

The Fitness Guru

By Jonny Parr

This month, the team at **Absolute Health & Fitness** had the chance to hit the gym with **Lucy Sewell** – currently one of the industry's most formidable women in fitness. We find out her views on what it takes to train your way to the top.

At 31-years-old, 165cms tall and 54 kilos in weight, Lucy Sewell sports an interesting and inspirational figure for women. The coach, fully qualified teacher, and Optimum Nutrition-sponsored athlete, has experienced a rapid demand for her services.

You need only check out her following on Facebook and Instagram to get an understanding of her

growing popularity. This made me ponder many questions such as... what makes this girl so admired in the fitness field? What is her training philosophy? Why is she so successful and able to inspire and motivate so many people – and in particular women?

Luckily, she took a moment out of her busy schedule and agreed to this interview. Here's what she had to say.

QH: Who you are and what you do?

LS: *I haven't actually been the industry that long! I've been coaching about 3-4 years now, although I've been training myself a lot longer than that. I was sponsored by Optimum Nutrition little over a year ago and things have really taken off since then.*

I like to think I'm open-minded. I'm passionate about science and training, and [am] a pursuer and promoter of a balanced lifestyle (prone to the occasional rant). I'm not a fan of low calorie/fad diets. Having suffered from anorexia as a teenager, I'm interested in the psychology of eating habits. I'm very much about helping people build a healthier relationship with food [and] encouraging sustainable lifestyle choices.



Trainer Lucy Sewell



It's time to get over the taboo of female weight-lifting

QH: You're a big advocate of women lifting weights? Why?

LS: I'm an advocate of everyone lifting weights! I think everyone can benefit from improved strength, health, body composition, hormonal profile, etc.

QH: How important do you feel nutrition is? What do you eat?

LS: Nutrition is extremely important. I eat a balanced/varied diet that supports my health and my training. The majority of my diet consists of whole-foods. I try and eat vegetables, and good quality proteins and fats with every meal, but I train hard and if I want to have a treat, or go out for food, I'm there! I think the most important aspect of nutrition to achieve long-term success is sustainability, so I follow a flexible diet. I don't have a 'diet' mentality where I restrict different foods and this sits well with me psychologically and keeps me consistent.

QH: What's the most common goal of your clients? What matters do you consider?

LS: The most common goal is certainly fat loss/improved body composition. While I help people work towards this goal, I'm not interested in short-term results for people. I try to instill a long-term focus, where clients work towards sustainable nutrition/training choices and the bigger picture of health. I have a lot of clients, particularly females, who come to me with the goal of fat loss but they are eating 1,000 calories per day. This is not a situation where you can then diet down in a healthy way to lose body-fat. So in a lot of situations, I have to look at slowly increasing calories, like a 'reverse diet', together with training stimulus/increased output to put people in a better position metabolically to improve their

body composition. Helping people build a better relationship with food is a very important focus for me as so many people have had terrible experiences with yo-yo dieting and disordered eating.

QH: What's your aim for the rest of this year and the future?

LS: Education is extremely important to me. I'm hoping to finish my Precision Nutrition Certification in the next couple of months, and looking to study the ISSN Diploma in Applied Sports & Exercise Nutrition later this year. I'm also hoping to start online coaching services later in the year too. In terms of my own training, I want to continue to make progress with my strength and physique, and just learn as I go; that's the great thing about training, you can always improve!

QH: Any advice for our readers who may be starting out in fitness?

LS: Be realistic about your goals. Be patient and consistent. Think 'where will I be a year from now?' Not a few weeks. Make health your priority; stop obsessing over body-fat. Stay away from the scales. Stop being so hard on yourself. Give yourself a break and appreciate your progress. We're all striving for results and end goals that we want to achieve, but it's good to remember that small progress is still progress at the end of the day.

QH: How can people find out more about you and reach you?

LS: People can find me at www.facebook.com/LucySewellFitness, or alternatively on Instagram and Twitter as @lucysewell_01.



Lucy doing a set of leg presses

Thank you again to Lucy for taking the time to answer our questions. It's clear she's a big advocate of good nutrition, as it's vital whatever your goals. What's more, women shouldn't shy away from lifting weights as it can play a huge role in your development – particularly with regards to increasing your metabolism. We hope you can all take some inspiration from Lucy and use her tips to get into the shape you dream of. ■

Jonny Parr is the founder and CEO of Absolute Health & Fitness. For more information on personal training options call 3385-2696 or visit www.absolutehealthandfitness.org.