



The Mr. Muscle Workout!

Good morning I hope you had a great weekend. How did you get on with the 5 simple changes we suggested last week? Stick with those principles and try this as well this week...

Focus on eating "real foods". Too many people have become obsessed with how many calories they are consuming, but not that concerned with what they are actually eating.

Try to only eat fruits, vegetables, protein, nuts, healthy fats and some dairy. Avoid anything processed. That's anything in a packet. Anything in a tin, or anything that needs to go anywhere near a microwave. EASY!

Make sure you let me know how you get on with this.

Training

Everyone understands the need for regular exercise to improve their health, but unfortunately the definition of "Exercise" has been stretched massively by so called "fitness experts".

A lot of people seem to be jumping on the exercise and health bandwagon at the moment and some of the advice given is laughable really.

I was talking to one of my clients in the week about the importance of exercising between her personal training sessions and she proudly told me that she did her housework as training just like her glossy magazine had told her.... Now, don't get me wrong. It's obviously an important job but this IS NOT exercise as I define it.

Hey, if 30 minutes of housework will get you fit, then surely 8 hours of housekeeping would make you ready to compete in a fitness contest?! I don't know about you, but I've been to many hotels across the world, and very rarely do I see a housekeeper and get blown away by how fit they are. Often, they are in quite poor shape and many times a few stone overweight. Here's the Truth!

A bottle of Mr Muscle and a duster aren't going to provide you with a lot of resistance for your weight training!

If anyone disagrees with me on this one then I will happily let you bring your cleaning products down to my studio for a "killer workout" wiping down my machines anytime!

Exercise isn't easy, and you might even sweat a little bit. OK, maybe a lot. When I'm doing with my workouts, I am drenched, even if my workouts last just minutes.

Exercising is not always easy or comfortable. But it can be fun. If you want any suggestions on training programme's then email us and we will help you out.