

# Bored by the gym? Try something

## THE A-Z OF FITNESS DAY 1

As one of the world's leading personal trainers, I have sculpted some of the most famous

physiques in fashion, music and politics, honing the bodies of Naomi Campbell, Trudie Styler and Tom Ford. My fitness and weight-loss philosophy is simple but effective - I guarantee that if you follow my rules and commit to at least two-and-a-half hours a week to one of the 70 fat-busting sports and exercise techniques listed in my A-Z of Fitness, you will be fitter, stronger and leaner; you will feel less stressed and more positive, and lose up to 10lb in weight in just 14 days.

Whichever form of exercise you choose - and the more, the better - the key to any weight-loss programme is planning. We never know what life will throw at us, but with a clear plan even the worst days can't throw you off course. As with any journey, you have to know where you want to end up. So step one is to set yourself a goal that's right for you and that, with hard work and determination, you can achieve. Going down one hole on your belt in three weeks is realistic.

Dropping three dress sizes in a month is not. Set yourself up for success, not failure, and I promise you will achieve results.



### A AEROBICS CLASSES

**The low-down:** Aerobic exercise forces the heart and lung muscles to work harder than normal, thereby strengthening them. It burns calories in the form of glycogen (the body's stored energy source), which is broken down to produce glucose as muscle "fuel". Once the glycogen is used up, fat is metabolised, leading to weight loss. Aerobics' moves, such as marching on the spot and star jumps, focus on the calves, hips, glutes (buttocks) and quads (thighs).



### AQUA AEROBICS

**The low-down:** When aerobics is performed in a swimming pool, the water provides both support - perfect for older people and those with injury problems - and a resistance which is 12 times greater than air. Exercises are much harder. Aqua aerobic exercises, such as jumping jacks, burn calories and fat, with minimal impact on the joints.



### ASHTANGA YOGA

**The low-down:** Ashtanga is a more dynamic form of yoga than Hatha or Iyengar, with moves that increase flexibility and balance, and work the abdominals and "core" muscles (those that stabilise the spine and pelvis, running the entire length of our torso). Ashtanga incorporates a number of yoga poses, known as "power poses", which help train the muscles. The Sun Salutation sequences, performed at the start of each series of poses, strengthen the deltoids (shoulders), triceps (upper arms) and pectoral (chest) muscles with flowing moves that



resemble press-ups. Unsuitable for those with back or joint problems. **Try it here:** Tri Yoga, London; see [www.triyoga.co.uk](http://www.triyoga.co.uk)

### B BIKRAM YOGA

**The low-down:** Widely regarded as the most intense form of yoga, Bikram comprises 26 postures and two breathing exercises in 90 minutes, all performed in a room heated to 105F, which elevates the intensity of the workout. It raises the body's core temperature, so that it has to work to maintain homeostasis (the physiological regulation of its inner environment) to ensure its stability, making you breathe hard and sweat profusely. Not suitable for those with circulatory issues.

**Try it here:** Bikram Yoga, London; see [www.bikramyoga.co.uk](http://www.bikramyoga.co.uk)



### BOXING

**The low-down:** A typical boxing session involves footwork, speed and agility training with skipping and speed balls, and strength, power and endurance work on pads or heavy bags. It builds powerful arms and shoulders, while the intense cardio work burns calories, and crunches, push-ups and other bodyweight exercises ensure a full-body workout. Boxing training is anaerobic, because the intensity of the workout pushes your body through its anaerobic threshold, where you are expending oxygen faster than you can breathe it in. This works your body harder than purely aerobic training.



### BOSU BOARDS

**The low-down:** Bosu is an acronym for "Both Sides Up", because you can stand on either the inflatable dome or wooden side of this board while performing squats or bicep curls with weights. Working out on

### KEY



an unstable surface, which wobbles when you stand on it, requires your core muscles to work harder, along with your abdominals and glutes.

**Buy it here:** The Physical Company sells Bosu Boards for £78.25; see [www.physicalcompany.co.uk](http://www.physicalcompany.co.uk)



### BOOT CAMP

**The low-down:** Boot camps have exploded in popularity in recent years and involve outdoor circuit training combining cardio (running, hiking, obstacle courses) with strength training (dumb-bells, bodyweight exercises) and flexibility (yoga, Pilates). The end result is full-body conditioning that builds strength and cardiovascular fitness (stronger heart and lung muscles) and blitzes fat because of the high calorie expenditure. It is ideal for those who need pushing and like group camaraderie.

