



Movement for Mood

By Karl Henry

Ireland's leading Personal Trainer

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healthcare

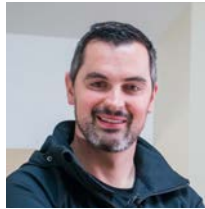
Introduction

Dear Readers,

We know that now, more than ever, people want to be empowered to live and be better, every day. We work with Ireland's brightest minds and aim to bring you access to some of their latest thoughts, tips and up to date advice.

In this **'Movement for Mood'** series Karl Henry discusses preparing for and maintaining an exercise regime that's good for cardiovascular health, mental wellbeing and stress levels.

From preparing to get fit to maintaining an exercise regime, Karl shows you the tips and tricks you need so that you can be at your very best, always. You can also watch the full series of short videos on www.layahealthcare.ie/thrive/health



About Karl

Karl Henry is Ireland's leading Personal Trainer. Well known for his infectious enthusiasm and positive attitude, he has written five books on health and fitness to date, with his latest book called 'Healthy Living Handbook'. His recently launched podcast 'The Real Health' has become the number one health podcast in Ireland. He started his personal training company by training clients in their homes in 2004. He is renowned as a personal trainer to the stars and has been responsible for creating some of the most famous physiques in fashion, music, politics and the corporate world.

For more articles visit www.layahealthcare.ie/thrive

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5 things to help you prepare to get fit

We want to help you get fit, healthier and slimmer not just for the short term, but for life in our **'Movement for Mood'** series. We also want to show you the positive impact movement can have on your mental wellbeing and stress levels. Simply put, **move more and you'll feel better**. In this article, we want to show you how to do it properly, setting the foundations for sustained success and not just another quick fix.

1. GAIT

This is so important yet so many people forget about it. Gait analysis is simply **getting your feet checked** to ensure that you have the best possible runner or to find out your foot type. You can check your gait if you flip your runner over, the sole of the shoe should be evenly worn all the way across, if it's unevenly worn on one side, the inside or outside of the runner, then you need to get your gait checked. It's **free to do and non-invasive**, you just have to ask the store to do it. It will also help to protect your joints and your back.

2. GEAR

Don't worry, you don't need to spend a lot of money to get the right gear to exercise in. Mainly you just need to **avoid cotton fabrics** as much as possible, they get heavy with sweat and uncomfortable so instead **aim for light and breathable fabrics** that will allow the body to sweat and make the workout far more enjoyable.

3. ADVICE

You should always ask for advice when it comes to fitness. In this article, I will give you as much help as I can. You can also check out the **laya healthcare website, the blog 'Thrive'** as well as **'healthcoach' by laya healthcare** if you are a laya healthcare member. The right advice will keep you healthy for longer and safer. If you are a member of a gym, then don't be afraid to be a customer, asking for advice and getting the service you deserve.

4. MEASURE

One of the most important components of getting fit that so many people forget about is the fact that you must **measure your progress, track your results** and when you see those results improve, you will be more focused, more driven and healthier in the long run. You can track anything, your weight, your waistline, your one hour walk test, whatever you feel like, just measure something, once a week and watch it improve.

5. BALANCE

My final tip is to **make your health plans balanced**. Don't aim for an all or nothing approach, for food or for exercise. Instead aim to be healthy most of the time and allow yourself the odd treat. It's called the **80/20 Rule** and is always the best way to stay healthy in the long term, as there are no extremes, no fads and no gimmicks.



For more articles visit www.layahealthcare.ie/thrive

Why cardio is so good for you and how to make it free

Now that you are ready to get fitter and healthier, let's take things a step further. Let's look at one of the most effective and simplest forms of exercise that you can take, how to ensure that you are doing it properly and how to keep your progress going to avoid the results plateau that demotivates so many people.

What is cardio?

Cardiovascular exercise is anything that gets your heart rate going. Walking, jogging, running, cycling, hillwalking, dancing, basically anything at all. Once you're getting moving, your heart is pumping and you are circulating blood around the body, that's cardiovascular exercise.

Why is it good for you?

