitness regime, its a hugely effective way to raise your heart rate, burn calories and increase your fitness.