**Try it here:** New You Bootcamp, throughout UK; see [www.newyoubootcamp.com](http://www.newyoubootcamp.com)



### BODYWEIGHT EXERCISE

**The low-down:** As the name suggests, bodyweight exercise eschews weights and hi-tech machines in favour of exercises that utilise your body weight, such as squats, push-ups and pull-ups. Your own weight provides



BIKRAM YOGA

resistance for the exercises and it works all the major muscle groups. It can be as effective as weight-training.

### G CAPOEIRA

**The low-down:** This Afro-Brazilian martial art combines dance, acrobatics and fighting moves with rhythmic music, drumbeats and chanting. The fluid moves are great for flexibility, co-ordination, and working muscles. Especially

challenging for the quads (front of thigh), hamstrings (back of legs) and abdominals. Best-suited to youthful bodies (it's brilliant for children) and those without musculoskeletal problems.

**Try it here:** London School of Capoeira; [www.londonschoolofcapoeira.co.uk](http://www.londonschoolofcapoeira.co.uk)



### CIRCUIT TRAINING



### CORE TRAINING



### BOXING



### CIRCUIT TRAINING

**The low-down:** Involves a number of exercises, repeated in circuits. Bursts of resistance exercise with light weights are interspersed with cardio work, then more resistance work on different muscle groups. This training is anaerobic (your muscles are using oxygen faster than you can replace it), so you're burning calories fast. Best for cardiovascular fitness, full-body toning and fat-reduction.



### COOL BOARD

**The low-down:** This exercise fad involves balancing on a wooden board, which has grip tape for the feet and rests on a rubber ball. Great for balance, co-ordination, agility and working the core muscles, abdominals, calves and

# that's fun instead

**CYCLING**



**DANCING**



**AEROBICS**



glutes. A fun accessory to keep your workouts fresh.  
**Buy it here:** Cool Board sells them from £79.99; coolboard.co.uk

**CORE TRAINING**  
The low-down: The core muscles stabilise the spine and pelvis. Core strength is vital for optimal performance in most sports. Yoga and Pilates focus on the core, as do personal trainers, who incorporate core and abdominal training into a workout. It's important to work muscles around the shoulders and hips, as well as abs and obliques (stomach) for a strong physique and correct posture.

**200** 2/10 3/10 3/10  
per hour

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**600-800** 2/10 9/10 9/10  
per hour

**CYCLING**  
The low-down: The third most popular sport in Britain sees around 3.1 million people ride a bike each month. A daily bike ride that leaves you breathing heavily, but not out of breath, is effective, moderate-intensity cardio exercise that will strengthen the heart and lung muscles. Cycling is also low-impact, with minimal stress on the joints. It builds powerful calves, hamstrings (back of thigh), quads (front of

**300** 4/10 4/10 4/10  
per hour

thigh) and glutes (buttocks). It is suitable for all ages and fitness levels.

**300** 4/10 4/10 4/10  
per hour

**CYCLO CROSS**

The low-down: There's cycling, then there's cyclo cross - where an off-road race meets an assault course - where you cycle and run with the bike on your shoulder, when necessary. Perfect for those seeking a challenge, with a tough cardio workout that strengthens the heart and lungs, while honing the calves, glutes, hamstrings and quads while on the bike, and the lats (upper back) and deltoids (shoulders) when carrying.  
**Try it here:** UK Cyclo Cross has details of races and courses across the UK; see [www.ukcyclocross.co](http://www.ukcyclocross.co)

**200-600** 2/10 8/10 7/10  
per hour

**DANCE**

The low-down: Dance is currently enjoying a *Strictly*-fuelled boom. Whichever form you choose will help your balance and coordination. While the side-to-side movements strengthen weight-bearing bones, warding off osteoporosis, more dynamic styles like ballet or jive require both upper- and lower-body strength. Incorporating explosive movements, like leaping, will build fast-twitch muscle fibres, which generate short bursts of strength or speed. Gentler dance still expands calories and aids cardiovascular fitness.

**400** 1/10 6/10 6/10  
per hour

**DRUM TRAINING**

The low-down: A US-exported class that combines exercise and rhythmical beats to offer a full-

body workout with added cardio benefits. The class involves drumsticks and Swiss balls, which serve as the drums. Intense, non-stop drumming combined with dance and movement around the ball provide a great aerobic workout. A great stress-buster that's good for toning the biceps, triceps and deltoids (shoulders).  
**Try it here:** Drums Alive classes at Virgin Active; [virginactive.co.uk](http://virginactive.co.uk)

**350** 2/10 6/10 6/10  
per hour

**ELLIPTICAL MACHINES**

The low-down: Also known as cross-trainers, ellipticals offer similar calorie-burning benefits to jogging (aiding weight loss), but without the risk of injury to back, knees, hips or ankles. They mimic the normal elliptical motion of the foot, extension of the leg and rotation of the hip while walking or running, working the calves and quads. Perfect for people with delicate joints to protect.

