



LESS USE OF GYMS

Gyms are the first place people go when on a health-kick, but are the last place they see results, thanks to

a lack of after-sales service and support.

“There will be a rise in online fitness communities and short-notice fitness classes, similar to ‘flash mobs’, which meet at different locations for a new fitness activity each day,” says strength trainer Mark Raynsford (markspt.co.uk).

People will realise that you don't need the hard slog in the gym to get fit because you're more likely to complete a regime if you do exercise that is new and enjoyable.

USE IT: Visit bodyfitbootcamp.co.uk to find outdoor fitness classes run by trainers. “Or list ten of your favourite fitness-related activities you actually enjoy – like smacking a punch bag,” says Raynsford. “Stick the list on your fridge then aim to do one activity for an hour each day.” When you get pleasure from something you're more likely to stick to it. Reading the *FT* shouldn't make your list. (>)