

# HOW CAN I GET MY MOTIVATION BACK?

Our *healthy* panel on managing fitness goals, what to eat for greater stamina, and how to build a strong core.

## → THE HEALTHY PANEL



**PIP BLACK** is the co-founder of gym chain Frame. Use code HEALTHYFRAME

for 50 per cent off a class at any Frame studio. Visit [moveyourframe.com](http://moveyourframe.com).\*



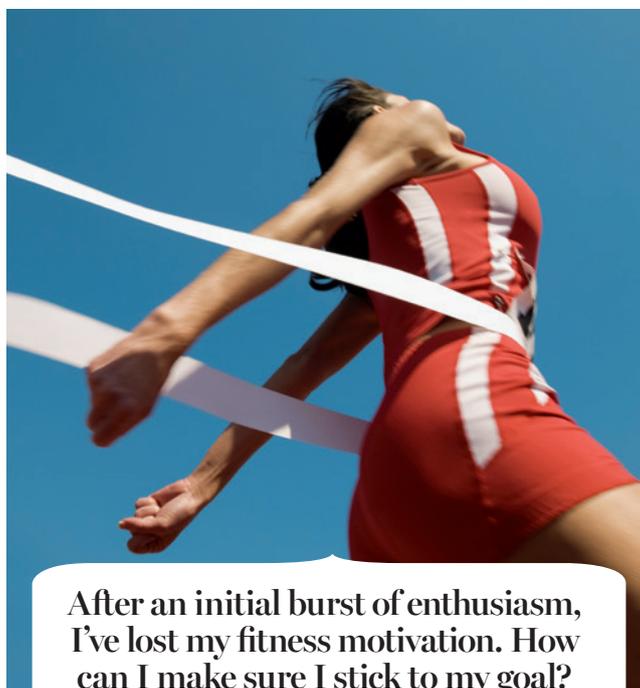
**CHRISSIE WELLINGTON** is a retired British triathlete and author of *To The Finish Line* (Constable, £18.99).



**KIM PEARSON** is a nutritionist and weight-loss specialist with more than

10 years clinical experience ([kim-pearson.com](http://kim-pearson.com)).

Email your questions to [healthy@therivergroup.co.uk](mailto:healthy@therivergroup.co.uk) with 'Fit Clinic' as the subject line.



After an initial burst of enthusiasm, I've lost my fitness motivation. How can I make sure I stick to my goal?

**(A) Chrissie says:** Starting something new is often the hardest part – so well done! Onwards from there, try not to see your goal as a huge mountain to climb. Instead, break down the journey into manageable segments, so you can visit stepping stones of success en route up your own personal mountain. If your goal is a 5k race, perhaps you could start off by trying to run for 500m, followed by a 500m walk. The next week you could try to run 700m and walk 500m, until gradually you run more and walk less. Small steps equate to huge gains.

**I ALWAYS SEEM TO GET BACK PAIN WHEN PERFORMING AB MOVES, DESPITE (ATTEMPTING) TO STRENGTHEN MY CORE – WHAT AM I DOING WRONG?**

**(A) Pip says:** Many people neglect their backs during ab work, which can lead to an imbalance. You need to build up your deep core muscles, which wrap around the spine. First decrease your lever length (by doing ab work with bent knees) and do single rather than double leg moves. Try exercises like 'Superman' while lying on your tummy to help keep the pelvis neutral. Also, stretching the hip flexors may help, in case there's an imbalance in your pelvis.



**DITCHING EXCESS SUGAR IN MY DIET MEANS I'M LOW ON ENERGY AND MY STAMINA IS SUFFERING. WHAT ARE SOME HEALTHY ALTERNATIVES?**

**(A) Kim says:** Well done for reducing your sugar intake. Relying on a diet high in sugar isn't good for consistent energy

levels or health in general. To provide sustained energy, your main meals should be made up of sources of protein, healthy fats and slow-releasing, low-glycaemic carbohydrates. I recommend getting the majority of carbs from vegetables. If you're craving sweetness, low-sugar fruits like coconut chunks or berries with a palmful of unroasted nuts make a good alternative. **(b)**

\*Code can only be used once. After choosing a class, enter the code into the promo box at the checkout. Code is case sensitive. Compiled by Hattie Parish. Photographs Shutterstock