

FITNESS

For a healthy and active lifestyle, we all know that daily exercise is one of the many factors that is needed to maintain this. Physical exercise is also 'increasingly being advocated as a means to maintain and enhance good mental health'. As students, this is important as many obstacles can get in the way of us keeping our mental health and active lifestyle to a good standard. Although, exercising can range from simple 30-minute walks around your local park to a full gym session with your personal trainer, for us students this can be slightly overwhelming. Not all of us are gym goes but this is the perfect place to start! Whether you gym every day or are member of a sports team or have never done either, this fitness section is exactly what you need. The quirky and fun-filled articles in the section are ranged for all members of the sporting world and hope to educate you on both the troubles people face with exercise and the hundreds of benefits it can also bring about...

Raglin, J.S. Exercise and Mental Health. *Sports Med* **9**, 323–329 (1990).
<https://doi.org/10.2165/00007256-199009060-00001>



A FEW FITNESS FAVES BOOK REVIEWS

For this Month's fitness section, we asked our editor's their favourite books all about fitness.

Running Saved My Life (By Bella Mackie)

Bella Mackie documents her journey of choosing to simply 'run' away from her problems. With her previous issues with divorce, anxiety and dropping out of university, she writes about how running and exercise was the only method of help that actually worked. The story is both witty but deeply sad and grasps the brutality of mental illness. Despite there not being much about running and fitness, the message of getting out and physically doing something is quite inspirational. A truly moving read!

More to read!

Just Eat It (By Laura Thomas)

Tired of restrictive eating, excessive exercise, and harsh body standards; Dr. Thomas, a registered dietician writes an empowering book to free us of the diet culture we're faced with. Thomas recommends intuitive eating. How to eat without feeling guilt, shame, and anxiety the majority of us face with our diets.

The Last American Man (By Elizabeth Gilbert)

Ready to be inspired? Try Gilbert's emotional story following a man who used Native American survival skills to live self sufficiently in American nature. The protagonist, Eustace Conway at the age of seventeen left his home to find a better, realer life. More than just a novel on the fitness levels he achieved, Conway grew his own food and made his own clothes. He travelled the Mississippi in a handmade wooden canoe; he walked the two-thousand-mile Appalachian Trail; he hiked across the German Alps in trainers; and he scaled cliffs in New Zealand.

Born to Run: A Hidden Tribe, Superathletes, and The Greatest Race The World Has Never Seen (By Christopher McDougal)

More than just a novel, McDougal's book isn't just a fitness book but an inspirational story filled with incredible characters, science, and athletic achievements. It begins with McDougal's questioning of 'why his foot hurts', and follows his search across continents to find an answer. Starting with the tribe of Tarahumara and their secrets to superhuman running skills to the science labs of Harvard. This read will make you wanting to get your running trainers out.