

# What Physical exercise works for you?

When I set out on my weight loss journey, who really knew where it would take me. In the words of the author Lewis Carroll who wrote Alice's Adventures in Wonderland.

Alice came to a fork in the road, up in the tree looking down was the Cheshire cat. "Which road do I take now said Alice"? The Cheshire cat replied "which road do you want to take"? I don't know replied Alice. "Well, it doesn't matter which road you take then" replied the Cheshire cat.

The point is you need to know which road you're going to take why and how.

90% of successful goals are all about the why and 10% of how you are going to achieve it. In my weight loss journey to lose an incredible amount of weight my tactics in reality were quite simple....

Commitment

A healthy balanced diet

Some form of physical exercise

Have Fun!

I wanted to focus on how important it is to find some form of exercise that not only works for you, but I believe is essential to maintaining it is having fun and enjoying it.

I have tried many different forms of physical exercise whether on my own or a member of a club from Fencing, Sailing, Netball, Athletics, and many more different classes I care to mention. Some I really enjoyed some I really couldn't get it and Others I hated with a passion!!

My feature this month focuses on one sport I really love and enjoy doing.

## **KICKBOXING**

Kickboxing presented itself to me around 16 years ago. I joined a friendly, professionally run personal training Gym – Powers Martial Arts Centre & Personal trainers Incorporated owned by my Husband and Wife team Paul and Sue Powers in Sheffield UK.

Both Sue and Paul have a wealth of experience and knowledge in personal fitness.

Sue is an advanced personal trainer and is a chronic back care consultant.

Paul holds a number of qualifications in Kickboxing, Karate and self-defense at a high level 4<sup>th</sup> Dan multi skilled self-defense, 3<sup>rd</sup> Dan Kickboxing, 2<sup>nd</sup> Dan wadoryu karate (British sport Karate)

One day whilst training with Sue I could see within the Gym some boys kickboxing and this caught my eye. I have always been a person who likes to try new experiences and enjoys challenges. I wanted to give it ago...

I started to train one to one with Paul on a regular basis and began to learn the techniques and disciplines, I was hooked!! Wearing the correct personal protective wear I started to spar with not only other ladies but also men, completing intense workouts incorporating a number of pieces of equipment – Twins, Pad work and Bag.

Kickboxing doesn't have to be a contact sport. I find Kickboxing for me is great for improving my own personal performance. It challenges both the aerobic and anaerobic energy systems that help me perform in other sports I enjoy.

Aerobic – cycling, swimming, and walking.

Anaerobic – Circuit training.

It is a great way of reducing stress and tension which is such a benefit for woman and can help to reduce the risk of Cancer along with supporting me with my weight loss strategy.

Within the disciplines of a Life coach it is very important not only to be mentally prepared for a coaching session with a client, it is equally important to be physically in a good place too. A good combination of eating a well-balanced diet, drinking water to reduce dehydration, plenty of quality sleep, and having an exercise plan that works for you.

In our ever changing World I needed to feel safe and has a woman Kickboxing is a great skill to have in a self-defense situation.

It is really popular with not only men but with women and children.

Paul told me that in his gym the youngest female is 4 years old and the oldest is 60 years old. The Youngest male is 4 years old and the oldest 64!

The Gym's seen a 40% increase in female clients taking up kickboxing in the past two years. This is excellent for the sport and great to see woman embracing the sport and trying something different to maintain a healthy body and mind.

Kickboxing offers opportunities within the sport and if you desire too can study for grades and higher awards at National and International level.

Alex Mackenzie holds World and European titles and is wearing his World title belt. Alex started training with Paul when he was 15 years old and did his first inter club fight at the age of 18 . He then went on to his first professional fight at 24! In that time he's won 23 fights and lost just 3 fights. His dear Mum got him into the sport as a change from playing Football.

Paul and Sue encourage and support local School children to come FREE in school holidays. It is a great way of developing their life skills and most importantly encouraging them to take part in physical exercise. With the percentage of child obesity continuing to rise this is an excellent project and a great way of strengthening a community.

Hollie Barker – personal trainer works closely with children within the sport and is passionate about developing their skills and confidence.

The mission statement of the Gym is “Come as a Client, Leave as a Friend”

So true!

Paul, Sue and the team have been and remain to me a very instrumental part in my health and fitness journey. I am fitter and healthier than I have ever been and my (BMI) body mass index is in a great place.

Whilst I coach in other areas, my niche is weight loss, I have great empathy with my clients. I can hold their vision of a healthier and fitter life when at times it seems the end goal is so far away. The transformations I have under taken in my own physical and mental appearance of myself have opened up so many great opportunities.

I hope you have enjoyed reading this feature and you have taken something positive from it today.

So, whatever road you want to take... lose weight, get a little fitter, meet new people, build yourself confidence or just enjoy life and have fun!

Why not think about Kickboxing and start your own amazing journey today!

Best wishes

Deborah



Alex Mackenzie – Personal Trainer and Gym Manager

Debbie Cundy – Life Coach and Gym Member

Hollie Barker – Personal Trainer

## **Writes Bio**

Deborah Cundy

Debbie Cundy is a Business Woman, Qualified Chef and Life Coach.

Owner of Clarity in Mind – Life Coaching, Debbie's niche is weight loss

After losing an incredible 12 stones, (168lb) herself with diet and exercise no pills, shakes or weigh loss Surgery.

Having over 30 years' experience in various areas of the food industry, she has worked with Clients in Finance, Media, and the corporate arena and has had the privilege of being in the presence of the Princess Royal.

She is very passionate about working with local charities and supporting community projects and has been recognized for her tireless contribution.

Visit her website at: [www.deborahcundy.com](http://www.deborahcundy.com)