



From fat to fit

with
NOEL HANNA



Adventure racer Noel Hanna teams up with the Leader's John Hooks for our new fortnightly look at health and fitness



Adventure racer and Personal fitness trainer Noel Hanna BL 4403.

Dear Noel please help

PERSONAL Fitness Instructor, Noel Hanna will be on hand to answer any queries or problems you may have with your fitness training.

He is a qualified fitness instructor with the Northern Ireland Sports Council and he has also qualified with the British Amateur Weight Lifting Association.

You can address any queries you have for Noel to the Banbridge Leader, 25, Bridge Street, Telephone 028 406 62745.

Alternatively Noel is available for personal fitness training both for anyone interested in losing weight or for anyone interested in finding out more about adventure racing.

Noel can be contacted on 0411 216612.

Time to banish that spare tyre

THE Christmas parties may be a distant memory but if you are like me you will have one stark reminder - the spare tyre.

Something had to give so I have called for help, professional help.

And this came in the form of personal fitness instructor and adventurer racer, Noel Hanna. Noel has agreed to help me shed some pounds and in turn pass on some very helpful hints and advice.

This advice column will run fortnightly and will hopefully lead to those who read it having a healthier lifestyle.

My first question for Noel was, 'are there any quick fixes for weight loss.' But I wasn't sure if I liked his answer.

WEIGHT

"There are no quick fixes, yes, you could go on a crash diet and lose a lot of weight but in my experience this weight will go back on and become harder to shift," said Noel.

"What is needed is a change in lifestyle and diet over a considerable period of time which will gradually lead to weight loss and a more positive outlook on life."

Noel strongly recommended cardiovascular workouts which he believes are the best way of losing weight.

"A lot of people get obsessed with doing sit-ups, push-ups and weight lifting but all this does is build muscle behind the fat which in turn pushes the fat out and if anything makes it more noticeable," he said.

EXERCISE

"In my opinion the best form of exercise is cardiovascular, start off with five minutes on the exercise bike, then move on to a step machine, a rowing machine and then a treadmill.

"And maybe do two circuits as this exercise will get the heart and lungs pumping," he said.

The fitness instructor stated that the body will only burn fat after approximately 20 minutes exercise and he also reminded everyone that this is just a rough guide and may not be suitable for everyone.

Noel also strongly urged anyone starting exercise to be sensible.

"Everyone will know their body and their limits the main thing to remember is to only exercise when you are pain free, if someone is hurting during training they will not enjoy it and let's face it if you are in pain your body is trying to tell you something."

"If you are suffering chest pains during or after exercise then consult a doctor," said Noel.

Been there and done it

WHEN it comes to fitness work Noel Hanna is just about the best qualified around.

He is a qualified to instruct others on fitness work and weightlifting but he doesn't just talk the talk.

Noel decided at the age of 30 he wanted to enter the world of adventure racing.

He began his new career in November 1997 by winning the Himalayan Challenge which saw him running 100 miles through the Himalayan Mountains.

Next came a race in Los Angeles in September 1998 which saw competitors run through the Californian Mountains. Noel came 19th out of 170 competitors.

The Dromara man then competed in the

Marathon des sables, which was just the little matter of a non-stop 140 mile race across the Sahara Desert. This time Noel came 29th out of 600 competitors.

Three months later in July 1999, Noel ran in the suitably named Death Valley Challenge.

Competitors set off from the lowest point in America and finished at the highest point.

Noel's own team, Team North/South then competed in two Eco Challenges - a ten day non-stop adventure race.

Team North/South were also the first Irish team to finish the Eco-Challenge in Argentina. They also came second in the Adrenaline Rush which was staged in Banbridge last year.



John Hooks (right) needs help, professional help to beat the bulge. BL49 14

Enjoy your food but don't go beserk

TO be as fit as Noel Hanna you would be forgiven for thinking all he eats is health food - not so, Noel believes in a well rounded diet.

"I eat whatever I want with the key word being moderation," said Noel.

"The only recommendation I would make is to eat a lot of carbohydrate foods such as pasta, chicken, tuna, potatoes along with fresh fruit and vegetables.

"And if you do like chips try oven chips instead, they have less fat.

"Getting fit and staying fit is lifestyle which you will grow into but most of all you must enjoy it or else you will not feel the benefits," he said.

"Therefore I would suggest keeping your diet as well rounded as possible but with eating in moderation.

"The training you are doing should burn up any unwanted calories."

Noel also recommended drinking between six and eight pints of water per day.