

# Ask Dr Drew!

**DR DINAH DREW:** [drddrew@fitforum.com](mailto:drddrew@fitforum.com)

‘I can help you keep fit and well.’



## Problems

### 1 Too busy to exercise!

My wife says I’m putting on weight and I should do more exercise (She’s super fit – she’s just done the Marathon!), but I just don’t have the time. I have a very stressful job, and I have to travel a lot. How can I possibly find time to have a fitness routine? What should I do? **James**

### 2 I get bored doing exercises!

I do exercise – I understand how important it is, but I get so bored. I tried swimming, but just going up and down a pool is so boring! I tried going to the gym – but walking on the spot so depressing! I bought an exercise DVD, but I only used it once. What should I do? **Cheryl**

### 3 I sprained my ankle badly

I’m a keen ‘keep-fitter’, but this morning when I was out running I fell and hurt my ankle. I think it’s just a sprain, but quite a bad one. I want some advice about what kind of exercises I should do while I’m injured. I can’t even walk very well at the moment. **Adam**

### 4 No time for fun!

I’m 15, and I do gymnastics. I have to train 30 hours a week because my coach wants me to try for the next Olympics. I love gymnastics, but I have no time for anything else in my life. My school friends tell me that I’m missing all the fun. What should I do? **Millie**



## Advice from Dr Drew

**a Dear** [redacted]

Before you do any more exercise you must see a doctor! You must find out how serious your injury is. If it's not too bad, then you should do gentle exercises at first, perhaps some exercises in water, a little swimming perhaps, or join a yoga class.

**b Dear** [redacted]

The fact is, that to get to the top in sport you have to train very hard and keep very fit. This could be the chance of a lifetime. I don't think you should talk to just your friends. You must talk to someone else about how you feel, and this should be your parents or your coach.

**c Dear** [redacted]

You should make exercise a part of your daily life – you shouldn't sit at your desk all day. Perhaps there is a gym near where you work – keep some sports clothes at work and go there for just 15 minutes in your lunch break when you can. You don't have to exercise for long periods, just ten minutes every now and then helps.

**d Dear** [redacted]

Oh dear! I think you should try a different kind of exercise. I don't think you should exercise alone. It can help if you do it with other people – what about a sport, such as tennis, or perhaps dancing? There are all kinds of dance classes – you're sure to find one you like.