

# Health, fitness & lifestyle advice

by Matt Kendrick

Firstly, let me begin by saying how excited I am to be writing for the Touch-Base team. Over the coming issues I would like to reach out to as many of you as possible with health, fitness and lifestyle advice....I am here as your coach.

I founded MK Personal Training Academy in 2001 with the mission to redefine personal fitness, combining all aspects of health and well being with the very best expertise in both, adult and children's fitness, nutrition, physiotherapy and Pilates.

We now look after the health and fitness of over 400 weekly clients with ages varying from 6 to 86. We find people's needs vary greatly from fat loss, to anti-aging, running a marathon, improving at golf or getting ready for their forthcoming wedding.

What we all want at the end of it is to simply look and feel better and believe me, nothing is more effective than food and exercise. However this simple concept is far harder in reality. This is due to constant contradictions on what is healthy eating making people more confused than ever, and it is for these

reasons that I decided to write a book. I felt that people generally viewed healthy food as tasteless and boring, so I contacted a friend of mine, Gareth Cole, who at the time was Head Chef of the Crabmill at Claverdon. I thought that with my nutritional knowledge and his passion for tasty food, we were surely onto a winner.

The result was MK Lifefit - a 12 week plan to completely transform your body and mind, and teach healthy habits that will last a lifetime.

I would like to start our journey together with some very basic changes that you can implement immediately. Without doubt, the most important advice of all I can give you is to drink water. I will tell you how much you need shortly but firstly let me tell you why. →



Matt Kendrick



Two thirds of what we weigh is water. We can live for weeks without food, but only a few days without water, as it keeps all functions of the body working. Always try to drink water at regular intervals throughout the day. As a rule, try a glass every hour or so. Most of us are chronically dehydrated and do not realize, it can be the cause of symptoms such as high blood pressure, headaches, tiredness etc.

Here's how to find out just how much you need – 0.033 x body weight in kg – will give your total daily amount. If you increase your water consumption you will notice how much better you feel.

The next simple but powerful change for you to implement is to eat at regular intervals throughout the day. Aim for every 3-4 hours which will help your metabolism speed up due to the thermic effect of food. How great is that! Eating more often can actually help you burn off stubborn body fat. Remember, what you eat here is key, so real food

not sugary snacks. Try to eat some protein (meat, fish, eggs, nuts) at every meal or snack as this will help keep your blood sugar levels stable and give you a steady supply of energy. The MK Lifefit book will show you how to make delicious protein based snacks that taste great without all the hidden sugars and bad fats.

When we are talking health then we must talk exercise, all too often people neglect to combine the two. We find most people are struggling to get the results they want and find the harder they work the more frustrated they get, sound familiar? When people are trying to lose weight and shape up they focus on calorie burning and aerobic exercise but to burn fat they should lift weights first followed by short intense bursts of c.v. (eg: bike or running) 🏋️

AT MK PERSONAL TRAINING ACADEMY WE DESIGN EXERCISE PROGRAMS BASED ON THE INDIVIDUAL NEEDS OF THE CLIENT TO GET MAXIMUM RESULTS IN THE SHORTEST SPACE OF TIME. I WILL GIVE YOU A GREATER INSIGHT OVER THE COMING MONTHS BUT FOR NOW START WITH THE SMALL POSITIVE CHANGES AND FOR MORE DETAILS PLEASE REFER TO OUR WEBSITE: [WWW.MKPERSONALTRAININGACADEMY.CO.UK](http://WWW.MKPERSONALTRAININGACADEMY.CO.UK) OR CALL US ON 0870 442 7115

## Jackie's Story

Jackie came to see us just after giving birth to her second child and feeling the need to shed the excess baby weight. We set about strengthening the deep tummy muscles and posture muscles to help with busy motherhood, whilst the combination of regularly eating the right foods and effective fat loss training did the rest.

Jackie started at	12 weeks later
Weight 154 lbs	140 lbs
Body fat 25.5%	21%
Waist 33 inches	29 inches

"After my second pregnancy, though overjoyed, I felt fat and exhausted! I was recommended to MK Personal Training Academy through a friend and when Matt told me what was possible I didn't believe him! Exercise and proper nutrition are now just part of my life but that still enables me 'cheat time' for pure indulgence. I am now in the very best shape of my life, in my thirties with three children."

Jackie Smith