**400** 1/10 6/10 6/10  
per hour

**EXTREME SPORTS**

The low-down: Take your pick from relatively safe activities, such as skateboarding or BMXing, or more hazardous options, such as kite surfing or skydiving. Extreme sports are a superb stress-buster and can add an adrenalin-fuelled kick to a fitness regime.  
**Try it here:** Ex Element offers a wide range of sports and activities; see [exelement.co.uk](http://exelement.co.uk)

**200-400** 2/10 6/10 6/10  
per hour

**TOMORROW**  
Matt Roberts's A-Z of fitness continues

# Here's the good news: eat more, not less

**DON'T CUT CARBS**

Eat all the major food groups, with starchy carbs like wholesome pasta making up 33 per cent of your diet; fruit and vegetables another 33 per cent; milk and dairy foods 15 per cent; meat, fish, eggs or other protein sources 12 per cent; and foods that are high in fat and sugar no more than 8 per cent.

**EAT LITTLE AND OFTEN**

Eat three meals and two to three snacks daily. Eating every two to three hours will give you a steady supply of energy throughout the day, and prevent hunger pangs. Keep evening snacks light.

**EAT MORE, NOT LESS**

To lose weight, and keep it off, you need to exercise, and increase your calorie intake to match your activity. If you are a 60kg woman doing high-intensity exercise for an hour three times a week, aim for around 2,300 calories a day; a 76kg man doing high-intensity exercise for an hour four times a week should consume around 3,000 calories. Women should not dip below 1,500 calories a day and men 1,700 calories.

**EAT SLOWLY**  
You can lose up to 20lb (9kg) a year just by eating slowly. Your stomach starts to produce the hormones that tell your brain it's full

**Daily diet**

**Breakfast**  
Start the day with porridge or eggs on toast

**Water**  
Drink 1.2 litres (6 to 8 glasses) every day

**Fruit**  
One third of your daily diet should be fruit and veg

**Protein**  
accounts for only 12 per cent of your diet

**Snacks**  
Sunflower seeds are a tasty snack

**Lunch**  
Salade Niçoise makes a tasty, healthy meal

**BREAKFAST IDEAS**

Two slices, wholemeal toast with poached eggs  
Porridge  
Muesli with yogurt, fruit salad  
Wholegrain bagel with smoked salmon and low-fat cream cheese

**LUNCH**

Spicy chicken and roasted vegetable tortilla wrap  
Salad Niçoise  
Salmon with steamed vegetables  
Jacket potato with

cottage cheese and chives with salad

**DINNER**

Salmon with couscous and veg  
Beef and vegetable stir-fry  
Pumpkin risotto  
Chicken and vegetable kebabs with noodles

**SNACK OPTIONS**

Dried apricots  
Sunflower seeds  
Half a bagel with low-fat cream cheese and figs  
Rice cakes with peanut butter

after 20 minutes. Taking your time allows you to become full, so you are less likely to eat seconds.

**STAY HYDRATED**

Drink six to eight glasses of water, or 1.2 litres, a day and, limit alcohol. If you drink a lot of tea or coffee, which act as diuretics, you will need to up your water intake. Drink lots before and after exercise. Don't wait until you're thirsty. Keep a bottle of water on your desk to sip.

**USE THE 90 PER CENT RULE**

Sticking 100 per cent to a diet can be daunting, but if you follow it 90 per cent of the time, you will still lose weight. Check your portion sizes, though - a big pizza does not count as one meal. Try halving a portion of pasta and replacing it with vegetables.

**HAVE A LITTLE OF WHAT YOU FANCY**

There is no such thing as a bad food. Banning chocolate fudge cake from your diet will make you want it more. All things in moderation. Keep it as a treat.

**DON'T MISS THIS WEEKEND**

**FREE**

Matt Roberts's fitness DVD inside *The Daily Telegraph* on Saturday

**FREE**

Matt Roberts's diet book with *The Sunday Telegraph*

JEFF CALBERT; ELENA VOSTA; GETTY IMAGES; MARTIN POPE; BRIGITTE LEVY

DAVID LOFTUS; JACOTT & ZOE; GETTY IMAGES; DR IMAGES; CORBIS; ROSEMARY CALVERT



**Dancing on Ice** Heather Mills, Sinitta and Boyzone's Mikey Graham on the reality TV series [telegraph.co.uk/tv](http://telegraph.co.uk/tv)

# Fitter, stronger, leaner – and younger

## THE A-Z OF FITNESS DAY 3

**Matt Roberts continues his New Year fitness plan. Don't miss his free exercise DVD and diet book in the Telegraph this weekend**

**K** I'm obvious weight-loss benefits of regular exercise aren't enough to entice you off the sofa, perhaps you'll snap into action on hearing that exercise really can also make you younger.

