

# CAN I BECOME MORE FLEXIBLE?

Our *healthy* panel on boosting endurance, refuelling post-PM workouts and whether bendiness is built in

## → THE HEALTHY PANEL



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**KIM PEARSON** is a nutritionist and weight-loss specialist with over 10 years

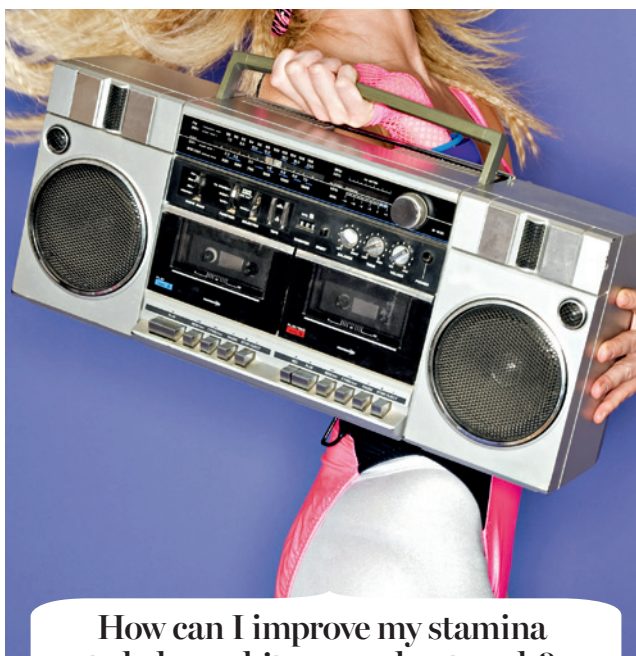
of clinical experience. Visit her at [kim-pearson.com](http://kim-pearson.com).



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Got a burning fitness question? Email [healthy@therivergroup.co.uk](mailto:healthy@therivergroup.co.uk) with 'Fitclinic' as the subject line.



### How can I improve my stamina to help me hit my workout goals?

**(A) Pip says:** 'Stamina is the physical and mental staying power that can help you to make it to the end of a sprint, but also hit project deadlines without letting stress get the better of you. Music has been proven to increase cardiac efficiency, so try a dance cardio when looking to improve physical stamina. It's important to make sure you're getting enough exercise to improve your energy levels, but it's also key to be mindful about what you have going on in your life, and listening to your body. Yoga and meditation are great for increasing mental endurance, and can help you manage stress through breathing and holding postures.'

### SHOULD I EAT AFTER A LATE-NIGHT WORKOUT?

**(A) Kim says:** 'If you're doing an intense workout, it's a good idea to eat within 30 minutes of training. Protein aids muscle recovery, while carbohydrates help replenish your glycogen stores. When finishing a workout late, you want to strike a balance between getting in these important nutrients without consuming something too heavy. A smoothie is a good option. Combine a scoop of protein powder with nut butter, mixed berries and a sprinkling of oats, blended together with nut milk. This ticks all the nutritional boxes and shouldn't leave you feeling too full before bedtime.'



### CAN YOU EVER REALLY INCREASE FLEXIBILITY, OR ARE SOME OF US MORE FLEXIBLE THAN OTHERS?

**(A) Paulina says:** 'You can increase flexibility, but those predisposed to greater flexibility will find it easier to achieve higher ranges of movement. This is

associated with a different balance of collagen in their tissues, something we can't change. But remember that every structure of our body constantly rebuilds itself in response to the type of movement and exercises that we do, so increased flexibility can be achieved by regularly doing exercises requiring maximum range of movement of the joints, like yoga.' **(B)**