

FITNESS The Festival will get your pulse racing – because you'll want to walk everywhere

IS YOUR SUMMER one of fitness or fatness? Do you find yourself bloated at the end of August and in need of a holiday? Here's a guide to getting out and about and burning fat, baby.



Tracy Griffin

In Edinburgh, the seemingly endless tram works and the doubling of the population during the Festival causes summertime traffic chaos. Do the smart thing and travel everywhere by foot. Instead of going to the pub after a show on the weekend, wear trainers and take your mates for a walk around the Craggs, or somewhere far from the madding city centre crowd. If walking's not your thing, then maybe a boogaloo is more up your street. If at a late-night gig, dance. If you prefer your dancing in daytime, try a workshop at Dance Base (www.dancebase.co.uk).

There's also a network of cycle paths in Edinburgh, so hire a bike and grab a Spokes map from any bike shop to discover the lesser-spotted Edinburgh.

If you're serious about losing weight, invest in a heart rate monitor (HRM) – the entry-level Polar is reliable and idiot-proof. An HRM can be handy for cardiovas-



"If you're serious about losing weight, get a heart rate monitor"

cular (pulse-raising) exercise. You need to get your heart rate into the fat-burning zone for at least 30 minutes continuously at least three times a week.

If you've been exercising for a while, you may like to work at a higher heart rate and more often, but for those starting off, a fast walk three times a week should do it. Your training zone will be calculated by your HRM, and is dependent your age. The older you are, the lower your training heart rate is. However the more you exercise, the stronger and slower your heartbeat becomes, and therefore the faster you will need to move. The beauty of owning a HRM is that you can make any pulse-raising exercise measurable and take exercise out of the gym and into the great outdoors.

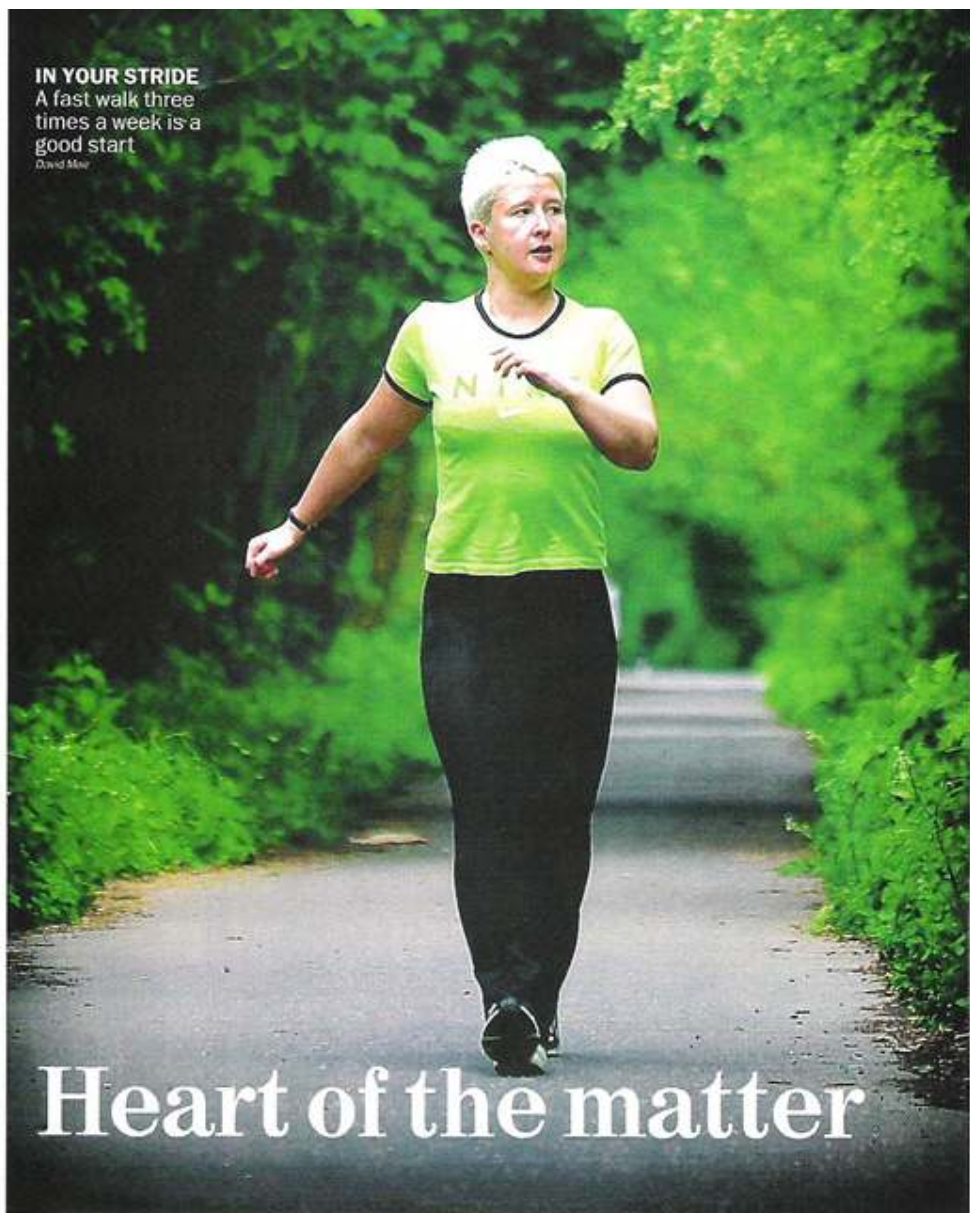
So get out there and kick-start your own fitness programme.

You can subscribe to Tracy's free monthly fitness newsletter, find out about her boot camps and one-to-one training at www.tracygriffen.com, telephone her on 07743 741 088 or follow [tracygriffen](https://twitter.com/tracygriffen) on Twitter.

IN YOUR STRIDE

A fast walk three times a week is a good start

David Muir



Heart of the matter