All it takes is two and a half hours of exercise each week to look and feel up to 10 years younger than your old, inactive self. Follow my New Year fitness plan – the entire series is online at [telegraph.co.uk/health](http://telegraph.co.uk/health) – and you will lose up to 10lbs in 14 days, and be fitter, stronger and leaner.

It's been proven that adults who take part in regular physical activity are biologically younger than sedentary individuals. By losing weight, strengthening heart and lungs, and building muscle, they also reduce the risk of major diseases.

Choose from the 76 fat-busting exercises and sports in my A-Z of fitness. My aim is to look and feel as good in 10 years as I do now, and I'm in no doubt that the best form of anti-ageing is regular exercise.

**MISSED IT?** See Matt Roberts's A-Z at [telegraph.co.uk/health](http://telegraph.co.uk/health)



### KRAV MAGA



400-600 4/10 4/10 5/10 5/10

**The low-down** This martial art developed by the Israeli military is based on hand-to-hand combat and the principles of self-defence – never attacking – with the emphasis on speed, endurance, strength and co-ordination. Bodyweight exercises such as push-ups, squats and crunches build strong arms, shoulders, back, abdominals and legs, while grasping strengthens the heart and lungs, and burns calories. Try it here: British Academy of Krav Maga, London ([www.kravmag.org.uk](http://www.kravmag.org.uk)).

### KETTLEBELL TRAINING



400-600 6/10 7/10 8/10 8/10

**The low-down** Kettlebells are basically large dumbbells with handles that allow you to perform dynamic, multi-joint, total-body moves with speed and a fluid motion, working all the major muscle groups. Popular with Soviet athletes, it builds fast-twitch muscle fibres, used for explosive bursts of strength or speed, and develops strong forearms, deltoids (shoulders) and glutes (buttocks).

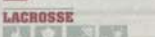
### KICKBOXING



400-600 6/10 6/10 7/10 7/10

**The low-down** The American derivative of the ancient art of Thai boxing involves pad and bag work, kicks and punches, cardio work (strengthens the heart and lungs) and bodyweight exercises such as press-ups, sit-ups and squats. Provides an intense, full-body workout, especially good for building fast-twitch muscle fibres.

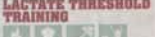
### LACROSSE



400-600 7/10 7/10 8/10 8/10

**The low-down** This fast-moving team sport, based on an American Indian game, uses hockey sticks with nets. Lacrosse players possess strength, power, speed, agility and endurance. Perfect for team-minded exercisers seeking a fat-burning, full-body workout that especially targets the deltoids and quads (front thigh). Try it here: English Lacrosse Association: [www.englishlacrosse.co.uk](http://www.englishlacrosse.co.uk)

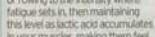
### LACTATE THRESHOLD TRAINING



400-1000 6/10 7/10 7/10 7/10

**The low-down** Training at threshold

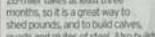
### MARATHON TRAINING



400-1000 10/10 11/10 11/10 11/10

**The low-down** Training for a 26-mile takes at least three months, so it is a great way to shed pounds, and to build calves, quads and glutes of steel. Also builds your aerobic capacity. Not suitable for those with musculoskeletal or heart problems. Try it here: Runners Web ([www.runnersweb.co.uk](http://www.runnersweb.co.uk)) offers marathon advice and links to local running clubs.

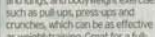
### MILITARY FITNESS



400-600 7/10 7/10 8/10 8/10

**The low-down** These park-based classes involve exercises such as shuttle runs, which boost your heart and lungs, and bodyweight exercises such as pull-ups, press-ups and crunches, which can be as effective as weight-training. Great for a full-body, fat-burning workout and especially suitable for group exercise fans. Try it here: British Military Fitness ([www.britmilit.com](http://www.britmilit.com)) trains in parks across the UK.

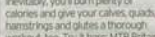
### MOUNTAIN BIKING



400-600 7/10 7/10 8/10 8/10

**The low-down** Hurling down single tracks and hauling yourself up steep, muddy gradients is a punishingly good cardio workout. Inevitably, you'll burn plenty of calories and give your calves, quads, hamstrings and glutes a thorough workout, too. Try it here: MTB Britain ([www.mtbbritain.co.uk](http://www.mtbbritain.co.uk)) has routes throughout the UK.

