

A Skill Taken For Granted - PROPRIOCEPTION!

Get Fit Lean & Toned with ex Steps Star turned Celebrity Personal Trainer

Lee Latchford Evans

What is that, I hear you all say?

Well, it is a very long word that means your body's ability to react properly to external forces. In a nutshell, proprioception is about sensing and controlling your body's movements - your ability to react properly to external forces!

Think back to when you were a baby. You would have spent hours with your parents learning this skill - at a basic level it is your ability to walk across a room without falling down.

As we grow up, every day living demands more than this, but we take this skill for granted and forget that we need to continually train, challenge and improve our balance and ability to respond. The majority of injuries that we sustain in every day life are as a result of poor proprioception:

- **Lack of balance** - the ability of the body to right itself
- **Lack of Core Strength** - the ability to maintain core stabilisation, balance and control
- **Lack of Quick Reaction** - the ability to mentally and physically react more quickly and powerfully

This can easily be avoided by setting little challenges for yourself every day. There are lots of things you can do, without expensive equipment.

Here are a few very simple exercises:

- Stand on one leg, and bend and straighten the support knee, maintaining your weight over the heel (single leg squat)



- Stand on one foot. Reach forward from the waist, aiming to touch the ground in front of you and then stand up straight again.
- Stand on one leg, point the toe of the other leg and extend to the front, to the side and then the back, without touching the ground, and holding in each position for at least 10 seconds.
- Kneel on all fours, tuck in the abdominals and maintain your hips in line whilst you raise opposite arm and leg. To test how you are doing, place a small ball on your lower back and see if it falls off!
- With a partner, play a game of catch standing on one leg
- Standing on the wobble board, perform a two legged half squat.

The wobble board is a fantastic piece of kit allowing the body to react through several planes. The majority of toning exercises that Famously Fit demonstrate will improve your proprioception, as well as working other muscle groups. So get practicing!



Lee

Warning to Kids - Don't Yo-Yo Diet!

Gladiator Warrior



Another New Year, and once again we are being bombarded with all sorts of information about rapid diet and weight loss - about how you can lose pounds and clothes sizes in only a few weeks.

HEALTH WARNING!

If you are young and overweight, whatever you do **DON'T** go on crash diets. You will do untold damage to your metabolism and hormonal system and probably spend the rest of your life battling the bulges. There are also huge health risks associated with this sort of dieting.

Here is the yo-yo cycle that is triggered by crash diets:

1. You start a quick weight loss diet, which results in a lowered metabolic rate (your body now burns less calories each day than it did before)
2. You quit your diet
3. Now, you return to eating as much food (or more because of a sense of deprivation) as you did before your diet
4. As a result, you gain weight beyond what you previously weighed due to your lowered metabolic rate (and/or because you are binging on previously 'forbidden foods')



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BEWARE NEW YEAR RESOLUTION HYPES!



GET THESE ABS IN JUST 2 WEEKS - WE DON'T THINK SO!

This is the time of year when we are inundated with all sorts of promotions and advertising about supposedly miraculous weight loss programs or instant improvements to your health and fitness.

Our best advice to you all is to research carefully what you are signing up to and make sure it is going to deliver what you really want.

- You **CANNOT** lose pounds and pounds of **FAT** in just a few weeks. It took you years to get it there and it will take a long time to get it off!
- You **CAN** lose a lot of **WEIGHT** in just a few weeks - muscle and water! Is that what you really want to lose?
- You **CANNOT** get rid of cellulite without a complete change in your lifestyle - especially your diet and exercise program
- You **CAN** plump up the flesh using lotions, potions, creams, and "electrical" treatments - but the fat is still there - just jiggled around a bit!
- You **CANNOT** lose fat around your waist, hips or thighs after one single treatment
- You **CAN** lose an inch or two - but it will only last up to 2 days. All you have done is contract the muscles. When they relax, you are back where you were, fat and all!

Billions of £, € and \$ are spent every year on short term, temporary solutions!

If you want permanent results, that will genuinely improve your health and fitness, it will take time, effort, commitment and determination. It requires a complete change in your lifestyle (diet, activity, exercise). Why not spend your money more wisely - join a gym or fitness club, see a nutritionist, and buy more fresh food and less packaged food.

The choice is yours!

Good luck and best wishes from all at Famouslyfit.com.

OK! FIRST FOR CELEBRITY NEWS **OK! MAGAZINE FULL OF FAMOUSLY FIT PEOPLE!**

5. Frustrated with your weight gain, you go back on a diet
6. Your metabolic rate lowers further; you regain lost pounds and add more weight in the process.
7. The cycle continues....

Here is my advice:

- Gradually reduce or cut out all of the things you know you should not be eating (fatty snacks, potato chips, cookies, soda drinks etc) seeing these as treats rather than as part of your every day diet - you can easily reduce your calorie intake by 300 per day by doing this
- Don't starve yourself
- Eat sensible portion sizes at every meal to include lots of fresh vegetables or fruit, protein and good dietary fat
- Eat a healthy snacks 2-3 times a day
- Get active - increase your fat burn by at least 300 calories by being more active and doing more exercise

This will easily give you a 600 calorie differential, without going on a crash diet, and I can promise that you will start to lose weight safely and effectively