



# THE WILTSHIRE OCELOT

**YOUR ENTERTAINMENT GUIDE**

www.theocelot.co.uk  
Issue 43 - Jan'10



Get fit for 2010  
on page 42

**LIVE MUSIC THEATRE COMEDY FESTIVALS EATING OUT**



**Make 2010  
the year of  
giving  
generously!**  
We name The  
Ocelot Charity  
of the Year  
on p24

**FREE!**  
EVERY MONTH

# Getting fit for 2010 with Chas!

Meet Chas Barclay. This guy is a legend when it comes to fitness. In fact we sometimes call him 'Mr Fit' behind his back as we're all slightly scared of him and would never say anything disrespectful to his face. Anyway he's being very nice at the moment and wants to give you lazy lot a few tips on how to get fit this year. So make getting fit your 2010 resolution.



### About Chas Barclay

As a C.H.E.K. Practitioner with over 20 years international experience in the exercise rehabilitation, sports and fitness industries, Chas has had the opportunity to consult to many clients and organisations, including Olympic, World, National Champion medallists and record holders. He is currently a World Class Masters Athletics Track Sprinter in his age group who runs his own Studio in Sydney, Australia, and has worked with a broad range of clients and organisations, ranging from those just starting an exercise program, or those suffering from chronic injury, to those trying to take their sports performance to the next level! For more info visit [www.humanengineering.com.au](http://www.humanengineering.com.au)

Fitness is more than just being able to run down the street, last a night out with the boys at the pub or being able to bench press your body weight! Here are some tips from Sydney, Australia for the New Year, which go beyond the staggering and short breathiness feeling that often accompanies these resolutions, normally leading to failure.

### Follow the 80/20 Rule:

Eat, Drink, and Move (Exercise) 80% being as best as you can. 20% being, that's life. Don't stress it, or your body will stress you! If you're eating 3 main meals per day, that's 21 per week, then you can eat 4 meals per week out or that may not be ideal based on where you are or your circumstances. However, the remaining 17 meals should follow the following tips used by many of my clients and are adapted from Paul Chek's book "How to Eat, Move & Be Healthy!"

#### 1. You Are What You Eat:

- Eat fresh fruit and raw vegetables rather than canned, frozen, or cooked.
- Choose free-range, hormone-free, organic meats and eggs where possible.
- Avoid white table salt, sugar, and white flour.
- Choose whole grain breads over white bread.

#### 2. Stress:

- Stress in your job, income, money problems and relationships can have a significant effect on your chances of getting fit and healthy.

#### 3. Sleep:

- Get to bed by 10.30pm. Your pets are usually curled up by this time, so follow their lead!

#### 4. When You Eat:

- Don't skip meals or eat carbohydrate foods by themselves, i.e., breads, pasta, muffins, chocolate, cereals or fruits.
- Don't eat your largest meal in the evening.
- Reduce your consumption of caffeine and/or sugar i.e., coffee, tea and soft drinks.

#### 5. Exercise:

Try the body weight exercise program which won't require a gym or any fancy equipment to get you started (on the next page).

There can be few excuses for not trying! Alternate this program with walking every other day for at least 15-30 minutes.



## Some easy exercises for your delectation

### Split Squat Lunge



**Rest** - 90 seconds down **Reps** - 5-10 each leg **Tempo** - 2-0-2 **Sets** 1-3

### Lower Body Russian Twist



**Reps** - 5-10 each side **Tempo** - 2-1-2 **Sets** 1-3

### Prone Cobra



**Reps** - 8-10 each side **Tempo** - 1-3-1 **Sets** 1-3

## Exercise Key

#### Rest

Number of seconds rest between sets

#### Tempo

Speed of the exercise in seconds - 1 3 1 = 1 second up - 3 seconds hold - 1 second down, 2-0-2 = 2 seconds up, hold for 0 seconds, 2 seconds down.

#### Repetitions

This is the number of movements per set, i.e., 10-20 reps = 10-20 movements in one set

#### Sets

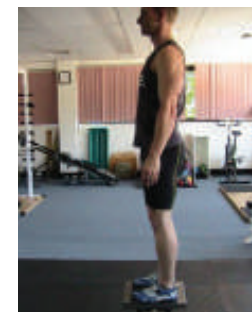
This is the number of groups of repetitions to be done i.e., 1-3 sets means 1-3 groups of the outlined repetitions with a period of rest in between.

### Wall push-ups



**Reps** - 10-20 **Tempo** - 2-0-2 **Sets** 1-3

### Step-ups



**Reps** - 10-15 each **Tempo** - 2-0-2 **Sets** 1-3