



# Using Weights

with Michael Garry

---

Liz Earle  
*Wellbeing*

Welcome to the last in our three-part series on helping us feel fitter with winning personal trainer Michael Garry. Michael has over 25 years of experience of getting people of all ages fitter. He has been called 'the best personal trainer in the world' by a writer for The Sunday Times. He believes that fitness should be both fun, consistent and done anywhere, be that in the gym, the park or at home.

**Moving on from our first two episodes, how long do you think we should aim to be running for once we get going?**

I think that the first major goal for anybody starting to run is to run a mile. That really is a huge achievement. You then want to start running further, for about 20-30 minutes which is 2-3 miles at most people's pace. You can then start to incorporate things like speed work to help make things more dynamic. Sprinting between two lampposts, for example. If you're feeling strong start with a 20 second run at about 70-80% of your heart rate and repeat 3-4 times, building up to ten. I use this as a tool to speed up your metabolism, making you more dynamic and helping make that mile easier. However, if you are looking to speed up your metabolism, weight training is your best bet.

**Yes, let talk about weights.**

There are many ways you can apply weights to your body to train. Things like squats and lunges all count as using your own body weight and if you want to add physical weights in I'd suggest a pair of 3-4 kg dumbbells, one for each hand, and start with bicep curls. Weight jackets are also a great option. It's what it says on the tin - a weighted jacket, and you can change up the weight and walk and run and do your normal body-weight exercises. A rucksack is a great alternative. Pop it on your back and walk up and down stairs. It doesn't need to be difficult or expensive. Weights are also great for helping increase our bone density and help us to prevent things such as osteoporosis.

**Is there any specific cool-down we must do after weights?**

Yes, cooling down is so important. When you lift weights, your muscles contract and you need to stretch them out or you risk injury. This is the way to get lean! Also, something to do is to focus on eating foods to help you here. Try to eat lean meat, fish and chicken and things that are light on your digestive system, particularly in the evening as you don't want to be trying to sleep with a steak being digested in your tummy. Same with carbs - it's not, never have them, it's saying try to keep them to lunchtime and try to be more flexible with your food choices and the way you eat. I never say never, but be aware of what you are putting into your body. I also advise drinking 2-3 litres of water a day, depending on how much you're training.

**Website - <http://michaeltgarry.london/>**

**Instagram - [@michaeltgarrylondon](https://www.instagram.com/michaeltgarrylondon)**