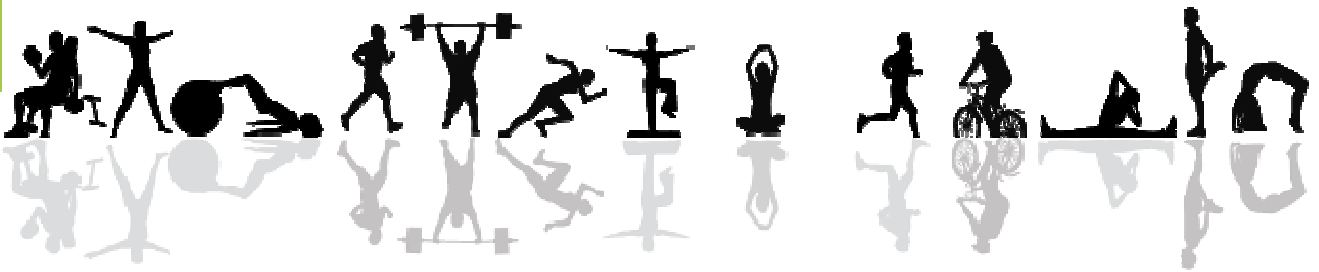


THE FULL-TIME WORKER'S GUIDE TO A GOOD PHYSIQUE

Bitesize
JULY 09



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Personal Training the way YOU want it.



Dominic Thorpe - Managing Director and Principal trainer.

DT Training. Personal Training the way you want it.

Editor's Blog

Maintaining your shape whilst on Holiday

We work hard to get into shape for our summer holidays so why blow all that hard work by overindulging and under exerting? With the holiday season nearing it's peak I thought our readers might benefit from some tips on how to minimise weight gain and fitness loss whilst enjoying their trips this summer.

Before I list the dos and don'ts I think it's important to highlight my reason for writing this article. In order to do this I'll quote a line from my January 09 article-Keep Fit, Don't Get Fit. "the key to maintaining a good physique is simple - *don't let things get out of hand.*" In this article I mentioned that fitness losses happen far quicker than fitness gains, therefore, if you've spent the run up to summer getting into shape you can quite easily return from a two week break having lost any fitness gains which you've made over the past few months. To avoid this, read the following steps and employ at least some of them in order to limit the damage done whilst still enjoying your summer break to the full.

The first lesson is keep active. I'm one of those people who loves to sit by a pool all day reading a book whilst ordering regular drinks and snacks from the bar. A week of this multiplied by indulgent meals equals HELLO BELLY!

Some of us enjoy training when we are on our hols and if your resort has a gym then 3 visits per week should be enough to keep you in check. If you'd like to train but you have no gym then I've included a mini workout which requires little equipment and can be done almost anywhere.

On the other hand many of us feel that the gym is the last place we'd like to be whilst away, in which case try some of the following activities to break up your day.

Bike Rides

You should always be able to hire a bike on holiday. Pack a bottle of water or two and maybe even a picnic and explore the local area. Bike rides can either be short and intense or long and relaxed both of which will burn plenty of calories.

Swimming

Cool off by dropping into a pool or into the sea. To burn some serious calories perform some drills at high intensity for around 20 mins. Fast paced lengths broken up with short rest periods. Try to keep your heart rate up for the full 20 minutes.

Watersports

Most resorts will have various activities which you can participate in without even leaving the pool area. Water Aerobics for those into classes, or waterpolo-one of my favourites-for those more interested in team sports.

Diet Tip

It's great to indulge on a full 3 courses whilst on holiday but try alternating between having a starter + main for one meal and a main + dessert for your next.

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Maintaining your shape whilst on Holiday

Running

Runs are quick easy and can be done almost anywhere. Why not go for an early morning or late evening jog along the beach? Avoid running throughout the middle of the day as you may struggle in the heat.

Outdoor walks

Wherever you holiday it's likely that there will be spectacular views and landscapes to explore by foot. Don a pair of sturdy shoes and select a challenging route which holds as many challenges as there are beautiful views.

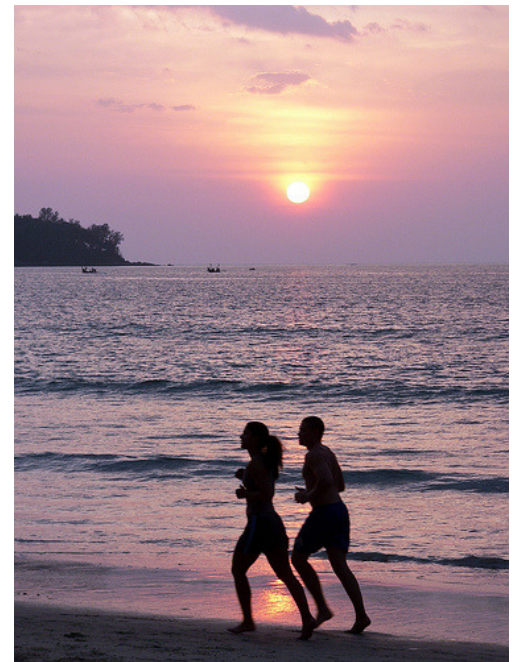
Yoga and Pilates

Many people these days are taking Yoga holidays whereby Yoga is part of the daily routine. Most resorts will provide yoga or Pilates which can offer a more relaxing alternative to exercise classes.

