

HOW DO I BEAT MY NERVES?

Our *healthy* panel on finding team spirit, plant-based nutrients and why you may feel light-headed after a high-intensity sesh

→ 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*



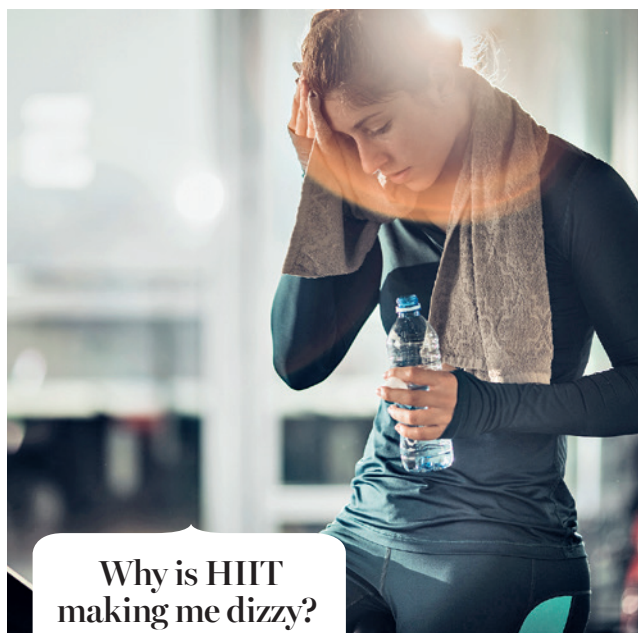
CHRISSIE WELLINGTON is a retired British triathlete and author of *To The Finish Line* (Constable, £18.99).



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

10 years clinical experience (kim-pearson.com).

Email your questions to healthy@therivergroup.co.uk with 'Fit Clinic' as the subject line.



Why is HIIT making me dizzy?

(A) Pip says: There could be a number of reasons for feeling dizzy during or after a HIIT workout, but a common reason is exercise-associated postural hypotension (EAPH). EAPH is a medical term for feeling light-headed right after you stop exercising. It's a common problem among people who do endurance exercise, although you can also experience it after high-intensity exercise of any kind. Although it feels horrible, it's a relatively common response to stopping exercising – when you stop moving suddenly, your blood pressure drops and you can feel light-headed. Try cooling off incrementally towards the end of your workout, and make sure you're drinking lots of water.

I WANT TO JOIN A WOMEN'S RUGBY TEAM, BUT LACK CONFIDENCE. HOW CAN I TAKE THE PLUNGE?

(A) Chrissie says: It's normal to be nervous about new things, but remember, we were all beginners once. Speak to a member of the team (the contact details should be on their website) and see if there's a beginner's session you could join. They might also hold open days, or you could post on the team forum to build a connection before you go. Or watch the team training and speak to them afterwards. Try to focus on the positives that come from joining the team, and challenge your fears.



IF I GO VEGAN, WHAT NUTRITION COULD I MISS OUTON THAT WILL AFFECT MY WORKOUTS?

(A) Kim says: The most common nutrients lacking in a vegan diet are vitamin B12 and iron. Eating a varied diet of fresh foods is essential, so you should

ensure you're getting optimal levels of calcium, zinc, vitamin A and omega-3. I recommend vegans have a yearly blood test to assess their nutrient levels, and take supplements based on their needs. A multivitamin, iron and a vegan omega-3 supplement is a good place to start. You could also try drinking vegan protein shakes to up your protein intake. **(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 iStock