

IT'S THAT TIME AGAIN. A fun, food-filled Christmas has passed and everyone is looking for ways to shed the excess weight. Here are a few tips on how to make the most of your local environment in 2010.

First things first, set yourself a goal. Make sure it's realistic or you'll struggle to see it through. Ensure your goal is specific and measurable, give yourself a timeline in which to achieve this goal and break it up into smaller steps. Once you've selected your goal, make sure you know how to set about achieving it. High heart rates and regular sessions are best for burning fat.

South-west London has plenty of places where you can burn off those excess calories. Here are some of the many options right on your doorstep!

LOCAL PARKS

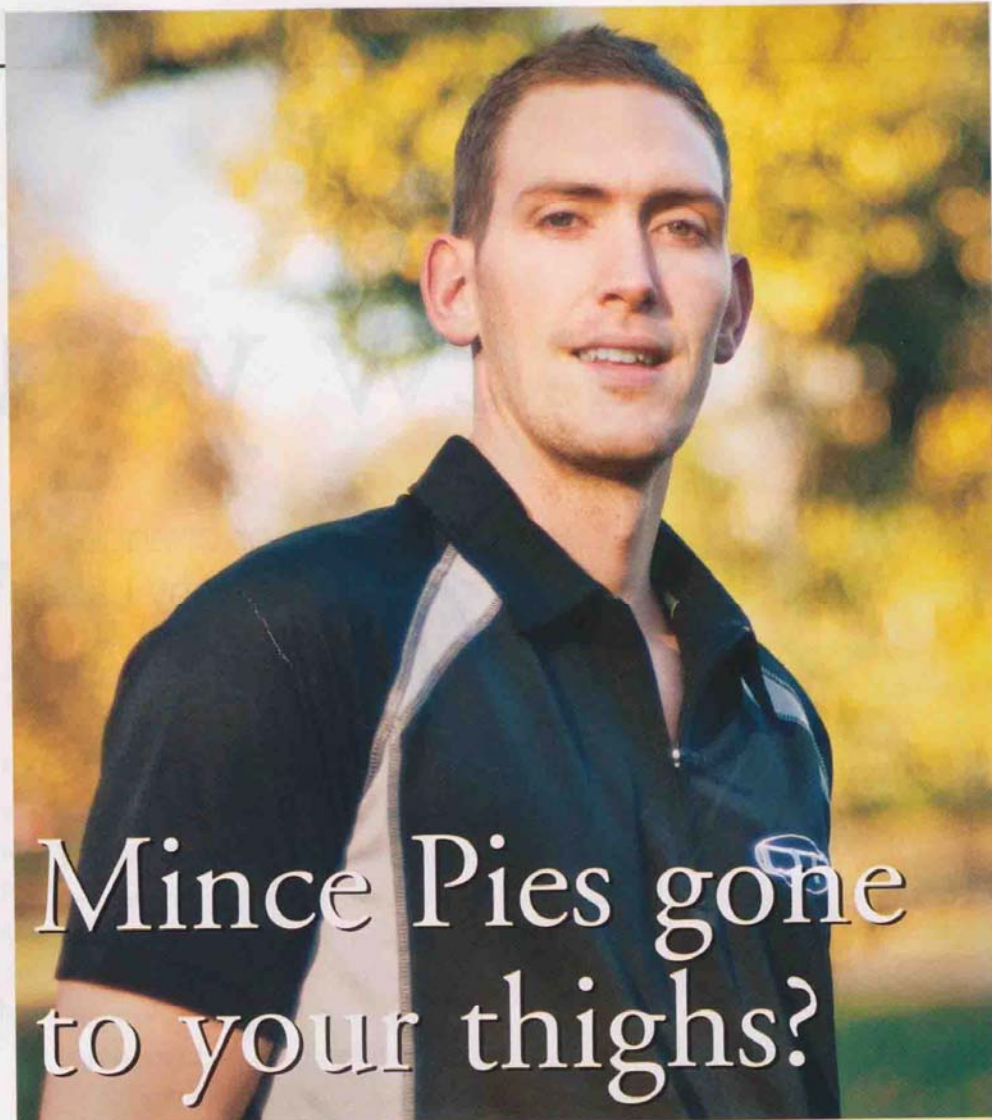
Running around a park is the cheapest and most convenient form of exercise. Parks like Wandsworth Common and Battersea Park even have fitness trails where you can stop off to use beams, bars and hurdles to give yourself a total body workout. In between sets stop to take in a deep breath and admire the beautiful flora and fauna. A 20-minute run can burn the calorie equivalent of two mince pies – providing it is carried out at the correct intensity of course!

Map out your own route or search through any of the existing routes using the Flora London Marathon route planner.

www.realbuzz.com/flmroutes

THE RIVERSIDE

In south-west London the riverside is never far away. Why not go for a run, walk or skate along one of the many riverside routes that the area has to offer? A popular route starts at the Peace Pagoda in Battersea Park and runs along the south



DOM THORPE from DT-Training talks about shaking off the Christmas weight and places in south-west London where you can make it happen

bank of the river towards Westminster. The views will remind you what being in London is all about. Alternatively, head west towards Putney and pass by the home of the annual Oxford and Cambridge University Boat Race.

www.batterseapark.org

EXERCISE CLASSES IN THE PARK

Various fitness outfits run regular group exercise sessions in a park near you. These classes are a great alternative to those offered by your gym and you're guaranteed a space as there is no limit on capacity. Outdoor exercise classes can burn up to 500 calories. That's the equivalent of three glasses of mulled wine. **The following websites offer group outdoor exercise classes locally:** www.britmilfit.com and www.one-element.co.uk

PERSONAL TRAINING

If you don't possess the knowledge or motivation to venture out on your own, or simply want to give your exercise regime a boost, then source a local personal trainer to help you shed the excess weight. A local trainer will know all the hints and tips that you need to get fit in your local environment and will be at hand to motivate you along the way. An appointment in the diary will mean you're far more likely to carry out your exercise session and reach the goals you set out to achieve. What better time than the start of a New Year? ●

Below are a couple of personal training companies operating in your area:

www.dt-training.co.uk and
www.homehealthfitness.com