

Your instructor, with a little help from *Fitpro* – the only magazine for group exercise instructors – brings you advice on walking uphill without making your calves bigger, kids' safety guidelines for the gym and stretching your neck.

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*Fitpro* brings you topical articles each issue especially for your members. Why not laminate this spread and pin it to the notice board? Is there something you've had to explain to your clients over and over again? Or a topic you'd love to introduce them to? Drop us a line at [publish@fitpro.com](mailto:publish@fitpro.com) and we'll do our best to cover it in a future issue.

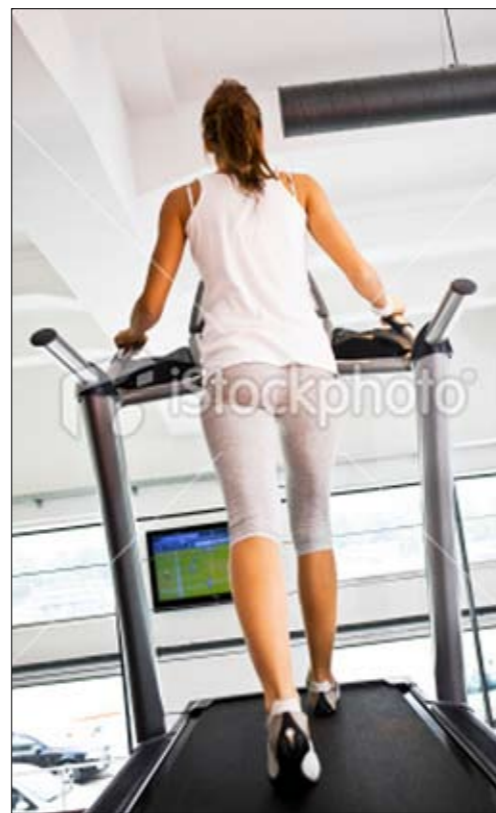
## Does walking uphill make my calves bigger?

If you're scared of getting big calves from uphill walking or the incline setting on the treadmill, you may be worrying for nothing, says exercise physiologist **William Sukala**.

Are you one of those people who avoid the incline setting on the treadmill because you're worried your calf muscles will get bigger? After all, you're exercising to slim down, not bulk up, right? Wrong.

The size of your calf muscles is influenced by genetics, so some people can trudge up a steep treadmill setting every day and not develop larger calves. On the other hand, if you're already endowed with large, muscular calves, then it's unlikely you'll see them shrink down no matter what exercise you do.

But don't give up. The good news is if you're carrying fat around your calves, you can expect to see them slim down with regular exercise – including walking or running on a treadmill. While there's no such thing as spot reduction (selectively stripping fat from certain areas of the body), setting the treadmill to a moderate incline will put more stress on your lower legs and help shape up your calves for when you do lose the fat around the muscle.



## Have you tried Nordic Walking?

Nordic Walking uses specially designed poles to enhance your natural walking experience. Here's how it works ...

With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking becomes a genuinely whole body exercise.



The benefits include:

- Being outdoors in the fresh air
- A low perceived effort
- Working the core without the need for repetitive mat exercises
- The technique mobilises the back & can get rid of tension in the neck and shoulder area
- Hitting the spot – toning arms, trimming the waist, targeting glutes, back and chest
- Being great for weight loss
- Creating a sense of well-being and it's good for mental health

To find out more about Nordic Walking, visit [www.britishnordicwalking.org.uk](http://www.britishnordicwalking.org.uk) or call 0845 301 1347

# Attention all teenagers!

Too young to lift weights? Kids' fitness expert **Claire Darlington** gives 13-18 year olds the run-down on what they need to know before starting to exercise in the gym.

### General guidelines

- You can safely participate in strength-training activities provided you **receive proper instruction and supervision**.
- Generally, adult guidelines for resistance training may be used and **repetitions of an exercise should be performed to the point of moderate fatigue**, with good technique, before the resistance is increased.
- You should exercise in a **warm environment** and make sure you **drink plenty of water**.
- If you are overweight or have been inactive for a while, **start gradually** by slowly increasing the length and number of sessions you attend over time.

### Cardio recommendations

- **Frequency:** 3-5 times per week
- **Intensity:** 80-90% of maximal heart rate (170-180 beats per minute)
- **Time:** 20-30 minutes at the above intensity
- **Type:** Rhythmic exercise using large muscle groups (e.g., running, cycling, swimming)

### Strength training recommendations

- **Frequency:** 2-3 times per week
- **Intensity:** 8-12 maximum repetitions per set for upper-body exercises, 15-20 maximum repetitions per set for lower limb exercises
- **Time:** 30-60 minutes (1-3 sets)
- **Type:** Weight training

*NB: Resistance training should be introduced carefully and neither adult programmes nor unmodified adult equipment should be used. Individualised programmes through a gym instructor or personal trainer are recommended. Each session should include a warm-up and cool-down phase, incorporating a series of stretching exercises.*

### Get inspired

If you want to try something different at your gym, look specifically for classes on the timetable such as **team combat** or **team jam** and other sports/activity clubs that have been designed for teenagers.

Maybe your local club can link exercise to a worthy charity? Or why not try organising your own activity, such as a walkathon or danceathon?

