

# Ask the expert

The professionals share the tricks of their trade

**PERSONAL** training guru Tim Jones specialises in "body transformation" using core training, corrective exercises, hair mineral analysis and detox diets. For more details, see [timjonesfitness.com](http://timjonesfitness.com).



**The biggest fitness myth?** Probably that you will get a flat tummy and a six pack if you do loads of sit ups. Unless you invoke a fat burning response to the whole body, you will never burn the fat around the tummy that is hiding those muscles.



**Aerobic activity or weights?** Weights. All the way. You try resistance circuit training TJJ-style, and you tell me it's not aerobic activity.

**How often should people train?** I recommend three times a week to notice a real difference. I enforce a minimum of two sessions a week with my clients as one workout a week just won't cut the mustard.

**The best smoothie in town?** There is a fantastic little grocery shop in South Kensington called D McKay on Harrington Road and they do a freshly squeezed juice with apple, spinach and lime — it's really revitalizing and always gives me a lift after an early training session.

**Best health food shop?** Fresh and Wild in Soho or in Notting Hill. It is expensive but the quality of produce is second to none.

**What supplements would you recommend?** It totally depends on the individual, which is why I do hair mineral analysis with my clients to test for any mineral imbalance. But I take glucosamine for joint health and Super 8 Probiotics from Udo's Choice for a healthy digestive system.

**Squats and lunges: Overrated?**

Absolutely not! They're fundamental stages in gait development — when babies learn to crawl and then walk. If you can't squat and lunge with good form you are less functional than a two-year-old.



**How do you motivate clients?** Everybody, no matter who they are, will want to either look better, feel better or perform better on some level.

**Practice what you preach?** What kind of a practitioner would I be if I didn't? At least 80 per cent of time I eat organic food, avoid processed food and try to stay away from grains, but you've got to have a life... so if I go out for a meal with friends I won't worry about it — I'll eat a burger. You've got to have a healthy balance.

**TRACEY BLAKE**