

Health, fitness & lifestyle advice

by Matt Kendrick

"It is absolutely insane not to be a health nut" - Michael Murray MD

Such a true statement. You see without good health, nothing else really matters. Family, children and all possessions that we work so hard for are lost without health.

I simply cannot understand why we would spend all our time working and striving for wealth, when, if we don't take care of our physical, mental and emotional health, how can we enjoy it?

Perhaps now is the perfect time for us to reflect, take stock and truly tackle those New Year Resolutions.

I think what most of us struggle with is the reality of how it works, our intentions maybe good but without proper guidance and a reliable strategy we fail.

In my last article I talked about the importance of both whole food nutrition and exercise together. If you want

to stay in good shape for life, then you must follow a program that keeps your basal metabolic rate (BMR – the amount of calories you burn at rest) up. Sitting for long periods will sabotage your fat burning potential. Your thyroid will adapt by adjusting your internal thermostat and turn you into a fat storing machine, add in too many carbohydrates and is it any wonder why obesity is soaring.


After age 20, you start to lose vibrant, fat burning muscle and as strength, stamina and bone density decrease, blood pressure, cholesterol and triglycerides increase.

We are meant to move, until relatively recently in our history, if we didn't farm, fish, hunt or gather then we didn't eat. Today our food is chemically produced, highly processed, with added salt and sugar and made purely for our convenience.

Functional exercise is absolutely vital to health and longevity of life, to compensate

for the sedentary effects of modern living. This does not mean going for a walk, playing golf, gardening or any sport. These examples of physical activity are great in addition to a program developing muscle strength, endurance, cardiovascular health and flexibility which alongside optimum nutrition will reduce body fat, improve stress levels and increase resistance to disease and infection. You will also improve at your sport!

As a reader of Touchbase you can become a complimentary member of our website to start training and eating the right way.

So what are you waiting for? 

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 OR CALL US ON 0870 442 7115



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Simon's Story

Simon joined MK Personal Training Academy as a regular exerciser who found the harder he worked the more frustrated with lack of results he became. Sounds like the majority of gym users.

We set about building the nutrition principles alongside structured resistance training and wow!... What a difference.

Three month's ago, I was typical of most people in a sedentary job, overweight and out of condition. Since then, by simply following the advice of MK, I have transformed my body, my posture, my energy levels and emotional well being. I still have goals to achieve, but know exactly what I need to do to get there. For me, the MK programme has given me a lot more than the 'normal' exercise and diet regime, it's taught me how to live my life in a healthier way."

Date	07/01/08	30/04/08
Weight	13st 6lbs	11st 12lbs
Body Fat	25.3%	19%
Waist	39.5 ins	35 ins

Simon ????????

The book is available from amazon books online or from MK Personal Training Academy at David Lloyd, Highlands Rd, Monkspath, Solihull.

