

SHOULD I RUN MINDFULLY?

Our *healthy* panel on what to eat for weight loss, body-conscious exercise and how to prioritise training

→ THE HEALTHY PANEL



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

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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).

Got a burning fitness question? Email healthy@therivergroup.co.uk with 'Fitclinic' as the subject line.



Is it good to run mindfully, or do I need to listen to my body while running?

(A) Pip says: I think being mindful and listening to your body are connected. I'm a huge advocate of running mindfully without any gadgets. When you feel great, up the pace, and when you're lacking in energy, slow down or walk. Running outside also gives you the chance to get fresh air. I like to go out without a plan and see where my run takes me – it's an amazing way to explore or to get breathing space. However, if you're running for race preparation, follow a training plan and monitor things more closely. But don't be afraid to be flexible – add rest days if you need to and take recovery seriously. Prioritise stretching, foam rolling and magnesium baths as much as the run itself.

I SIGNED UP FOR A RACE, BUT IT'S HARD TO CLEAR TIME FOR REGULAR TRAINING – HOW CAN I MAKE MYSELF TAKE THIS SERIOUSLY?

(A) Chrissie says: Be clear about your motivation – if it isn't quite strong enough to kick-start your training, you may want to think again. While consistency and routine are important, so is willingness to adjust your schedule. Make training as convenient as possible – find a track that is accessible and affordable, keep your kit to hand and consider batch-cooking and freezing nutritious meals. Ultimately, try to remember that sport should bring joy rather than stress and anxiety.



I'M TRYING TO LOSE WEIGHT, BUT I FIND IT DIFFICULT TO EXERCISE WHEN I'M HUNGRY. HOW CAN I MANAGE THIS?

(A) Kim says: A good weight-loss programme shouldn't leave you feeling hungry. Eating regular, balanced meals will help prevent excessive hunger – including

protein and fibre (from plenty of veg) at main meals should ensure you feel satisfied and have energy to work out. If you're doing regular strenuous exercise then compensate for this in terms of your calorie intake. There are apps to help track your additional calorie needs based on the exercise you're doing, just make sure they come from healthy, nutritious foods. **(b)**

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