



DAVID FAIRLAMB THE FIT FACTOR

HEALTHY LIFESTYLE CHANGE

Write all you eat and drink down for two weeks. Take a look at where you can improve, eg unhealthy fast food, sugar and alcohol. Try the two weeks again, rather than cutting certain things out altogether, start by halving them and build from there.

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

IHAVE always believed hill training is one of the most effective ways to increase your heart rate, fitness, boost your metabolism, burn more calories and increase your leg strength and power.

You can turn a stroll in the park into a power walk by pumping your arms and picking up the pace but for an immediate impact add hills or steps into your walk or workout. So why is hill training so effective?

Time effective

After your warm-up, hill training is a higher intensity workout meaning you don't have to work out for long. This makes it beneficial especially if you have a busy schedule. Just find the nearest hill or set of stairs.

Less stress

Running or walking uphill places less stress on the knee, hip and ankle joints, than on the flat. Work hard to the top and walk back down as your recovery.

Weight bearing

Osteoporosis causes the bones to become weak and brittle. A way to prevent this is through high-impact

activities like running, jumping rope, playing tennis and dancing. If you are not able to do these, try hill walking. It strengthens leg muscles and any time you strengthen muscles, you also strengthen bones.

Fitness

Quick walking or sprinting repeatedly up hills will soon have a positive impact on your fitness and waistline. The tough incline will help improve your leg strength, arm power and speed, leg definition, increase your heart rate and burn more calories boosting your metabolism, leading to increased weight loss. It's a win-win workout. Stay disciplined and make the most out of each session.

Increased endurance

Whether you are walking or

running, hill work will increase your endurance. Try gradually increasing the amount of inclines every few weeks and then next go back to one of your regular routes. I'm sure you will realise how much fitter and stronger you have become.

Definition

Hill training works your upper leg muscles more than running on flat ground. It also targets the backside and hamstrings, helping promote good definition.

Improved speed

The muscle groups used to climb hills are virtually the same as those for sprinting, so hill work enhances your speed by building strength. So the benefits of running uphill translate to running on the flat.

Short, sharp and quick

Whether you are an Olympic athlete or a walker looking for extra fitness, these short, sharp quick-paced hill workouts tick all the boxes.

Whether you walk, jog or sprint; looking to lose weight or want to hammer a tough workout, hills can cater for any level of fitness.



Motivational quote of the day

*Strive for progress
not perfection*

FITNESS TIP

While walking or running on an incline concentrate on working your arms hard. This will give you more power and help drive you forward.