

AGE-
PROOF

YOUR BODY

Press pause on ageing with these
top youth-boosting workouts

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AGE-PROOF YOUR REFLEXES: *Roll with the punches*

“Boxing generally ticks all the boxes in the fitness spectrum and is a great way to stay youthful,” says Pierre Pozzuto, head coach at 1Rebel (1rebel.co.uk). “As you age, your joints deteriorate and your reaction times can slow. Learning and carrying out fight combinations with force, control and accuracy sharpens your reflexes and improves your hand-eye coordination and mental focus. To improve your reflexes and agility, I’d recommend boxing twice a week for beginners and four sessions a week for enthusiasts.”

MAXIMISE YOUR RESULTS:

“Muscles are like elastic bands, if used regularly they function in the correct push and pull manner and maintain their strength and flexibility,” says Pozzuto. “To maximise results and prevent injury, make sure you warm up properly, paying particular attention to the shoulder joints. And remember to engage your core, rotate your hips and to breathe! This will help you generate the most speed and power and get you those killer results.”



AGE-PROOF YOUR SKIN: *Good vibrations*

If you’re looking to banish cellulite, wrinkles and bingo wings, try a Power Plate massage. In studies from Loma Linda University in the US, vibrations of the Power Plate at frequencies of 30 Hz and 50 Hz were shown to increase blood flow to the skin and enhance circulation for at least 10 minutes following a session. “Increasing the blood flow to the skin and the tissues improves the condition of your skin by flooding it with oxygen and nutrients and assists with the removal of toxins,” says skin therapist Louise Thomas-Minns (uandyourskin.co.uk). “This can help relieve conditions such as cellulite and keep the skin looking younger for longer, as well as toning the tissue beneath for a trimmer, tighter figure.”

MAXIMISE YOUR RESULTS:

“The Power Plate can offer more than a post workout treat, it is a workout tool in its own right,” explains Nahid de Belgeonne, Power Plate expert and founder of Good Vibes Fitness (goodvibesfitness.co.uk). “A Power Plate session will break down fat cells, improve circulation, flexibility and metabolism. At Good Vibes we offer a range of classes that incorporate the Power Plate, from HIIT to Ass and Abs. Because you are performing exercises on the Power Plate by standing on and moving around it, you are using your body in an integrated way and engaging your core from the feet up. In a speedy 25 minutes you can work your entire body!”

AGE-PROOF YOUR BODY: *HIIT it*

“It’s estimated that we lose around one percent of muscle each year from the age of 30,” says Dr Theodoris Ispoglou, principal lecturer in sport and exercise physiology and nutrition at Leeds Metropolitan University. “Coupled with this, the rate at which our bodies release the anti-ageing human growth hormone (hGH) declines when we hit our twenties.” But there is hope. As well as slowing down the skeletal and muscular effects of ageing, studies have shown that high-intensity interval training (HIIT) can stimulate production of human growth hormone (hGH) by up to 450 percent.

MAXIMISE YOUR RESULTS:

Make sure you feel the burn. One study from Brunel University London found that just 10 minutes of exercise, at an intensity where lactic acid begins to build up in the blood, stimulated the greatest release of hGH. “HIIT can be performed any number of different ways,” says nutrition and performance scientist, John Keifer. “But to make things as anabolic as possible, the idea is to get as close as you can to maximum power output for 30 seconds, followed by four minutes of rest, for four to six rotations.”