Beach Sports

If you're near to the beach there's plenty you can do to stay active. Couples can buy a bat and ball game and try to complete as many passes as possible without dropping the ball.

Alternatively most beaches play host to games like beach volleyball, beach football or even Ultimate Frisbee. It is important to remember that if you do play beach volleyball, you do so with a suitable pair of Aviators and some dog tags.



Diet Tip

Alcohol consumption on holiday usually exceeds our normal level. Consider light drinks such as Vodka and Diet Cola, Gin and Slimline Tonic or a low carb beer.

Mini Holiday Workout

Perform the following exercises for 30 seconds each with no rest between each exercise. Once all exercises have been completed break for 1 minute before carrying them out again. Repeat 3-6 times increasing the duration of exercise if the intensity is too low.

Body Part	Exercise	Pointers
Chest/Triceps	Press Ups	Move the hands closer together to increase the difficulty
Upper Back/Biceps	Suitcase Lifts	Bent over, supporting the body with one arm, pull the suitcase towards the chest using the free arm.
Stomach	Crunches	Keep the base of the spine on the floor and flex the spine bringing the chin towards the stomach.
Lower Back	Dorsal Raises	Place the hands behind the back at the base of the spine for an easier version or hold the hands beside the head for a more difficult exercise.
Legs	Bodyweight Squats	Keep the body upright and lower the bottom towards the floor. Feet should remain flat on the ground.

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Healthy Recipe

Barbecued Chicken Tikka Skewers

with cucumber salad

With the summer months and light evenings finally here it's no surprise that we've all been getting our barbecues out on a regular basis. This little treat will impress your friends and keep the waistline tight.

Ingredients

150g pot low-fat natural yogurt
2 tbsp hot curry paste
4 boneless, skinless chicken breasts, cubed
250g pack cherry tomatoes

For the cucumber salad

½ cucumber, halved lengthways, deseeded and sliced
1 red onion, thinly sliced
handful chopped coriander leaves
juice 1 lemon
50g pack lamb's lettuce or pea shoots

Method

1.
Put 8 wooden skewers in a bowl of water to soak. Mix the yogurt and curry paste together in a bowl, then add the chicken (if you have time, marinate for an hr or so). In a large bowl, toss together the cucumber, red onion, coriander and lemon juice. Chill until ready to serve.

2.
Shake off any excess marinade, then thread the chicken pieces and cherry tomatoes onto the pre-soaked skewers. Cook on a barbecue/under a medium grill for 15-20 mins, turning from time to time, until cooked through and nicely browned.

3.
Stir the lettuce or pea shoots into the salad, then divide between 4 plates. Top each serving with 2 chicken tikka skewers and serve with warm chapatis.



Nutrition per serving:

214 calories,
protein 37g,
carbohydrate 8g,
fat 4 g,
saturated fat 1g,
fibre 1g,
salt 0.61 g

Taken from the BBC website:

<http://www.bbcgoodfood.com/recipes/>



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What we do... and what's in it for you!



Credit Crunch?!

Check out our offers to see how we can help you look fine in 2009, without breaking the bank...



Free Sessions!

When buying in bulk we'll reward you with **a free session for every 5 sessions purchased**. After all, you should have some kind of reward for your efforts, don't you think?

Try before you buy...

At DT Training we'll give you a personal training session for free before you decide to make your purchase.

Two train for the price of one!

At DT Training we charge our standard hourly rate, no matter how many there are of you. How generous is that?



Extra Services

Personal Programmes

At DT Training we'll provide a 12 week personalised programme which targets your goals by varying considerably over the 12 weeks and containing 2 to 3 weekly session cards. We'll also spend an hour with you going through the programme to ensure that you carry out the techniques in the correct manner.

...after that it's up to you!

Circuits on the Common

Why not compliment your 1 on 1 session with one of our weekly circuit training sessions. They're fun, sociable and they'll get you really fit!

The sessions are £5 each week, no monthly fee and they suit every level of fitness – it really is the taking part that counts!

Tuesdays 7.30pm – 8.30pm, Wandsworth Common

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