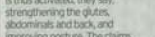
### MBTS



400-600 7/10 7/10 8/10 8/10

**The low-down** It is said by the producers of Masai Barefoot Trainers (MBTs) that they create an instability to which the body responds with compensatory movements. The entire musculoskeletal system is thus activated, they say, strengthening the glutes, abdominals, neck and improving posture. The claims are debatable, and those with structural weaknesses should be wary. Buy it here: John Lewis ([www.johnlewis.com](http://www.johnlewis.com)) sells MBTs from £109.

### NORDIC WALKING



300-5/10 5/10 5/10 5/10

**The low-down** A walking exercise involving poles that tones both the upper and lower body, burns more calories than regular walking and provides an effective cross-training technique for endurance



### PARKOUR

**The low-down** Parkour, or free running, turns the urban environment into a playground as 'travellers' perform jumps, somersaults and twists over walls, lampposts and other obstructions. Offers a full-body workout but especially good for the glutes, injuries are, clearly, a potential drawback. Try it here: Urban Freeflow ([www.urbanfreeflow.com](http://www.urbanfreeflow.com)) organises classes in London.

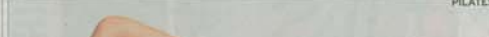
### ORIENTEERING



300-400 5/10 5/10 5/10 5/10

**The low-down** Also known as Point to Point, this involves map-reading, rambling round the country, and a certain amount of sweating when lost. Participants run or walk – with the former, it provides a moderate cardio workout. Suitable for all ages and fitness levels. Try it here: British Orienteering ([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)) runs events throughout the UK.

### POWER PLATE



300-400 6/10 6/10 7/10 7/10

**The low-down** Uses a vibrating plate to stimulate the muscles to contract and relax, making gym-based exercises such as squats harder than on solid ground. A Belgian study found that overweight people who regularly undertook Power Plate exercise (plus a healthy diet) were more successful at long-term weight loss and shedding visceral fat (around the belly) than those doing a conventional fitness routine.

### PILATES



200-400 4/10 4/10 4/10 4/10

**The low-down** Originally a form of

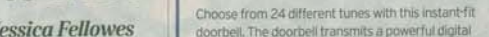
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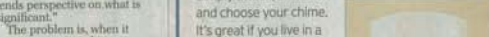
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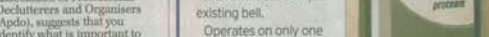
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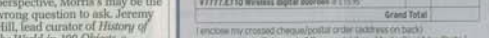
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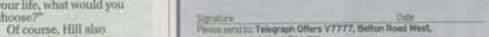
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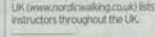
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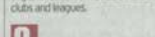
### NETBALL



300 5/10 5/10 5/10 5/10

**The low-down** Netball builds fitness through regular training and matches. Players benefit from upper-body strength, powerful calves, quads and hamstrings. Short sprints, hard stops, twists and turns provide an intense full-body workout, but are tough on dippy knees. Try it here: The All-England Netball Association ([www.allenglandnetball.co.uk](http://www.allenglandnetball.co.uk)) has details of clubs and leagues.

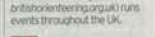
### PBA



400-600 6/10 6/10 6/10 6/10

**The low-down** Peripheral Heart Action (PHA) training works the upper and lower body alternately with minimal rest, allowing each body part to recover, so time normally wasted resting between sets is spent working other muscle groups. Great for toning the quads, hamstrings and abdominals. Results in gym and personal trainer.

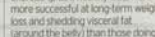
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### PLYOMETRICS



400-600 6/10 6/10 6/10 6/10

**The low-down** Muscle training designed to improve power and endurance performance. It involves explosive movements such as jumping, hopping and throwing, developing fast-twitch muscle fibres used for bursts of strength or speed. Not for new exercisers, but a great way to build lower-body strength and power in the quads and hamstrings.

### DON'T MISS THIS WEEKEND

**FREE** Matt Roberts's fitness DVD inside The Daily Telegraph on Saturday

**FREE** Matt Roberts's diet book with the Sunday Telegraph

## The mess you may come to miss

Beware clearing out the clutter that may yet haunt you, says Jessica Fellowes

Out with the old, in with the new. That's the way to kick start a new year, isn't it? After all, it's a time to shed pounds, bad habits, and the junk that clutters up your life. Not your husband – have a heart – just his 25-year-old collection of old coins. What about your wardrobe full of clothes that no longer fit: those bank statements and utility bills from the previous century, or that porcelain figurine you only bring out when the great-aunt who gave it to you comes for tea?

