



DAVID FAIRLAMB THE FIT FACTOR

COMPARED with weight-bearing exercise, swimming allows you to hit your fitness goals with less stress on your joints and muscles. No matter what age, size or level of fitness water can accommodate all and give you a chance to work as easy or hard as you wish. There are few other activities that use so many of the bodies muscles and also produce a continuous gentle stretching of both muscles and ligaments. It is also difficult to sustain an injury while swimming.

From gentle breast stroke to the speed and power of the butterfly you can get a full body workout but if you struggle with technique or are simply bored with general swimming - here are some alternative exercises to mix things up, jump your heart rate and work your body:

Lower Half and Core Workout

Aqua running - it is what it says, running in the water with a belt around your waist to keep you upright and your head above the

water. It sounds easy but its not! It is a superb cardiovascular workout totally impact free with the associated fitness and weight loss benefits. No matter how quick you drive your legs, resistance of the water makes things smooth and safe. It will also improve your balance and agility because you have to engage your stomach and back muscles to keep yourself upright.

■ Leg Speed (up to chest) - hold on to the side of the pool with your body and legs in front of you - alternate your knees in to your

chest as quickly as possible. Try short bursts of 15-25 seconds, before resting for around the same time, then repeat 5-10 times. Recover with a lengths swim, then repeat again or move to another exercise.

■ Static backstroke leg speed - As above but this time- short sharp leg kicks, speed is key.

■ Static deeper backstroke legs - As above this time slower but deeper leg movements allowing a bigger range of leg movement.

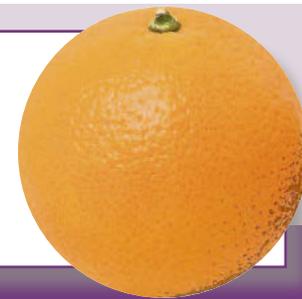
Top Half and Core Workout

Shoulders flies - stand in the pool to the point where your shoulders are submerged in water. Take both arms away from your body and up to shoulder

NUTRITION CORNER

Oranges and grapefruit have low glycemic index scores, meaning their natural sugars don't cause a big spike in blood sugar.

Citrus fruit also contains dietary fiber and can be used in savoury combinations: orange segments, chicken, walnuts and a vinaigrette with a dash of soy sauce and ginger.



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height, then drive them back down to your sides.

Keep your body as still as possible with your core engaged. Aim for 10-20 before resting for around the same time then repeat. Look to complete 3 - 5 sets then swim a length to recover.

■ Shoulders Front raise - As above, this time from your side lift your arms

in front of you to shoulder height then down.

■ Standing breast stroke arms - As above, but standing breast stroke movement with the arms out in front then big movement round and back.

■ Reverse breast stroke arms - Standing as described above this time starting with your arms out in front bring the hands in to your chin and round in an anti clockwise movement

Alternative exercises to the norm can often give you a new focus and re invigorate your workout. Remember these exercises can also be done in the sea on holiday!

Motivational quote of the day

If its important to you, you will find a way. If not you will find an excuse

FITNESS TIP

If you are recovering from injury or would like to give your body a rest from weight-bearing exercises eg running try swimming. Its an excellent full body workout and a good fat burner. Swimming freestyle for 10 minutes can burn around 100 calories



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Disgust as young dog burnt alive

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Reporter

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ACLOSE-KNIT community has been left disgusted after a puppy was wrapped in a bin bag and burnt alive in a gruesome attack.

The dog, who police believe was a three-year-old Shih Tzu called Charlie, was found in woodland in Walker, Newcastle, on Wednesday afternoon.

Firefighters were called out to what seemed like a fence fire in the woods behind Mead Walk at around 4pm.

After putting out the blaze, the crew then made the grim discovery of a small dog's body wrapped up in a bin bag.

An investigation has been launched to find the sadistic culprit.

Neighbours in the area have reacted with disgust to the cowardly attack.

Retired civil servant Jim Lumsden, 72, said: "It's terrible and disgusting what they have done to this dog. As a dog owner it's something I cannot even bear to think about. Whoever has done this are not people. They are lower than scum."

Katie Smith, a 31-year-old barmaid,

said: "I heard a bang at the back of the house but thought it was kids messing about with fireworks. I didn't even get up to check what it was. Then the fire engines arrived and the police started going door to door.

"It's totally shocking. Whoever had done this should have it done to them. They are the lowest of the low."

The RSPCA have examined the dog's remains and found a microchip that has led investigators to believe the dog was a three-year-old Shih Tzu called Charlie.

They are now searching for his owners.

Northumbria Police neighbourhood inspector, Paul Duncan, has appealed for any witnesses to get in touch if they saw anyone acting suspiciously in the area on Wednesday afternoon.

He said: "This incident took place in the middle of the day and we believe members of the public in the area would have seen those responsible.

"It is a very distressing incident and we need to understand what has happened to this young dog."

Anyone with information can call police on 101 quoting log 690 15/03/17 or Crimestoppers on 0800 555 111.