

# 7FUTURES

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**Band Fit UK**

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# 10 Top Reasons To Get Up And Exercise

1. Reduce Stress & Anxiety
2. Increase Energy Levels & Reduce Fatigue
3. Alleviate Back Pain & Strengthen Core
4. Encourage Fat Loss
5. Slow Down The Ageing Process
6. Reduce High Blood Pressure
7. Lower Risk of Heart Disease, Diabetes, Osteoporosis, Cancer & combat Depression & Arthritis
8. Alleviate Depression
9. Improve Brain Health
10. Prevent Muscle Loss & Reduce Risk of Fall Related Injuries

# **Chief Medical Office Recommends**

150 minutes of moderate aerobic activity like fast walking and some strength training twice a week

OR

75 minutes of vigorous aerobic activity like running and some strength training twice a week

# Resistance/Strength Training

1. Bodyweight
2. Resistance Bands
3. Dumbbells
4. Medicine Balls
5. Kettlebells
6. Olympic Lifts



# FAT LOSS GOAL

A Combination of Resistance/Strength and Cardio is optimal.

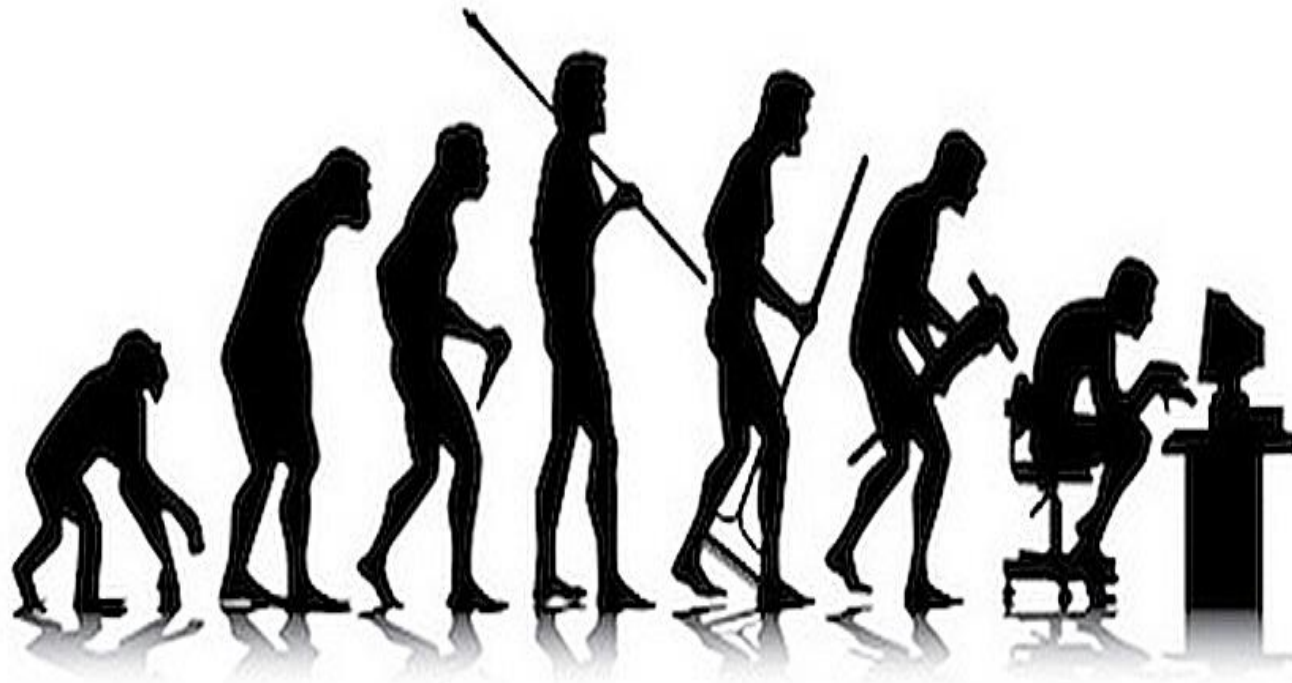
Maintaining a high percentage muscle mass will keep your metabolism efficient and your metabolic age low.

- Circuit Training
- Functional Training
- HIIT
- Olympic Lifting

# HIIT – HIGH INTENSITY INTERVAL TRAINING

- ▶ Proven to BURN UP TO 9 TIMES MORE FAT than regular cardio IN LESS TIME!
- ▶ HIIT can be applied to strength training, running, circuit training and more. It means that you perform an exercise at a very hard intensity with very short rests in between. There are many protocols that you can use.

# Poor Posture



# Back/Neck Pain

Back Pain affects 2.5 million people every day in the UK and accounts for 10 million sick days.

- Rounding of the shoulders - Scapula
- Weak Glute Medius
- Poor lifting technique
- Iphone/Ipad use



# NEED A GYM?

NO!



# Interested In Bands?

- <https://www.corefituk.com/shop>

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