



ADVANTAGE SPORTS UAE

www.advantagesportsuae.com

BACK IN THE SADDLE: RETURNING TO EXERCISE



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Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

Get in touch



Advantage Sports UAE

Visit www.advantagesportsuae.com

Email maria@advantagesportsuae.com

info@advantagesportsuae.com

Back in the Saddle: Returning to Exercise



Changes in circumstances can often dictate a change in your regular exercise habit. A new job, moving home, getting injured or starting a family are just some of the things that can lead to a break in the routine and a change of lifestyle, which may last weeks, months or even years.

But don't worry, even the most dedicated exercise fanatics take breaks from their exercise regime. So, if you have had to take some time off, rest assured it is still possible to get back into the swing of things and create a new focus and routine.

A word of caution...

If it has been a while since you had any regular exercise routine and you would like to return to your old 'shape' and form, you might be tempted to pick up where you left off. But please be aware that this might result in you injuring yourself or becoming so stiff and sore that you never wish to step foot in the gym again.

The good news...

As someone who has trained before, the good news is your muscle 'memory' remains for a long time, so the healthier and better shape you were in before, the less time it will take to get back to where you want to be.

Naturally, the longer you go without exercise, the longer the process of recovery, but if you follow these guidelines, you will help you get back to feeling healthy and vibrant in no time. It will also help if you lower your expectations at the start, as to begin with you may feel a little 'rusty' and sluggish. By reducing the pressure on yourself, you may be less inclined to feel frustrated and quit.

Gradually ease back into your workouts to avoid injury.



Slowly build up to a less-intense version of your regular workout, before ploughing into the version you were performing before your respite. Keep intensity low (around 50-60% of your perceived ability). Gradually increase intensity and resistance as your body becomes accustomed to your new regime. Patience and dedication are crucial, so remember, you can regain your fitness, it just needs time and investment. Small setbacks and minor blips are just part and parcel of your quest for a healthy active lifestyle.



As you slowly ease back into your exercise regime, it's vital that you consider that your time away from training might have meant not only a reduction in the amount of exercise you performed, but potentially the amount of movement you may have performed on a daily basis.

'What is the difference', I hear you say?

I think we all have a rough idea of what a lack of exercise means, but a lack of movement has just as much, if not greater impact on our body. If our muscles, bones, connective tissue, and joints are not shown the range of movements they would or should perform daily, the implication for many, particularly the ageing generation, is huge. This lack of movement may create a restriction in the range movement in the joints, ('rustiness') which affects mobility and balance, and creates weakness, and possibly even pain.



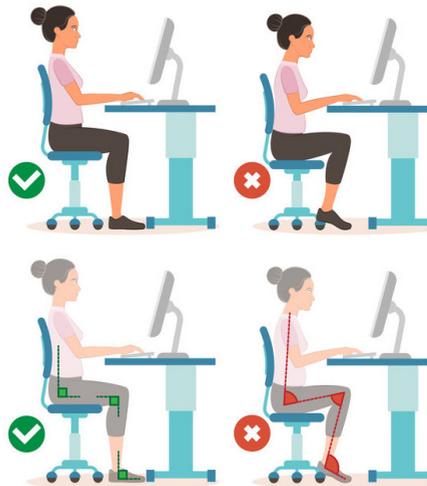
Rest breaks

The concept of rest breaks can be used across the board; if you are sat down most of the day, your 'rest break' should be movement, walking, standing – moving away from the static loading of tissues you have built up whilst sat down.

It is vital that you prepare your musculoskeletal system for the task you expect it to do. As you jump out of bed, remember that your intervertebral discs (spinal shock absorbers) are most vulnerable the first hour after you get up. Therefore, it's probably a good idea to avoid heavy loading and high impact exercise until at least an hour after getting out of bed.

As you race from the office and head for the gym to do some cardio, it's worth considering that the stationary bike will put your shoulders in the same internally rotated position as sitting at your desk typing does. So, if you've been sitting at a desk typing for most of the day, then you might want to choose a different cardio machine such as a cross trainer or stairmaster. This will decrease the likelihood of developing poor posture. If you do enjoy the bike or cycling then it is worth thinking about including some external rotation exercises into your workout plan, as well as thinking about your posture throughout the day.

CORRECT SITTING POSE





Many of the injuries that occur from training, can be broken down into these categories:

No pain – no gain!

This applies to those returning to exercise after at least several years away and expecting to do exactly what they did 10-20 years ago (common amongst middle-aged men). An ageing body will not perform in the same way as it did in its youth, especially if it has not been looked after. We all know that physical activity can bring its fair share of aches and pains, but if we were to stop exercising at the first sign of discomfort, we would probably never do any exercise at all. The key here is to differentiate between **pain** and **discomfort** when exercising. Effort and discomfort often go hand in hand, and we may call it good pain, or even useful pain. When this becomes actual pain — burning or stabbing or sharp — that is a signal for you to stop.

Do not put all your eggs in one basket

This relates to those that give up on a particular exercise, preferring to stick with ones that they like, thus compounding weakness and imbalance.

Those of you with investments will understand that one of the best ways to strengthen a long-term financial portfolio is to diversify investments. The same applies with your 'health and fitness portfolio'. Variety in your exercise maximises benefits and minimises obstacles to working out, such as injuries, plateaus, and boredom.

I saw it on YouTube

This applies to those that gain their inspiration online* (or from fellow gym users), and attempt exercise regimes without the proper preparation, strength, stability, or mobility to perform. Videos on the internet can be a fantastic source of inspiration and education, but the issue arises when viewers try to bite off more than they can chew. In other words, they attempt an exercise or workout that is beyond their current capability. Left unguided or coached, they run the risk of pushing themselves too far and putting excess strain on either their musculoskeletal or cardiovascular system.

* Not all online exercise videos are created by fitness professionals, and not all fitness professionals create fitness videos.



Not Fit for Purpose

If you picture two trees, one Oak, the other Willow, both have trunks, roots, and leaves, but both behave in the wind in different ways. The Oak is solid, whilst the Willow is flexible. Now think of the gym, we all try to improve flexibility and strength, for those Oaks amongst you, the strength comes easy, whilst the Willows find stretching and flexibility a walk in the park. The problems occur when the Oak tries to become flexible and the Willow attempt to gain strength!

What should I do?

Whatever you do, do something. Your time away from training may not have been your choice, but exercise is a cornerstone of a healthy lifestyle. Take time to pause, take a breath, reflect, then look at the bigger picture. Try and create a 'blueprint' for how you wish to spend the rest of your life. Imaging ourselves aged 90, still physically active and mentally alert might mean your lifestyle choices may radically change.



Choose mobility instead of miles pounded on the treadmill. Choose flexibility and agility rather than high intensity and burn. Learn to manage your own body weight and improve all your ranges of movement rather than throwing heavy weights around the gym. Be balanced, be gentle and listen to your body. Take responsibility for your own health and well-being and you will limit the harmful effect that stress, lack of exercise, too much sitting down and poor posture can place upon your body, joints, and overall health.

Invest in your health and fitness portfolio!