Now, before you reach for the black bin-liners, take note. YouGov, in collaboration with the self-storage company SafeStore, has come up with a top 10 poll of items that people most regret chucking – and it's a list as varied and, spooky, as similar as the contents of my desk's bottom drawer, ranging from photographs and school books, to old game consoles and childhood musical instruments.

Where does this sense of regret come from? I suspect it is frequently what one could call "Antiques Roadshow chill" – that moment when your blood runs cold as you see the exact replica of a vase you consigned to the rubbish only last month now declared by the expert to be worth insuring for £100,000.



panicked and ran out first thing, only to discover that it contained an entire correspondence between my aunt and Princess Louise, Queen Victoria's daughter.

And never mind my own hasty decisions – what about when someone declutters on your behalf? A friend recently discovered that her husband had thrown out "a silver candelabra, lovingly given by a late great-aunt, and a pair of brass candlesticks I was given for my 18th birthday and which bring back memories of that particular friendship. Admittedly, they were in the back of a cupboard, but my husband is ruthless: I found one of our wedding presents in a skip."

Mark Jones, director of the Victoria & Albert Museum, in London, says there is a magic about the connections that objects provide. "They have an ability to trigger and bring alive memories in a way that documents can't. It's the difference between a wedding photograph and the wedding dress itself."

aware of the importance of preserving objects: the gallery's raison d'être is to collect for the future. But, says Jones, a lot of collecting takes part retrospectively: "Time is what lends perspective on what is significant."

The problem is, when it comes to storing objects, most of us don't have attic but shoeboxes. As personal space gets ever more precious, how are we to decide between a clear shelf and the need to hold on to a future antique?

Jon Ramsay, of the Association of Professional Declutterers and Organisers (Apdo), suggests that you identify what is important to you, and hold on to it at almost all costs. "But if you don't love it, get rid of it." A follower, then, of William Morris's famous maxim that you keep only those things that are either beautiful or useful.

But from a historical perspective, Morris's may be the wrong question to ask. Jeremy Hill, lead curator of *History of the World in 100 Objects*, a British Museum project highlighting key treasures in its vaults for a landmark new Radio 4 series later this month, suggests instead that you ask *why* the object is important to you. "If you had only 10 objects with which to tell the story of your life, what would you choose?"

Of course, Hill also acknowledges that, as an archaeologist, the ancient objects he studies were thrown away as rubbish by our ancestors. It would be just our luck, wouldn't it, if we were defined in 500 years' time by the vast dumps we have created in our lifetimes, that is our due.

## Instant-fit, digital doorbell with 24 different sounds

Waterproof digital bell – no wiring or drilling. Available for only £15.95 inc p&p

Choose from 24 different tunes with this instant-fit doorbell. The doorbell transmits a powerful digital signal to the receiver, which can be plugged in wherever you have a mains socket. In fact, the doorbell can be stationed up to an impressive 100 metres from the receiver.

The bell is waterproof and requires no wiring. Simply attach, switch on and choose your chime.

It's great if you live in a flat, and perfect for children or people in wheelchairs as the doorbell can be positioned as an easy reach alternative to your existing bell.

Operates on only one 23A battery (included) and measures H8cm W3cm D2cm.



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# There's only one way to fitness – having fun



Leading trainer **Matt Roberts** continues his *New Year fitness plan*. Don't miss his free exercise DVD and diet book in the *Telegraph* this weekend

The secret to losing weight – and keeping it lost – is variety. Spicing up your exercise programme will keep you from becoming one of the many people who begin New Year with good intentions but give up due to boredom or frustration. My A-Z of Fitness has 70 fat-burning exercises and sports to choose from.

Devote two and a half hours a week to as many new activities as possible, and I guarantee you will lose up to 10lbs in 14 days, and discover a fitter, more focused and less stressed you in 2010.

**TOMORROW**  
Final part of Matt Roberts's A-Z of Fitness



## Q

### QI-GONG



**The low-down** A meditative Chinese exercise based on the principles of qi (pronounced "chee"), meaning internal energy, which involves slow, graceful movements and is similar to tai chi. Classes involve a combination of exercises, postures and breathing techniques that are perfect for de-stressing, and as part of a wider exercise regime. Try it here: Dao Qi Gong ([www.daociqigong.net](http://www.daociqigong.net)) organises classes in London.

