

Ask the EXPERTS

You put your fitness, health and nutrition questions to our panel of experts...

Q "I have a very busy schedule so only have time for a 20 minute workout each day – what exercise will burn the most amount of calories in that time?"
Jenny Philips, Brighton



A James Staring, personal trainer at Fit to Last (fittolast.co.uk), says:

You should try to utilise as many large muscle groups as possible to maximise the number of calories you burn, so I would combine two complex movements which use more than one joint at the same time into a circuit session. Try the below.

Warm up:

- Jumping jacks: fast for 20 seconds
- High knee running on the spot: fast for 20 seconds
- Spotty dogs (switch legs by jumping): fast for 20 seconds

Repeat this twice to warm up your joints and elevate your heart rate.

Main set:

Alternate the following two exercises without rest in between and then rest for 30 seconds after each round.

- Burpees: for 45 seconds
- Lunge jumps: for 45 seconds

Repeat this circuit nine times.

Spend the last two minutes cooling down by stretching and don't forget to rehydrate after your workout.

Q "How do I get rid of the roll of fat around my belly?"
Anna Smith, Blackpool



A Nutritional therapist and CNM (College of Naturopathic Medicine) graduate Bernadette Keogh (naturopathy-uk.com) says:

"Firstly, explore your stress levels. Cortisol is the stress hormone involved in our fight-or-flight response. During chronic, prolonged periods of stress, raised cortisol levels cause fat to be relocated and stored around the belly, which can also lead to insulin resistance, causing cravings for high calorie food, overeating and hindering weight loss.

I would recommend implementing stress management strategies to address your work and life balance, incorporating a relaxing bedtime routine and ensuring regular sleep patterns. Eating regular meals and sticking to a diet based on low GI foods, such as organic lean protein, healthy fats, whole grains and plenty of leafy green vegetables, will help to balance your blood sugar levels. Finally, ensure you do a minimum of 30 minutes of exercise five days a week – you'll soon see results."



Got a question you'd like to put to our experts? Drop us a line at letters@yourfinesstoday.com