

Health & Fitness

April 2006 www.healthandfitnessonline.co.uk

SPRING CLEAN YOUR BODY

- Easy detox that really works
- Best foods for instant vitality

Tone up in one workout a week!

The celeb shape-up plan that gets you fit *fast*

GLOW GIRL!

How to look radiant every day

YOGA SPECIAL

12 PAGES OF THE BEST MOVES, KIT, WORKSHOPS AND RETREATS

Is your diet low in vitamins?

Find out, page 58

PLUS Personal training guide ★ Low-GI dinner party idea ★ Beginner's triathlon tips ★ Avoid hidden sweetener

INTERVIEW

DARCEY BUSSELL

'How Pilates keeps me in shape'

REPORT

Can you trust fertility tests?



WIN
A SPA HOLIDAY
IN MALTA WORTH
£3,700

YOU CAN DO IT

Inspired by remarkable cancer victim Jane Tomlinson's sporting achievements, Jane Clark, 43, from Kent competed in her first triathlon in 2005. She tells her story...

As a complete novice, I was daunted by the challenge that lay ahead, but entering the 2005 Michelob ULTRA London Triathlon as part of Team Herbalife (made up of Herbalife Independent Distributors and employees) helped me kick start my training six months before the event. My cardiovascular fitness level was pretty low – more suited to running for the bus than running in a triathlon – so I found a personal trainer, who became my exercise buddy. She planned fitness sessions around my busy schedule, which meant I trained both in the morning and evening. By mixing up my regime between out and indoor, cardio and weight sessions, she also helped me to keep focused and increase my training. It was hugely satisfying to feel my fitness levels increase. Swimming was by far my weakest discipline and I just couldn't get to grips with the front crawl (the fastest stroke most commonly used in triathlon). I decided to stick to breaststroke and slowly found myself looking forward to training.

With my fitness increasing, I took part in my first 5k fun run in April. I finished the race in less than 40 minutes and the sense of achievement was fantastic, spurring me on to put in 5–6 hours of training a week. I even attended a triathlon training weekend, where I met lots of other first timers!

Throughout my training I made minimal changes to my lifestyle, ate my usual diet and listened to what my body wanted, including

the occasional naughty treat. However to keep up my energy levels, I supplemented my diet with Herbalife protein shakes, Herbalife teas, which contain herbal extracts to help boost energy levels, and Schizonara Plus – an antioxidant which helps recovery after exercise.

After five months of training, I felt fantastic. On race day I was so excited I woke early and, as well as a bowl of porridge, had my normal breakfast of a Herbalife protein shake to give me my last energy boost. As I made my way to the start, I focused on the day ahead – I had set myself a personal challenge of completing the triathlon in 2 hours and 30 minutes.

I was anxious about the swimming leg. As I jumped in, I took a mouth full of water and my goggles came off. It took a while to get into the race, but I soon found my rhythm. Then it was onto my favourites – the bike and run. I crossed the finish line after 2hrs 6 minutes – well within my target. I was overcome with emotion due to the euphoria, self pride and complete mental and physical exhaustion.

My new goal is to finish this year's event in less than two hours – and I can't wait!



JANE'S TIPS FOR TRAINING AND RACING

TRAINING

- Believe in yourself.
- Don't dwell on bad training days.
- Listen to your body – if you need a day off training, take it.
- Practise getting out of your wetsuit to help your transition between the swimming and biking stages on race day.
- If you can, train with a partner or friend to motivate, focused and have more fun.

RACING

- Take your time between disciplines.
- Go at your own pace and don't worry about people overtaking you.
- Enjoy it! You've worked hard to be there.

LEADING SPORTS SCIENTIST AND NUTRITIONIST KUNLE ODETOYINBO'S (MSc, BSc HONS, CN MED) TOP FIVE NUTRITION TIPS FOR DURING TRAINING

1. **Support your metabolism** by including healthy snacks between meals. This provides a more continuous flow of energy.
2. **Eat a varied diet.** Fruit and vegetables, nuts, seeds, whole grains, soya and low-fat milk products are especially good. Antioxidant teas will help your muscles recover after exercise.
3. **Consume enough carbs.** Your body needs these before and straight after exercise.

Complex carbohydrates are excellent both for health and to support training.

4. **Record your weight before and after exercise.** This will indicate how much fluid is lost through sweat during exercise so you can control fluid intake.

5. **Ensure you drink a sports drink before, during and immediately after exercise,** as well as water, to replace electrolytes lost through sweat, so muscles can function.

Herbalife is the official nutrition sponsor of the Michelob ULTRA London Triathlon and of current Junior World Duathlon, Junior European Triathlon and Junior London Triathlon champion Oily Freeman. For more information on the Herbalife products used by Jane, call 0800-169 4198 or see www.herbalife.com/uk. See www.thelondontrifalton.com for more information on this year's Michelob ULTRA London Triathlon, August 5-6, or call 020-7559 2929.

