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Our RUN bra is a must have for any runner. It's just as important as your running trainers. Check out this inspirational piece from the Daily Mail



Lack of time is the most common reason people give for not being able to exercise and, when we're all so busy, it is a challenge. Here are my top tips for fitting exercise into your life:

Austin Lumley
 Weight Watchers Fitness Consultant

PLAN AHEAD Schedule a set time in the week for activity and make sure it's one that you enjoy – there are so many options (see our A to Z on pages 6&7 for inspiration), there's bound to be something that appeals.

WORKOUT WHILE YOU WORK Stop using the lift and use the stairs. If you can't manage every flight, do as much as you can and gradually increase the number of flights you walk.

COUNT ON THE COMMUTE If you live within a 30-minute walk of your workplace, get those walking shoes on! Or consider cycling into work – some employers offer cycle purchase schemes that might help you.

IT'S A FAMILY AFFAIR Getting active is important for the whole family, so be a good role model. Briskly pushing a buggy is a fantastic fat-burner, while older children will love to cycle alongside you as you jog.

KEEP ON RUNNING

HI-TECH KIT TO GET YOU GOING



Salomon Speedcross 3CS trainers, £300, gearforgirls.co.uk



Shock Absorber Run sports bra, £37, sheactive.co.uk Independent tests show it reduces bounce by up to 78 per cent



Sennheiser/Adidas PMX 690 headphones, £54.99, amazon.co.uk They're lightweight, stay in place and resist water and sweat



Timex Ironman TapScreen watch, £86.99, jasmarc.com A touchscreen and 150-lap memory make gauging progress easy

Sue Wray, 35, lives in Colchester, Essex, with her husband Neil and her daughter, Emily-Jane, 14.

'My weight had always fluctuated as a teenager, but I never considered myself to be big until I married my first husband at 19.

'Although I was slim for my wedding day, contentment quickly set in, and it wasn't long before too many nights in with fattening suppers and takeaways started to take their toll on my waistline.

'When I became pregnant with Emily-Jane soon after the wedding, I ate for two and piled on even more weight.

'As a young mum at home with a tiny baby I soon stopped thinking about my appearance and just carried on over-eating without even realising.

'It was only when a friend who hadn't seen me for a while asked me when my next baby was due that I realised I really had to do something about my weight.

'It was three years since I'd had Emily and I was still wearing my size 18 maternity clothes – even worse, they were getting snugger by the day.

'I joined Weight Watchers in September 2001. The programme was really easy to follow, and I lost half a stone in my first week.

'For the first time in ages, I started eating breakfast every morning, and replaced my greasy takeaways with healthy meals.

'As my weight dropped, my confidence grew and I started to exercise more. I used to hate



PHOTO: BEN LISTER

'I used to drive to the local shop, now I run marathons!'



Sue before she lost weight, and taking part in the London Marathon



walking, because my thighs would rub together and hurt. I'd even drive to our local corner shop.

'But as I got lighter, I started to walk more and even began going swimming a couple of times a week.

'Within a year I reached my goal of 9st 7lb – then dropped to 8st 7lb in March 2003, which felt like the right weight for me. I have maintained it ever since, thanks partly to discovering exercise. Unfortunately losing weight changed me in many different ways and my first marriage didn't survive. A year after we split, I met Neil, and we got married last year. Neil

is really into running and encouraged me to try it too.

'At first, I could only do a minute or two without feeling out of breath and wanting to be sick – but bit by bit I built up my stamina, until I managed to run a local marathon in 2009 and then I did the London Marathon last year.

'I've now trained and qualified as a fitness instructor and am about to set up my own company running fitness bootcamps.

'When I look at old photographs of myself, it's like looking at a picture of someone else. Losing weight has changed my life for the better – forever.'

SUE'S STATS
 Height: 5ft 2in
 Starting weight: 14st 1lb
 Current weight: 8st 7lb
 Weight loss: 5st 8lb

Hayley, 23, from Blackpool

'I used to drive to the local shop, now I run marathons!'

it challenges me, while raising money for good causes'

MY TIP 'I sign up for lots of charity exercise events to keep motivated –

it challenges me, while raising money for good causes'