## R

### RUGBY



**The low-down** Rugby boosts upper-body strength, with strong arms required for tackling and passing, and scrums that build powerful calves, thighs and glutes (buttocks). Running around the pitch for 80 minutes provides an intense cardio workout, benefiting the heart and lungs, and burning fat.

### ROWING



**The low-down** The ultimate full-body cardio exercise, rowing strengthens your heart and lungs and builds powerful arms and lats (upper back) while reducing body fat. Those with sore backs should be careful, though.

### RUNNING



**The low-down** Not to be confused with jogging. By running, I mean the

track sport involving distances of 400m and upwards, repeated in intervals. This is an excellent way to build the slow-twitch muscle fibres used for distance running, and to burn calories while working the glutes, quads (front thigh), hamstrings (rear) and calves.

## S

### SPINNING



**The low-down** A stationary spinning bike will tone your quads (front thigh), hamstrings (rear), calves and glutes. These gym-based machines give a moderate- to high-intensity cardio workout, which strengthens the heart and lungs, and helps you shed excess weight.

### SLIDEBOARDING



**The low-down** Popular with devotees of ice-based sports, slideboarding is like ice-skating on the spot. Using an 8ft-10ft board with a slippery upper deck and non-stick base, it is extremely challenging and great for working the lower body, especially the glutes and adductors. Buy it here: E.X.F Fitness Equipment ([www2.exf-fitness.com](http://www2.exf-fitness.com)) sells Slideboards from £114.

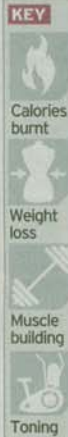
### STRENGTH TRAINING



**The low-down** Strength training, such as weight-lifting, should be a part of any exercise regime. Muscle burns more calories than fat, so it will boost your metabolism; strong muscles will help improve your posture and prevent injury; and lean, powerful muscles will improve your body shape, making you look fit and athletic.



RUNNING



SPINNING

## DON'T MISS THIS WEEKEND

### FREE

Matt Roberts's fitness DVD inside *The Daily Telegraph* on Saturday

### FREE

Matt Roberts's diet book with *The Sunday Telegraph*



QI-GONG



RUGBY

## SKIPPING



**The low-down** Skipping is ideal for strengthening the heart and lungs. It's cheap, too – all you need is a rope, preferably a speed rope that will enhance your technique. Best for building strong calves and burning calories.

## SWIMMING



**The low-down** As a calorie-burner/fat-reducer, it's comparable to running, but has the added advantage of requiring upper-body strength to pull you through the water, and strengthens your shoulder girdle as well as your back, especially the lats.

## SKIING



**The low-down** Skiing is a powerful, full-body workout. As any skier/boarder will testify, it's a killer on the quads (upper thighs). Lower-body strength develops as you transfer weight on changing direction. Try it here: the Xscape centre at Milton Keynes ([www.xscape.com.uk](http://www.xscape.com.uk)) has a year-round indoor ski slope.

## SUSPENSION TRAINING



**The low-down** Suspension training is a series of strength exercises on gymnastic-type rings, and offers a serious workout; stability muscles such as the abs have to work extra-hard. Develops functional strength in the deltoids (shoulder), neck, lats, abdominals and stomach. Try it here: Virgin Active gyms ([www.virginactive.co.uk](http://www.virginactive.co.uk)) offer suspension training across the UK.

# Spring, sprint and burn that fat

## THE A-Z OF FITNESS DAY 5

Leading trainer **Matt Roberts** concludes his *New Year fitness plan*. Don't miss his free DVD and diet book in the *Telegraph* this weekend



### TRIATHLON TRAINING



Up to 800 9/10 3/10 8/10 per hour  
**The low-down:** The ultimate cardio combo of running, swimming and cycling, a triathlon is a super-effective way of strengthening your heart and lungs and has a profound effect on musculature, endurance and body fat. Try it here: British Triathlon Federation has links to clubs across the UK, see [www.britishtriathlon.org](http://www.britishtriathlon.org)

### TENNIS



500-700 9/10 3/10 7/10 per hour  
**The low-down:** Improves strength, flexibility, cardiovascular fitness, and works the pecs (chest), quads (front thigh) and obliques (stomach). The short sprints, twists and lunges are great for stability and co-ordination but tough on the joints, so repetitive strain injuries are common.

### TRAMPOLINING



400 4/10 6/10 5/10 per hour  
**The low-down:** Trampolining provides a moderate-intensity cardio exercise while protecting your ankle and knee joints. Strengthens quads, hamstrings

(back of the thigh) and calves, as well as the shoulders and hip flexors.

