

# Spring

INTO ACTION

# WORK IT OUT

Fitness has moved on since the days of treadmills, aggressive music and neon gym clothes. This month, we meet three of London's finest fitness experts to find out the latest, smartest ways to get in shape

## MATT HODGES, BODY TRANSFORMATION SPECIALIST AT THE MPH METHOD

**T**he key to a new fitness regime is to do it properly. If you are willing to put in the hard work you will often get what you want. It's important to find someone who can guide you through getting a good programme sorted and who can keep an eye on you whilst you do it, whether that's with personal training or with some form of mentoring method.

A good personal trainer will know how to integrate a person into training and eating properly from the start. 99 per cent of us need our mind-sets re-wired to get on the right track. Our two, three and four month programmes are designed to not only get the client into fantastic shape, but to ensure that those who finish the course are left with a greater understanding of training and nutrition and are able to successfully maintain their results for the future.

As a general rule for fat loss I'd aim to do at least four weight sessions a week with a further two to three cardio sessions. For muscle gain I'd do five sessions a week and for strength work I'd aim to do at least two to three sessions per week.

When you start, learn more about what it is you're a going to do; if you are embarking on starting Zumba then go to a few classes: You have to choose something that enjoy doing otherwise you'll get de-motivated pretty quickly. Most people jump onto the treadmill at the gym because it's the only thing they know, but running for long distance is a very ineffective way of losing fat.

Females need to start lifting weights, the general attitude that lifting weights will make you bulky is so far wrong that it should be

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— Matt Hodges



illegal. With the right coaching you can go from having a normal body to being strong and powerful – there is nothing more empowering.'

More information on *The MPH Method*, a five stage health and fitness transformation course designed by renowned personal trainer Matt Hodges, is available online at [themphmethod.com](http://themphmethod.com) or by calling 020 748 0514

## TOP THREE TRAINING ACCESSORIES

A new regime needs a new wardrobe – here's a few pieces that will have you running to the gym



#2 Elite running shorts, £47.50, HPE ([hpe-shop.com](http://hpe-shop.com))

#1 Crop top, £45, Pepper and Mayne ([pepperandmayne.co.uk](http://pepperandmayne.co.uk))



#3 Supernova Glide Boost, £100, Adidas ([adidas.com](http://adidas.com))

