

Get in shape for 2010



new you



'I want to lose my expanding waistline'

Ben Isaacs

DAY 1

I have a wobbly middle that increases in size every year, and I decide I'm going to run it off. Launching into my first run, I feel amazing. However, after the initial 30 seconds, the rest is diabolical. 'You're back early,' says my wife, 'did you forget something?' A week earlier I'd bought a Nike Sportsband on a whim. It tracks runs for time, pace and calories burned. Seeing a bold graph gives me some satisfaction.

West End Physiotherapy Team say 'Start slowly, or alternate runs with brisk walks.'

DAY 5

A throat infection reinforces my desire to get generally fit and healthy.

WEPT say 'Running is not only a good way to exercise the legs but also core muscles and abs.'

DAY 9

I head to NikeTown for a free running analysis. I'm a trainer collector and have no desire to ruin a pair doing something as base as exercise.

WEPT say 'The Number One cause of running injuries is wearing incorrect or worn-out shoes.'

DAY 11

My first run in proper running shoes is a revelation. I do 2.3 miles. I feel like a pro.

WEPT say 'It is important to stretch after running to prevent injuries.'

DAY 24

My first group run. Three enjoyable miles with NikeTown Runners (www.tinyurl.com/TORunning). I've run enough miles to cover a marathon but no one's going to confuse me with Paula Radcliffe just yet (although I have pissed in a London street on a Sunday morning).

WEPT say 'Running is a great social network.'

DAY 30

I've covered 31.3 miles and dropped 4lb, my tummy is a bit firmer, and below the waist I'm rock hard – so to speak. My thighs and calves are like iron. After the middle of winter, the rest of the year should be a piece of cake. Shit. Now I fancy some cake...

WEPT say 'Running helps you lose weight and is a high calorie burner.'

www.nikeplus.com; www.wephysio.co.uk

BEN'S TIPS

Get the right footwear Different bodies and running styles have specific needs.

Dress well Sweat-wicking apparel will help you maintain a comfortable temperature. A hat and thermal gloves help when it's cold.

Be aware of your surroundings Wear visible clothing with reflective strips when it's dark and don't have your iPod too loud.

Log your runs Whether online with Nike+ or in a dead-tree diary, this will provide motivation and make progress tangible.

Happy ending After a run, stretch and drink water. If possible, get some protein in you.

I LOST
4lb!

Below the
waist I'm
rock hard –
so to speak