

MICHAEL GARRY

LONDON

We are talking all things fitness this week, and I am delighted to be joined by Michael Garry, an award winning personal trainer who has over 25 years of experience of getting people of all ages fitter. He has been called 'the best personal trainer in the world' by a writer for The Sunday Times. He believes that fitness should be both fun, consistent and done anywhere, be that in the gym, the park or at home. This is the first in a three-part series on helping us be fitter.

How do we start?

Prepare for success. Don't go diving out the door trying to run a million miles. What to do in the first 6 six weeks is focus on being consistent. You need to build good habits and keep them. Cut back on coffee and, if you do drink it, only have it the morning. Drinking it in the afternoon actually makes you more tired as it disturbs your night's sleep making you crave that caffeine hit the next day. And stop drinking alcohol, as on the come down you will crave both sugar and carbs and again it will make you tired. You also need to remove cake, biscuits and crisps from your diet. Just don't buy it. Get rid of the temptation and surround yourself with fruit and veg. Snack on fruit and start building good habits slowly.

If you have never exercised before, I would suggest going to your GP and getting their OK. I would then suggest investing in decent trainers - a pair between £60 and £100, which should last about 500 miles. Start by walking three times a week for 20 minutes and add 10% on per week at talking pace. You should be able to talk easily as you are walking. Keep track of your distances travelled and how fast you can walk a mile to help keep yourself motivated.

Don't feel like you need to join the gym. We are so lucky to have a world of YouTube. There is so much great information out there. Invest your time in watching these and learn to train intelligently. This means incorporating the right types of exercise into your routine. This includes: cardiovascular work such as running, walking, swimming, and cycling, and strength and conditioning, which could include weight training, kettle bells and using your own body weight, such as squats, lunges and press-ups. It is very important to get the technique right, but as I say, the information is there and it's there for free.

How do you feel about weighing ourselves?

I think you should take control of your health. You need to know how much food affects your body because that way you become the master of it. Weigh yourself twice a day and that way you can see the effects of the food you are eating throughout the day.