

WINSTON AND WELLNESS, INSIDE OUT

When I ask Winston why most people come to the gym, he admits that the most common reason is that “they want to change their appearance and also lose a few pounds,” but laughingly concedes that many of us stay the same. I ask him if a panacea exists for those who want to drop some pounds. Does it matter what time you eat, when you exercise, how many calories you consume and what sort of exercise you do? Sorry, readers, there is no ‘cure-all’; the first thing Winston will tell you is, “We are all different. Before making an exercise programme I need to do an assessment on the individual. For example, I would need to know what habits they possess and whether or not their goals are obtainable over a short or long term period.”

If you want to lose fat and tone up, follow some of Winston’s general tips:

- ▶ Eat at least three square meals a day and also at regular intervals.
- ▶ Make breakfast habitual! “We all know the excuse, ‘I haven’t got time to eat in the morning.’ Take note: The most important meal of the day is breakfast. Start the day as you mean to continue, in good health.”
- ▶ Depending on the activity, eat at least two hours before exercising.
- ▶ While training, drink water or an isotonic drink to aid in replenishing the body.
- ▶ Do not waste time counting calories. Instead, be aware of the types of food you’re consuming and try and make healthier choices.
- ▶ Exercise at least three times a week.
- ▶ If you’re really serious about weight loss and wellness, though, seek out a good personal trainer. It’s impossible to talk about workouts or diets for ‘the average person’. “Who is he or she, exactly?”, Winston asks.

It’s funny how, despite all our efforts to look good (Winston agrees that most people go to the gym to improve their shape), for professionals like Winston, whom we aspire to look

If it’s been a while since you’ve squeezed into your lycra, strapped on your heart monitor or donned your gel-pumped workout shoes, it may be tough to find the inspiration and courage to take your first step up to the gym altar. Your confidence may be low, you may find joining group fitness classes from day one daunting or, worse still, you may give it a go and find you’re not improving. You may need someone to follow you along every step of the way. At O2 Wellness Centre and Spa, Winston is The Man. Behind his friendly smile and bouncy gait is a person who is at peace with himself, both physically and mentally. “The most important thing is how you feel inside; when you feel well and strong, nothing can replace that. That’s what I love about my work; it’s the ability to help people feel really good.”

like, the best thing about wellness is getting up in the morning feeling like you could conquer the world. “When you feel good, you usually reflect it on the outside,” he says, adding that clients who do regular training sessions “will improve bone density and strength.” So, if you’re stuck in a rut, feeling burnt out or losing your self-confidence, maybe it’s time to get personal with a fitness trainer. Winston’s common sense, realistic, holistic approach to fitness is one you will probably find motivational and inspiring. ■

WINSTON SPEAKS OUT ▶▶

- Name** ▶ Winston
- Born in** ▶ London
- Came to Marbella because** ▶ Tired of England and fell in love with Marbella
- Hobby** ▶ Trying to enjoy life in Marbella
- A place to party** ▶ Anywhere I can dance and listen to salsa
- Music** ▶ Salsa, house and reggae
- Fashion** ▶ Casual
- Ideal woman** ▶ My girlfriend
- Favourite sport** ▶ Resting

