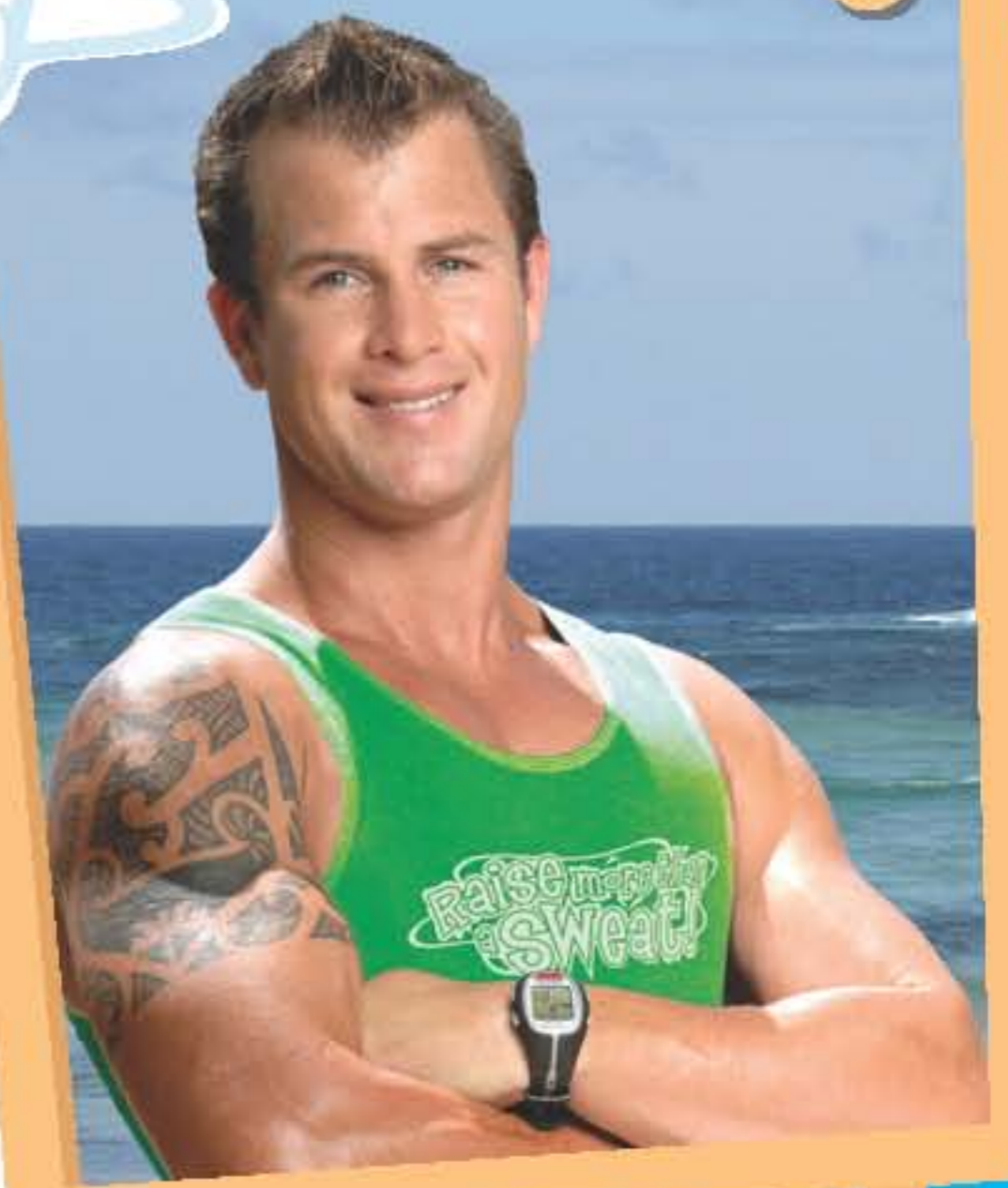


# Shannan's tips

Hi Guys,

Being into fitness and a healthy lifestyle my entire life has given me so much. Daily I live my dream, helping people improve their lives through fitness. By supporting CanTeen, not only am I kicking my goals physically, my soul is also more complete.



Below are some of my tips for training to Raise More Than a Sweat:

- Get yourself a correctly fitted exercise shoe.
- Training Partner: Having someone who shares similar goals as you will help you both stay motivated, committed and get the most from your training.
- Training Intensity: Gradually increase your training intensity.
- Stretching and Recovery: Stretching at the end of all training sessions is essential, to aid recovery and help avoid injury. Try a yoga, pilates or body balance class for variety and ideas.
- Drink plenty of water the night before as well as during your physical activity.

Cheers,

**Shannan**

Trainer from the TV series 'The Biggest Loser'  
and proud Raise More Than a Sweat Ambassador.