

# BETTER TOGETHER

Local health and fitness expert Hannah Epps looks into the health-boosting benefits of working out together...



Did you know coronary heart disease is the UK's single biggest killer? It causes around 82,000 deaths a year and around one in five men and one in eight women die from the disease...

Hannah explains: "Working out at least two days a week could really improve the health of you heart and workouts as little as 10 minutes a day can make a huge difference. When couples work together they can achieve more, and this can help you quit smoking, **work out together and change eating habits.**"

Hannah suggests changing your lifestyle with a partner and friend to help push through the barriers and avoid the age-old excuses...

## Favourite fitness excuses

### 1) No time

Do you have time to sit and watch your favourite shows? Take a long hard look at your schedule and find the time. It's there if you just look for it.

### 2) No energy

This excuse will be a non-issue once you've been exercising regularly for a couple of weeks. Your energy will build as you become more fit and active.

### 3) No motivation

Want to look better? Do you need to fight disease or aches and pains? Find your motivation and run with it.

### 4) Past failures

These are always painful to face. But you haven't really failed until you give up. Don't give up on yourself! Go out **there a do it.**

### 5) Unsure where to start

You don't know where to begin: No problem. I do know where you should begin. Call or email me today and together we will get your workouts back on track!

## Why exercise with a partner?

### 1) Fewer skipped workouts

Scheduling a session or class with a friend helps hold you accountable for getting your workout in. Meeting someone not only motivates you to show up, but to work hard as well.

### 2) Push yourself further

Exercising with another person pushes you to do your workout and do it to the best of your ability.

Another bonus - if you work out with a friend who is stronger or faster than you, you'll be more likely to test your own limits.

### 3) Try new exercises

Going with a friend is the perfect time to try a new exercise such as strength training, Pilates, yoga or lifting heavier weights.

When trying something new, your friend will provide a confidence boost.

### 4) Work out longer

Time flies when you're having fun... or at least when you are distracted.

Having someone to chat with **between sets** let's you focus on something other than just your workout making the time go by faster.

### 5) Recover together

There's nothing worse than undoing all your hard work at the gym with unhealthy foods. A friend who's worked up a sweat with you is likely to want to join you for a healthy post-exercise meal or snack.

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