



ASK THE EXPERTS

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WE ANSWER.
BECAUSE WE KNOW STUFF!

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FITNESS

WITH BESTFIT'S COACH POTTS

Q

HOW CAN I LIMIT THE DAMAGE OF CHRISTMAS DAY BLOWOUTS?
ALEX, VIA EMAIL

A

A great question, this is a problem I've had myself in the past and there are a few pieces of advice I can give you here. Don't starve yourself all week and/or do excessive amounts of training in the build-up to Christmas. This is far more harmful than taking it easy and enjoying yourself, Christmas Day will become your excuse to binge.

Try to get a full body high-intensity resistance workout – with weights – done on Christmas Day morning. This will improve your insulin sensitivity and prime your muscles to receive the nutrients you will eat during the big lunch.

When piling your plate high with all of your lovely Christmas foods, focus first on putting your meats and veggies on (two fist-sized portions of both for the guys and one-fist sized portion for the ladies), then put your carbs on. You should eat all of your veggies and proteins first, your body will pick up on the nutrients it has received and your feeling of fullness will begin to creep in before you can eat more of the naughtiest foods!

Enjoy yourself but just get straight back on the wagon. Christmas comes once a year so I intend to enjoy myself, relax and just make sure I get straight back to healthy eating and training as soon as its over. What's the point being in shape if you can't enjoy life?

Q

HOW LONG SHOULD I BE RESTING BETWEEN WORKOUTS?
ADAM, VIA EMAIL

A

Great question. This will come down to what you're trying to achieve. If you're trying to increase size and strength I would train three to four times per week with a day's break between training sessions. Those looking to get lean and burn fat should try to train four to five times per week. I would mix resistance training with a cardio day and the odd rest day, so you could try: resistance, cardio, rest, resistance, rest, resistance and cardio. For all cases, you are your own best judge, you should listen to your body and if you're too tired, rest, if you feel fine, train. If in doubt follow the rule of two, if you've trained on consecutive days take the third day off.

Q

MY WORK IS BUSY. I GO TO THE GYM THREE TIMES A WEEK FOR A COUPLE OF MONTHS THEN ONE OR TWO BUSY WEEKS MEANS I TAKE TWO STEPS BACKWARDS. IS THERE ANYTHING I CAN DO WHEN I'M REALLY SHORT ON TIME?
NICK, VIA TWITTER

A

Keeping track of your lifts is really important here, make sure you know how much you can lift for every exercise and when you come back from an extended period away from training you can either drop a set or two or reduce your weights slightly. There is good evidence to suggest that if you are on-point with your nutrition you shouldn't begin to lose significant muscle until two to three weeks without training. I also recommend supplementation with BCAA's, which will help with muscle retention, 10-15g per day should be enough. Another possibility is to look into bodyweight training. Your muscles don't know the difference between a press up and a bench press, as long as you can find a variety of bodyweight exercises that challenge you through the same number of repetitions as your weights...