It's good because it improves basically everything about your health. It's great for your lungs, your muscles, your mind for relieving stress, in fact there is nothing that cardiovascular exercise won't improve,

it's that straight forward. When you exercise, you release endorphins into your bloodstream, these are also called happy hormones, since they make you feel good. The best part of all is that cardiovascular exercise is free, or very close to it. There are such few barriers to doing it, making it more accessible than any other type of exercise. Free is good and free means that you really have no excuse not to do it!



How to ensure you get the most from your cardio

1. Talk Test



Here is the first thing to remember. To get the best results you must **ensure that you are working hard enough**; an easy stroll isn't going to get you many results or improvements, so you must work harder. There are lots of ways to do this, from HIIT (*High intensity interval training*) where you work hard and then recover using a heart rate monitor to check your recovery rate. The talk test point simply states that you should be **out of breath but still able to have a conversation** when you are exercising, or still able to talk to count to ten.

2. Change



My next piece of advice is all about change. Change your workout as often as you can. Change your route, the profile of that route,

your pace, anything at all. By changing your workouts, you are **constantly challenging the body and improving the results** you are going to get. Doing the same workout over and over means that your body gets used to the workout and slows down the rate of change.

3. Train with someone fitter than you




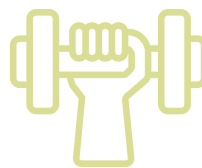

This is a simple one and one I use myself all the time. If you want to walk faster or run faster, by surrounding yourself with fitter people you will work hard to keep up with them. **Improving your progress and getting competitive can always be a good thing too.** These tips will get you started on the right track with your cardiovascular exercise, they will get you fast results and benefits, they will improve your mental health and overall health quickly too.

What can you do in a gym to improve your cardiovascular health?

Many people all around Ireland are members of gyms and yet they don't really get the best usage out of them, not knowing what to do or what their programmes should contain. In this article I want to talk you through the **different aspects of a gym programme** and how to ensure you are getting the very best out of your gym membership, for your physical health, your mental health and also for your financial health too!

Firstly, and most importantly, I would recommend that you **ensure that you have had a gym assessment** in your gym and get a reassessment every four to six weeks by the staff there. An assessment should measure your progress, your improvements and show you how to use the various machines in the gym. The staff will be more than happy to help I'm sure so **don't be afraid to ask**, it's a crucial component to getting the most from your programme.

Each programme should contain some version of the following:

- 1  Cardio
- 2  Resistance
- 3  Stretching



“most importantly, ensure that you have had a gym assessment”

1. Cardio

I love cardiovascular exercise, it's great for your mood, your heart, your waistline and pretty much everything. It is anything that gets your heart rate going, in a gym it could be a treadmill, cross trainer, spin bike, rower or swimming in a pool. Remember, the important element is that you are working hard enough to get the benefits. Aim to be slightly out of breath but still able to hold a conversation, it's called your 'talk test' and is a free way of ensuring you are going to get the best from the session, this is especially true as you get fitter, you need to keep working hard to get the results.

2. Resistance

Resistance training is simply anything that involves lifting a weight, be it your body weight or lifting a weight in a gym. It is incredible for your mental health, your bone density, your energy and the tone of your body. It will even help to slow down the natural ageing process, keeping you healthier for longer. Yet it is the form of exercise that most people fear as it's a little more

complicated than just walking or swimming. You can get instruction from your gym instructor or also using **healthcoach** by laya healthcare where you get a face to face consultation with a **healthcoach** who will build a programme for you to follow following an in-depth health and fitness assessment. Resistance exercise is crucial for health so make sure to make it part of your gym programme!

3. Stretching

This is something that women are brilliant at and men tend not to do enough of. Stretching and stretching based forms of exercise are good for keeping the body agile and reducing the risk of injury. Yoga, Pilates, tai chi and body balance classes are all great ways to get some stretching into your life. In terms of your gym programme, you should have some cool down or stretching component to them, especially at the end of the session, to help reduce the risk of soreness after exercise too. If you find that you struggle, why not enroll in a stretching based class in your local gym, it will keep you focused and motivated to do it and you will have lots of fun in the process.



