



Increase Your Fitness Levels

Join a club or group

Learn from experienced, knowledgeable and qualified professionals who can help you elevate your performance.

Fitness testing

You can't manage what you don't measure. Simple fitness tests are a great way to benchmark current fitness levels and identify areas you need to work on to improve.

Plan your training

Creating a plan gives you focus and really helps you stay on track. This needn't be a complicated process. Simply apply 'FITT' to all your training. Frequency, Intensity, Time, Type e.g 2 x 45-minute easy runs and 1 x 30 minute hard swim each week

Mix it up

If you always do what you've always done, you will always get what you've always got. Experiment with new training methods or activities to avoid becoming stale.

Be holistic

Don't neglect the importance of rest and recovery. Focus on good nutrition, adequate sleep and makes sure your training fits around your other commitments.

Always seek advice from a fitness professional before starting an exercise programme!