

**The perfect front crawl**  
The Swim Dem Crew  
show you how it's done

**No-nonsense nutrition**  
Do you really need a  
protein shake?

**Hack your regime**  
Top tips that  
actually work

# body

the  
ultimate  
fitness  
guide

**Everybody  
dance  
now**

How to move like  
Beyoncé - and run,  
lift or swim  
yourself fit



### Joe Wicks (above)

aka The Body Coach (thebodycoach.com)

**1 Focus on your sleep.** People underestimate the impact of lack of sleep; not only will the intensity of your workouts suffer, but you are likely to crave sugary foods the next day. My top tips for deep sleep are to switch off your laptop and mobile at least 30 minutes before bed and leave them in another room. Ditch the bedroom TV; listen to music instead. Get a comfortable eye mask. It takes getting used to, but trust me, it will allow you to sleep deeper and longer.

**2 Do not fear carbs.** Yes, eating too many of them, beyond your body's need, causes you to store fat, but they're great for fuelling and recovering from workouts. Eat carbs such as sweet potato or jasmine rice within one hour of your workout. Cut down on them on rest days when you don't need the extra fuel.

**3 Start the day with water.** Make sure the first thing you do when you wake up is drink a big glass. Think of your body like a car: a glass of water first thing in the morning is like starting your engine.

### Dalton Wong

Personal trainer (twentytwotraining.com)

**4 Track your workouts.** To keep progressing, enter your exercise session into your calendar as an appointment. Once you have completed the session, you can add all your training notes to your diary - what did you do, how did you feel, what distance did you

# 25 tips and tricks

From taking the stairs to watching TV at the gym, experts share what really works for them

**5 Keep a visual food diary.** We often underestimate how much we eat and drink in the day. My clients are far too busy to write a food diary or journal. Instead I ask them to take photos of what they eat and drink, and keep them on their phone to review at the end of the week.

### Andy Lane

Sports psychologist

**6 Watch while you work out.** Choose a regular TV show to enjoy at the gym, or a favourite podcast you let yourself listen to only when running/walking/working out. It's a great motivation: you will look forward to exercising.

**7 Set one goal at a time.** The biggest mistake is to try to change everything at once. Instead of saying, "I'm going to go to the gym every day, and stop eating sugar, and go to bed early, and stop drinking alcohol", just say, "I'm going to move more." After a few weeks of building confidence by sticking to your resolution, think about changing your diet. Normally people set a couple of goals in January and by the summer they have achieved neither; this way you are more likely to manage both.

### James Crossley

Trainer - and former Gladiator (chelseafitness.co.uk)

**8 Stay hydrated.** Drink two or three litres of water a day. Most people are chronically dehydrated - don't wait until you're thirsty. Coffee and tea don't count. Fill up a two-litre bottle and keep it at your desk (I squeeze a lime into mine), so you can track how much you drink.

**9 Don't forget to stretch.** If you're over 40, stretching and mobility are vital. I do yin yoga once a week - it's a very slow type of yoga, where you hold each stretch for three to five minutes - and I find it hugely beneficial. Move around often and stretch your shoulders and chest to stop your body from stooping over.

### Frankie Holah (below)

Personal trainer (frankieholah.co.uk)

**10 Look around you.** You don't need to join a gym: whether it's your living room or a local park, there are so many places - and so many ways - to create a great workout. Be imaginative and have fun.

**11 Find a fitness buddy.** Being accountable to someone can really help on those days when you struggle to find motivation. If you have a friend who also wants to train, agree times in the week to work out together. Encouragement, support and maybe a touch of competition could be just what you need.

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