



# LIFE FORCE

Martin Petrie of MP Personal Training (featured in Brighton Active issue 01) is all geared up to help make sure your 2011 is your healthiest yet! Here he talks about this year's Race for Life - the UK's biggest women-only charity fundraising event supporting Cancer Research UK

First off in my column for this issue, I have something just for the ladies and something which is very close to my heart: this year's Race for Life annual event in aid of Cancer Research. This year there are two runs on the 2nd and 3rd of July, both at Stanmer Park along Lewis Road, Brighton. Each run is 5km (3.125 miles) and depending which one you enter, can be on or off road and is open to runners, joggers and walkers of all ages.

Personally I can't think of a better incentive to get fitter and healthier, and all the while raising funds and awareness for such a great cause.

Now is the perfect time to start training for Race For Life and with the days getting longer, brighter and warmer, it really is a great time to get outdoors and take up running.

If you're interested in taking part in this year's Race For Life run, I will be holding weekly group training sessions meeting at Hove Lagoon every Monday, starting on the 4th April at 7pm. The cost for training is £5 per head for the hour and 50% of all money taken will be donated to Cancer Research UK.

Gents, this is also a great time for you to shine like the sun (minus the vitamin D though) and support loved ones, friends and colleagues as they prepare and challenge themselves for a greater cause.

Spring is certainly in the air and the sun is starting to make an appearance, bringing with it a wave of motivation and an abundance of vitamin D (which helps us look at things in a more positive way). It's the first sign of what's to come later in the year. Yes folks, I'm talking about summer!


Whether you are spending it in the UK or heading abroad, can you right this minute say that you are fit enough or healthy enough to make the most of it? Most of us (including myself to a point) are not ready and are still in hibernation mode.

So what can we do about it? Well, that's down to you. There are always events and activities occurring in and around our city, so why not try something new? At this point of the year anything outdoors is a great place to start.

Have a look at this issue's From The Ground Up feature, starting on page 36 for a few ideas of some activities you can take up today.

Regardless of what activity you choose please just remember to make it fun! Exercise should always be enjoyable, so along with all the vitamin D you'll be getting from the sun from being outside you should always feel on top of the world.

Martin Petrie is an NVQ Level 4 Advance Personal Trainer. He has been training for 11 years and his specialities include toning, weight loss and knee and shoulder stability. You can learn more about Martin and MP Personal Training in his Focus feature from Brighton Active issue 01. You can view this online at [www.brightonactive.com](http://www.brightonactive.com) on page 46

"With MP Personal Training, We don't just meet your targets... We beat them!" 

For more information on training, weather for Race For Life or in general, call 07717 455144, email [martin@martinpetriepersonaltraining.co.uk](mailto:martin@martinpetriepersonaltraining.co.uk) or visit [martinpetriepersonaltraining.co.uk](http://martinpetriepersonaltraining.co.uk). We'll be happy to help