



Max your water workout

Have you tried to learn how to swim, but find yourself sinking? This can come down to how confident you are in the water, or your body fat ratio. People with more fat can generally float more easily, while those with less can be prone to their legs sinking in the water. Top tip: this winter, book a class with an instructor who'll help you remain balanced and afloat in the water.

Mend the stitch

If you regularly suffer from side stitches during workouts, poor posture may be the cause, according to research in the *Journal of Science & Medicine in Sport*. The study found that those with hunched upper backs are more prone to cramps as nerves that run along the spine and stomach are compressed, making stitch-sufferers more sensitive to pain.

Soreness a good sign?



Many of us believe post-workout muscle soreness is a sign our bodies have undergone an effective workout. But is this true? Soreness is actually caused by small tears in muscle tissue caused by a tough or new workout and is not an indication the workout was effective, but suggests the body found it challenging. It's also a sign that you should be careful during your next workout to prevent muscle injury.

Q&A



with
Personal trainer
Bernadette Abraham

A:

Both styles of training are useful in a weight loss program as

long as they are used correctly. Keep in mind that fat loss involves a series of complex metabolic processes and is not dependent on one specific food, supplement, device, or exercise, but rather the synergy between the right amount of cardio exercise, muscle training, supportive eating, and recuperation.

Whether you strength train using dumbbells, machines, resistance bands, or your own bodyweight, the goal should be to challenge your body beyond what it is used to doing in order to improve.

It is a misconception that lifting weights is the only way to tone and strengthen your muscles. You can also get great results using your own bodyweight. Just give one of my home workouts a try: www.BernaciseMe.com/freeworkouts.html

Q:

I am still confused

with regards to what's best for shifting some weight. Should I lift weights or would exercising with my own bodyweight be suffice?