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Ten New Year Toptastic Tips

1. Warm up with a jog & dynamic stretches before your run & stretch for *at least* 10 minutes afterwards



2. Leave your GPS at home occasionally & feel your pace

3. Listen to your body—if it hurts give it a rest

4. Book a monthly massage & avoid those niggles becoming problem injuries

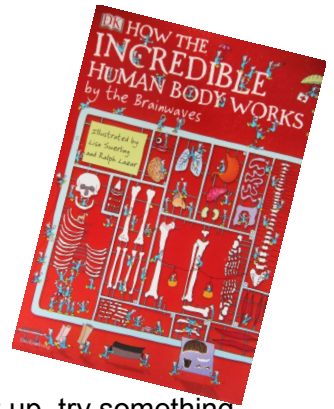


5. Go for a run just for the pure enjoyment, no goals, no pressure



6. Introduce some cross training once a week—swim, cycle, row

7. Learn just a little about how your body works—it will help you to understand what you need to do to keep it working well



8. Choose a race that you haven't done before, something that looks fun, mad, different and has nothing to do with PBs



9. Introduce two 15-20 minute home strength sessions per week—ask someone to help you put them together then put them in your diary



Stretch of the month (spine)

- Start in a neutral four point position and gradually round your back, tucking your tail bone under & dropping your head. It should feel like a gentle stretch, don't over-arch your back; keep it comfortable
- Slowly arch your back the other way, lifting your tail bone & head

Strength of the month (core)

- Start on all fours. Contract your core muscles by drawing your belly button up towards your spine & contracting your pelvic floor muscles just 30%.
- Straighten your arm in front of you, and your opposite leg behind you, keeping your back flat
- This exercise is a great core stability and core control exercise to work the deep abdominal muscles.



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