

MAINTAIN YOUR FITNESS WHILE YOU ARE AWAY

BY PERSONAL TRAINER GHAZALI

Summer holidays is a great time to look forward to some well-deserved R&R and down time from our busy schedules. Unfortunately, over-indulgence in everything that's not so great for us (fast foods, alcohol, no exercise, late-night partying, etc.) commonly places high on our agendas during this period.

As a general rule of thumb, you lose your fitness at twice the rate you gain it; so two weeks of no activity can set you back a whole month. It is also always much easier to pile on the pounds than to shed them. Follow these simple tips to maintain your fitness during the holidays and keep unwanted weight gain at bay:

1. Watch how much booze you drink. Five or more units of alcohol per session counts as binge drinking.
2. Keep your carbohydrates in check, no matter how tempting they are. There is no need to avoid them completely; just make sure to watch your portions.
3. Walk as much as possible. You'd be surprised at how many calories you burn simply walking along the beach. It's also a great way to do some sight-seeing while on holiday.
4. Stay hydrated! Many of us forget to drink water during our holiday activities.
5. Spare a few minutes per day to do a few jump squats or go for a run on the beach. No better way to end the day than with a sunset run by the sea!

Act on the above guidelines and you will find yourself fully recharged and raring to get back into your fitness regime when you come back home. More importantly, your fitness levels would not have diminished too much, so resuming your exercise routine will be a breeze.



Ghazali is a certified personal trainer with the American Fitness Professionals and Associates since 2001. He specializes in muscle gain, weight loss, boxing, strength and conditioning. Ghazali takes a personal interest in all his clients' progress, and employs a mixture of methodologies while introducing fresh exercises and routines to make working out fun, interesting and educational.

