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Training Tips!

Matt from MoovYourself has teamed up with Yorda Adventures to give you his top tips for successful training:

1. Safety First

Whether you are looking to adjust your diet or your activity levels (personally I think the two come very much hand in hand) your first point of call should be to check your plans with your GP. They can make sure what you are planning is realistic and safe and advise on any modifications they would recommend prior to you starting your new regime. Blood pressure is a key indicator and is too often overlooked by fitness centres, often due to timing or staffing constraints, so ask your doctor to include taking your blood pressure as part of this check up. Your GP also has the benefit of being aware of your medical history and (hopefully) already has your trust.

2. Happy Feet

Investing in decent, appropriate footwear is really worthwhile. The wrong kind of trainer can create strain on your ankles which, in turn, can start a domino effect up your skeleton as your knees, hips and spine try and compensate for instability, thus causing discomfort in other areas of your body. A visit to a running specialist is a good idea as they have the expertise to advise you on the most suitable footwear for the activity you are about to start. This kind of investment will make your chosen activity more enjoyable and contribute towards making these changes a more long-term thing for you.

3. Easy Does It

Give yourself enough time to train before the event. This will vary according your current fitness levels and how demanding the sponsored event is for you. As a general rule of thumb 8-12 weeks is a good period of time to make steady, positive changes at the same time as reducing the risk of injury. Start off with moderate activity levels, gently increasing these week by week. You can increase these levels in terms of how often you exercise each week, how hard you push yourself or how long you train for in a session. NOTE: only change one of these factors at a time.



More Overleaf

4. Goal Setting

The right goals can be a great motivational tool, the wrong ones can really get in the way! Make sure that your training is relevant to the event itself i.e. you move your body in a way that echoes what you are preparing for. For example, if you are going to do a fun run, then include running on the type of surface you will be running on at the event and any other activity that uses your legs and/or pushes your endurance such as spinning classes, hiking, swimming, circuit training etc. for variation.

A good goal is measurable (that way you can see your improvements), realistic and achievable. So give yourself a break: do the right kind of training and set yourself targets you genuinely think you can hit. Don't fall at the first hurdle by demanding too much of yourself too quickly. Setting targets you can hit and even exceed will drive you on and keep you excited.

5. Get Social

The nature of a sponsored event means that you will automatically include friends and family in what you are doing. This is a very positive thing as you are effectively creating a support group of people who will encourage your progress and in this instance reward your efforts with funding as well as congratulations. The concept of creating a support group is worth bearing in mind more generally when looking to make lifestyle changes. Even if this group consists of one or two people, if those people understand what you are trying to achieve and are on your side, success is more likely. You may even want to invite a close friend or partner to take part in your training and the event for even more fun and support.

6. Fun, Fun, Fun

Make sure that you enjoy the training you plan! As we get older it is common to start associating exercise with obligation rather than fun; how often have you heard someone say "I really should go to the gym" or "I'll feel bad if I don't go for my jog"? If this is genuinely how you feel about training, then change it! Taking a leaf out of your childhood here; think more about play and the fitness will take care of itself. Why not have a game of football with some mates, go for a walk in a place of outstanding natural beauty or make the most of the limited UK summer sunshine with some Frisbee in the park?

Yorda Adventures cannot take responsibility for any advice given by external agencies.
We recommend seeking the advice of your GP before starting any new exercise regime.