### TRAIL RUNNING



400-600 7/10 2/10 6/10 per hour  
**The low-down:** Trail running adds the extra challenge of hills and rocky paths to seasoned runners. It increases strength and endurance in your quads, hamstrings, calves and glutes (buttocks), and gives a moderate- to high-intensity cardio workout. The unpredictable terrain improves your "proprioception" (sense of balance and where your body is in space).

### U

### ULTIMATE FRISBEE



600 7/10 3/10 7/10 per hour  
**The low-down:** Team sport in which the object is to find one of your players in the opposing end zone. Requires explosive bursts of movement to jump for the disc or sprint into free space. Also good for balance, agility, coordination and endurance. Try it here: UK Ultimate has clubs throughout the UK, see [www.ukultimate.com](http://www.ukultimate.com)

### V

### VOLLEYBALL



400-600 7/10 3/10 7/10 per hour  
**The low-down:** Develops key upper-body muscles, especially the arms and deltoids, builds strength in the glutes and hamstrings, plus the quick sprints and explosive leaping build fast-twitch muscle fibre. Try it here: The English Volleyball Association has details of clubs throughout the UK, see [www.volleyballengland.org](http://www.volleyballengland.org)

### W

### WALKING



300 5/10 1/10 4/10 per hour  
**The low-down:** Walking has so many fitness benefits and can help with everything from gentle weight loss to cardiovascular disease (brisk walking strengthens heart and lungs). Try swinging your arms for greater cardio benefits.



Net gains: Amanda Holden playing tennis



VOLLEYBALL

### DON'T MISS THIS WEEKEND

**FREE** Matt Roberts fitness DVD inside 'The Daily Telegraph' on Saturday

**FREE** Matt Roberts diet book with 'The Sunday Telegraph'

**ONLINE** [telegraph.co.uk/dietandfitness](http://telegraph.co.uk/dietandfitness)

### KEY



### WII FIT PLUS



300-500 6/10 2/10 6/10 per hour  
**The low-down:** The latest version of Nintendo's clever fitness-based computer game adds skateboarding, kung fu, 15 new balance games and six new strength-training/yoga activities. Select an area you want to improve and Wii Fit Plus will make suggestions. Great fun for all ages and abilities. Buy it here: John Lewis sells the Wii Fit Plus and Balance Board for £79.95, see [www.johnlewis.com](http://www.johnlewis.com)

### X

### XINGYI



200 3/10 4/10 2/10 per hour  
**The low-down:** This ancient martial art enhances balance, coordination, footwork and flexibility. It combines strength training, with bodyweight exercises, and low, squat-like stances building strength in the ankles, calves, quads, hamstrings and glutes. Find a local class at [www.xingyi.co.uk](http://www.xingyi.co.uk)

### Y

### YACHTING



300 4/10 4/10 4/10 per hour  
**The low-down:** Sailing is intensely challenging, requiring agility, balance and focus. It's a moderate-intensity cardio workout which is tough on the back and shoulders, because it requires sudden, strong movements of the arms. This builds lower-back and deltoids, biceps, triceps and wrist muscles. Those with back problems should be wary. The Royal Yachting Association has details of local clubs, see [www.rya.org.uk](http://www.rya.org.uk)

### Z

### ZUMBA



Up to 600 8/10 1/10 6/10 per hour  
**The low-down:** Zumba is hugely popular in the US and the UK is catching on to this blend of Latin dance moves with aerobic fitness and bodyweight exercises. It's tremendous fun, you burn calories aplenty and it's low-impact so there's minimal stress on the joints. Find an instructor at [www.zumba.com](http://www.zumba.com).

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DEBATE SERIES

# WE MUST QUIT AFGHANISTAN NOW

FOR

- Correlli Barnett  
Military historian
- Simon Jenkins  
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- Peter Kilfoyle MP  
former Under-Secretary of State, Ministry of Defence

AGAINST

- Liam Fox MP  
Shadow Defence Secretary
- Lord Guthrie  
former Chief of the Defence Staff
- Andrew Roberts  
Historian



Tuesday 9 February 2010

Britain is sending another 500 troops to Afghanistan. The United States is preparing to surge, deploying 30,000 more troops to the country. But are we fighting an unwinnable war? *The Spectator* debates whether the best thing we can do in Afghanistan is leave.

Join *The Spectator* at the first debate of 2010, chaired by **Andrew Neil**, at the Royal Geographical Society, 1 Kensington Gore, London SW7 between 6.45pm and 8.30pm.

Seating is limited so we would strongly recommend booking early to avoid disappointment.

Tickets priced at £30

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