

NO GYM REQUIRED!

If you see yourself as a non-athlete and you just want to work out for your health and keep your weight under control, the gym scene can be intimidating. The weights rack and monster dumbbells can be enough to make you head straight back home to the couch.

Yet some of the best physical activities for your body don't require the gym, run a half marathon or attempt an obstacle course. These workouts can do wonders for your health. They'll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints and can even ward off memory loss.

The different types of exercises and availability of classes in the North East is endless, its all about picking something you will enjoy and suits your specific needs.

No matter what age or fitness level you are, these activities can help you improve your shape, lower your risk of disease and dramatically improve your wellbeing:

WALKING

Walking is simple and has many benefits including improved cholesterol levels, strengthening bones, keep your blood pressure in check, lift your mood and lower your risk for several diseases eg diabetes and heart disease plus burn calories. A number of studies have shown walking and other physical activities can even improve memory and resist age-related memory loss.

Try to improve your speed and add resistance such as steps or hills if you want to progress your fitness level quicker.

BEACH BOOTCAMP

My Tynemouth Beach Bootcamp's are hugely popular and suit any size, age and level of fitness, i design them this way for that reason and they work. We have clients including Olympics athletes, to clients with new hips, knees and those who never thought they would ever join an exercise class -all in the same session.

There is no competition in anything we do, instead everyone works to their own ability in the time allowed. Therefore, one person may do 50 of a designated exercise while someone else may do



David Fairlamb

5, it doesn't matter, it's all about doing your best and feeling good about yourself. The combination of cardio, strength, balance, coordination, body weight exercises on the stunning Tynemouth Longsands beach gives you a huge physical and mental boost of energy increasing self-motivation and confidence.

YOGA

The health benefits of yoga are endless and is especially good for your heart. The various poses and deep breathing help the heart do its job by increasing blood flow throughout the body and improve your entire circulatory system. It can also help lower blood pressure and bad cholesterol as well increase bone density.

The positive physical aspects are fantastic but on

the mental side yoga increases body awareness, relieves stress, reduces muscle tension, strain and inflammation, sharpens your concentration and keeps you calm.

SWIMMING

Swimming can be the perfect workout. The water supports your body and takes the strain off painful joints so you can move them more fluidly, therefore is good for individuals with arthritis. Buying a running harness will keep you upright in the water and allow you to run smoothly with gentle resistance this is the perfect way to exercise back to fitness after an injury.

Research has also found that swimming can improve your mental state and put you in a better mood.

DAVID'S SUMMING UP

If gyms are not your thing, try something new which you will look forward to, rather than dread. Your route to wellbeing may be completely different to others which is fine, its consistency and your determination to keep going thats the key.