



FIT FOR LIFE

How to get lean

Carol Westmorland's tips for a toned 2014

The celebrated, and now the perfectly sane, are signing up to the online 12-week Frank

Personal Training Programme. Parading in big knickers with all hanging out just to do the same again, in smaller ones, when all is held tightly in some 12 weeks later. This is the cyberspace version of weight 'watching' and it is gathering pace.

Without becoming a Frankette I lost 12kg in 12 weeks. Our Christmas turkey weighed in at 4kg, the size of an average baby. Times that by three to get the measure.

How did it happen to me? Enforced inactivity following injury. Exercise makes you ravenous: the more you train the hungrier you get. Halting your cardio will not make you gain weight. Eating more than you need will.

My life became very sedate. Piling my plate high stopped. There was no need.

An active body will be bulked up with muscle and have a very low fat ratio - an ideal. Stop training, as I did, and muscle disappears fast, metabolism slows and hunger stops.

I wanted my pre-inactivity body back and quick. Five months off and with a whole year of rehabilitation ahead I set to work and have now spent the past three months re-building my physique. My lower body had developed calf muscles that, as a fellow cyclist put it, need a licence; all thanks to my lifeline, the Stairmaster. I could do it without arms.

For a super-toned and beautiful physique and an appetite here is how: for starters, no bottom must sit



EXERCISE MAKES YOU RAVENOUS. THE MORE YOU TRAIN THE HUNGRIER YOU GET

on any piece of exercise equipment. Muscles need action and a machine assists. Locked into a specific range of motion they help to support the weight along that path and this means too much help. You need your stabilising muscles, not the machine. The major muscle groups will never grow stronger if you pass some of the work on. You must do it yourself.

Free weight exercises put a very large amount of stress on supporting muscle groups. The large muscle groups stimulate the most amount of muscle in the least amount of time.

Exercise can be a potent buzz. For many, myself included, exercise is a compulsion but you must have rest days for the muscles to grow. Sore then stop.

A word of caution; Thermogenesis. This is when your metabolism slows when you cut back on food. Don't become a Yo-Yo in the New Year. Keep it steady and rev up with metabolically active muscle. It is what Frank would say.

Here's to a health-filled 2014.