

## Physical Lee Fit! Get Fit, Lean and Toned

with ex Steps Star turned Personal Trainer ....

### Lee Latchford Evans Basic Ab Crunch

This is a great and classic exercise to start to work out those abdominals. Although appearing very simple, they are the basis for many other abdominal exercises. It is very easy to do them incorrectly, especially when just starting out on abdominal work. So pay special attention to the Tips at the end.

This exercise can be for any fitness level and as you improve you can extend the time and or reps.

**Just remember a healthy body means a longer happier healthier life.**

#### Step One:

Lie on your back with both legs bent and both feet flat on the floor. Rest your hands on the top of your thighs.



#### Step Two:

Keeping your back, neck and shoulders as straight as possible and looking out and over your knees, slowly raise your shoulders off the floor and slide your hands upwards and outwards to touch the top of your bent knees.



The timing of the exercise should be up for a count of 2 and down for a count of 2. Technically each sit up is called a rep and the amount of sit ups you perform without stopping is called a set.

**Try starting with a set of 10, and gradually increase the set to 20!**

#### Progression

Once you can easily perform 20 sit ups (reps) try to have the hands either side of the head fingertips touching the temples and elbows out to the side.

**You will find this version harder so again start at 10 reps and increase until you can easily do 20 reps per set.**

#### IMPORTANT TIPS

- Do not pull the head and only use your stomach muscles to pull your weight
- Breath out as you raise up, and in as you lower back down
- Think of having an apple or your fist between your chin and chest (keep the head lifted)
- Keep your tongue pressed against the roof of your mouth to help relax the neck muscles

**Good luck and hope to catch you next time for another workout.** Lee

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World Club

## WOBBLE AWAY FROM INJURY

By **YORK FITNESS**

**ANKLE INJURIES ACCOUNT FOR 45% OF ALL FITNESS/SPORT RELATED INJURIES**

The majority of injuries are sustained because of

- 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

As you carry out your training routine - no matter what type - you are using a combination of muscular activity, range of motion at the joints, and body posture. These are all the products of sensory-nerve activity which control activity.

Certain forms of training enhance joint-position sense, kinaesthesia, balance and coordination, muscle reaction times, and overall muscular strength and should be incorporated into everyone's training routine, even if you don't see these as directly related to your own sport or exercise programme



## Let's Get Wobbling!



**Believe it or not, something as simple as the Wobble Board can reduce the risk of ankle injury by up to 70%!**

**STEP ONE** - Stand on the wobble board, with the knee of the support leg maximally extended, and the non support leg flexed at the knee and raised.

**STEP TWO** - Cross the arms over the chest

**STEP THREE** - Maintain balance by making corrections in your ankle joint, not by activating the knee or hip or by repositioning the upper body

For the first 10 weeks, aim to stand on the Wobble Board for 5 minutes, at least 3 times a week. After 10 weeks, increase to 10 minutes at least 5 times a week.

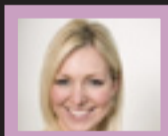


**OK! MAGAZINE FULL OF FAMOUSLY FIT PEOPLE!**

## KID'S TIPS WITH TV'S GLADIATOR WARRIOR

### PREVENTION IS BETTER THAN A CURE!

- 1) START TO REALLY UNDERSTAND NUTRITION - NOT JUST FOOD - IT IS DIFFERENT!
- 2) TAKE SMALL STEPS TO CHANGE FROM "EATING" TOWARD "NUTRITION"
- 3) HAVE A SINGLE SMALL TREAT A DAY AT FIRST - THEN EVENTUALLY REDUCE IT TO A TREAT A WEEK
- 4) KEEP THOROUGHLY HYDRATED - AT LEAST 1.5 LITRES OF WATER - NOT SODA OR COKE!
- 5) LOOK FOR INSPIRATION - FROM YOUR FAMILY & FRIENDS & HERO!
- 6) TAKE THINGS THAT HELP THE JOINTS EVERY DAY - FISH OIL, FLAX SEED & JOINT FORMULA



## Pilates: Let's Get Stretchin'

With TV's Korin Nolan

### Hamstrings, Waist and Ankles

**Step One:** Stand tall, feet hip width apart and parallel

**Step Two:** Roll down through the spine towards the floor, bending the knees a little if you need to, otherwise keeping the legs straight; place both hands to the floor.

**Step Three:** Breathing in, bend the left knee and stretch the right arm towards the ceiling as you breathe out looking up towards the hand.

Breathe in to recover and change sides.

Repeat twice on each leg



**TOP TIP** - Lengthen the tail bone towards the ceiling to feel that extra stretch down the back of the legs in the hamstrings.