How do you keep the momentum up when you're on a fitness regime?

Over the course of our 'Movement for Mood' series, the goal has been to give you the best information to improve your mental and physical health, to make it seem easy and to give you information that works. The advice from these videos and this exercise booklet works so never be afraid to give it a try. I want to give you information to ensure that you keep seeing results from your exercise, by seeing results you will stay motivated and healthier for longer, so apply these tips and keep up the good work!

1. Change

One of the easiest tips I can give you, is to change up your workout as much as you can and as often as you can. The body is an amazing machine, it adapts to change very quickly. You can change your route, your speed, your weight, your gym routine, basically absolutely anything, just mix it up as often as you can and you're on the right track!

2. Measure

Don't forget just how important measurement can be when it comes to your health. Regular measurement and positive changes in those measurements will keep you super motivated and focused. Even if the result is going the wrong way, by measuring you are more likely to get back on track quicker. You can measure your weight, your sleep, your resting heart rate, your waistline or your mood, whatever is most important to you is the one to measure and check it weekly.

3. Event

Having something to work towards is always what I find works best for me personally in terms of my own health. It could be a 5k run or a marathon, walking the Camino or a charity event. By choosing and paying for the event you will be far more motivated to keep training and keep exercising, especially if you choose to do something with a group of people, so you're all working towards the same goal.



“When you enjoy something you are far more likely to keep going”

4. Reward

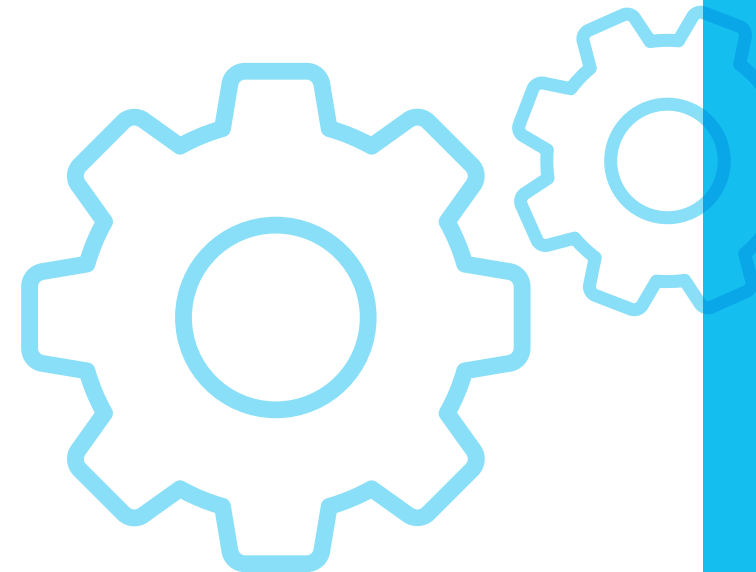
This is the fun part. After setting a goal and completing that goal, it is now time to treat yourself. Give yourself the pat on the back that you deserve. It doesn't have to be something big or expensive. It could be a book or some sports gear, it's not the cost that matters, but more the goal and reward process! Keep setting goals and keep rewarding yourself when you reach those goals.

5. Train with those fitter than you

When you get fit it can be hard to keep pushing your boundaries to get fitter. So, I use this tip to keep the progress going, I train with those who are fitter than myself. By doing this you will work harder, train better, eat better and get better results than by doing it on your own.

6. Fun

My final tip to keep you healthy is to make sure that your exercise routine, regardless of what you do, is fun! When you enjoy something, you are far more likely to keep going, if it's a constant battle to do it then it's time to find something new to do! Fun exercise equals long term exercise.





Feeling inspired?

If you're feeling inspired by Karl's advice you can take control of living and feeling better at a pace that suits you with '**healthcoach**' by laya healthcare, our new and exclusive benefit available to laya healthcare members.

Book your personal consultation with one of our healthcoaches by logging into your member area or visit www.layahealthcare.ie/healthcoach for more details.



We hope you've found this booklet useful.
You can watch the accompanying videos
on layahealthcare.ie/thrive/health or
on the laya healthcare Youtube channel.

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