

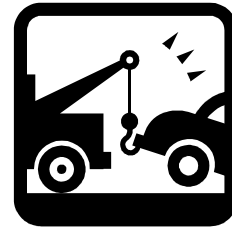


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'Where there is a will there is a way!'

The key to keeping fit and active:

We often take our bodies for granted and just expect them to do all we ask of them. Bodies are like cars and need constant maintenance, services and fuel. Bodies get worn out and old, just like cars. We would not expect to get in the car each morning if at first we had not checked the oil, water and fuel. You often see really nicely kept classic cars about but they are only still running due to a lot of care and attention.



Many injuries/pains during exercise can be prevented with just a little care and attention.

- 1) Always warm up and stretch (especially warm up)
- 2) Always cool down and stretch
- 3) Don't do anything that hurts
- 4) Build up your exercise really, really slowly
- 5) Get professional advice on skill development and biomechanics

'No pain No gain' is an old wives tale!



Once you start exercising you often find 'old war wounds'. Old injuries often leave weaknesses and often muscle imbalances. Quite a lot of people give up exercising because when they jog or do aerobics their knees, shins, shoulders, hips, back etc start to hurt. This is very rarely a need to give up but instead a need to stretch, strengthen, correct and rehabilitate.

You might need to modify your exercise to start with until you get to the level that you would like i.e.: run slower or lift lighter weights or you might find

with direction you can do the same exercise in a different way that does not cause you the same pain.

The most common cause of pain I have found so far is incorrect biomechanics. For example people running on their toes or without using their upper body or performing an exercise incorrectly.



Secondly I find that past injuries leave weaknesses, which give pain and cause people to stop exercising. Normally a combination of strengthening exercises, stretches and sometimes massage can alleviate the problem and exercise can then resume.

In either case with patience the problem can be over come and the body left stronger in the finish than it was to start with. If the car starts to splutter and complain we can either get it fixed or scrap it and get another. With our bodies we do not have that privilege with either fix it or stop what we are doing. The only trouble with stopping exercise because of pain is that eventually we will stop everything as we become less and less mobile. It is far better to fix it and then carry on with strength and full mobility.

When exercising you need the correct equipment and fuel. Like a car needs oil, water and fuel, when exercising you need the right clothes, trainers and food for fuel. The right trainers can stop a lot of injuries just like the right tyres stop a lot of accidents. And the right food gives you the energy to exercise well just as the right oil and petrol/diesel helps the car run efficiently.



And so it follows that the more you exercise the more maintenance that your body needs. Again this is no different to a car. The more miles you put on the clock the more it wears out the car. Your muscles might need regular stretching and massaging, whether this is something that you do for yourself or get done professionally, this will stop your muscles from becoming painful and tight. You might need to take care of old injuries with occasional icing and resting.

But the saying follows – **‘Where there is a will there is a way!’**
And Fun With Fitness will help, guide, encourage, and advise anyone that wishes to exercise.

It might mean that you need patience and commitment! It might mean that you have to give up half an hour or an hour a day. But the reward will be, not

only longevity, but active, quality, self-sufficient longevity. Let's face it – a long life where we are immobile and dependent is not much fun at all.

Research has found that:

- 1) One third to half of all cancers are caused by bad diet and lack of exercise.
- 2) Cardiorespiratory fitness was associated with lower risk of all cause mortality and coronary heart disease.
- 3) Among older, long-term survivors of colorectal, breast and prostate cancer, a diet and exercise intervention reduced the rate of self-reported functional decline compared with no intervention.

Let us get active together!
Fun With Fitness really can help you to help yourself!
A new life starts here!