



# LIVING THE TRI LIFE

It's that time of the year again. It's a new year and for the most part that also means time for a new you. What is the best way to get there? Getting fit of course.

## TIPS FROM DANIELA RYF ON HOW TO GET FIT THIS 2017

**I**n case you are one of the new year, new me people and are planning on starting a fitness routine don't stress, we got you! We had a quick chat with triathlete and Ironman Champion Daniela Ryf on what the best way to start is and how to truly get fit in the New Year

### Be prepared for the first step to always be the hardest

To adopt fitness as a habit you have to change or even eradicate other habits completely and that can be hard. Once you start you have to repeat and do so until exercise becomes as natural to you as that slice of pizza. And while that slice of pizza is amazing it would taste so much better post a good work out session. You can start small by maybe signing up for a class once or twice a week with friends. This motivates you to work out in two very unique ways; firstly keeping in mind how busy you are in this day and age you aren't overwhelmed by having to set aside time every day to work out and secondly by going with friends it also makes it a social commitment which is also a great incentive.

According to Daniela the post work out feeling is one of the best as it is a 'good' kind of tired where you know you've earned the rest you are getting right now and this feeling can be extremely gratifying.

### Diet

Coming to a part of the routine that is just as important

as exercise which is the diet, you will be happy to know getting fit doesn't mean eating only salads every day in every meal. Daniela's advice with regard to a diet is to prioritise what you eat and when you eat. You have to do either of two things;

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either eat whatever you like all day but cut down and go light at night time or to work out or train before breakfast. Doing any one of these is a big step in the

right direction, you're basically teaching your body to burn the last part of fat that is stored in your muscles. You also end up sleeping better if you eat lesser carbs in the evening as compared to protein or vegetables.

Daniela also recommends using Red Bull as a tool to make your work outs easier. Sometimes when it comes to a work out you may not just be physically tired but also mentally drained due to the various things you've dealt with during the day and this is where a Red Bull comes in. According to Daniela the drink activates your brain by making it aware that you are going to go hard now and it gives you the energy boost you need to power through a work out.

One last key piece of advice from Daniela is – Remember to never overwork your body by starving yourself or going too hard with exercise. While the motivation to get fit can be strong you have to remember that you are asking a lot of your body already as you are cultivating a new habit. Give something back to your body with good amounts of rest or a massage at least a couple times in a month to reduce the stress that your body is enduring.

Keep the above in mind and you should be good to go! Happy 2017 and may the force be with you!

