

Joana's super six tips to help you get into shape in 2020

Milton Keynes personal trainer and nutritional advisor **Joana Todor Back** has returned to grace the pages of Celebrate:MK in 2020. She kicks off her latest series of columns with some new year tips to help you get fit...



STUDIO 44
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Hello everyone, I'm back to help you answer the million pound question at this time of the year: How can I get back on track after over-indulging at Christmas?

It's really not that hard to get into great shape and develop a six-pack. You don't need a lot of time, just a bit of discipline, a dollop of commitment, some regular cardio work and a healthy diet. No excuses now... it's a new year! Here's my top fitness tips to help you get in great shape for 2020...

1) Make a list

If you're not sure where to start, making a list is the best way to be organised. This can include anything from which workout clothes you want to buy, to the days and times that you're free to exercise.

As soon as everything is down on paper it will make

the plan to get back into fitness more realistic and it will motivate you.

2) Set yourself a challenge

For those with little willpower, why not set yourself a challenge? This can be anything from a 30-day fitness run to signing up for a three-month course of exercise classes. The act of signing up to classes/sessions in advance will help with motivation. After all, if you have pre-paid for a service, you won't want to miss it and risk losing out on your money.

You'll find that as the days go on, you will begin to enjoy your new routine more and the results will quickly follow.

3) Buddy up

A great way to keep motivated is to get into a fitness routine alongside your best friend. It can be difficult to stay on track when you are going it alone, but having a friend by your side who has the same or similar goals makes it easier, not to mention enjoyable. Make a pact to work out together regularly and encourage one another to stay motivated.

4) Book a personal trainer

Getting back into fitness after Christmas may be easier with the help of a knowledgeable

personal trainer. While this will come at a cost, the help of a professional will ensure that you reach your goals.

5) Get outside and enjoy the winter sun (while doing some cardio exercise)

Cardio work is still important for fat loss and you want to aim for 3 sessions a week. Depending on your current level of fitness, start with 20 mins sprints, 30 secs fast and 60 secs recovery each session, progress to 30 mins intervals of 45 secs fast and 60 secs recovery. Make sure to push yourself to get the most out of your time. If you're swimming, try a few lengths of front crawl for 10 minutes and then ease off with some gentle breaststroke. If running or cycling in a gym is what you prefer, you can try 30 minutes of steady-state cardio on the cardio machines.

6) Eat healthily

Make sure you eat plenty of lean, good quality sources of protein such as chicken, turkey, pork, tofu, lentils, fish, nuts, seeds and eggs. Include lots of vegetables in your diet, making sure you cover all the beautiful colours out there such as carrots, peppers and tomatoes, plus kale, spinach and sweet potatoes, which are rich in antioxidants and vitamin A.

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