

A breath of fresh air?

Ever since I started competitive bodybuilding I have always had nice comments from just about everyone, and the longer I do it the more comments there are and the nicer they are too. I would be lying if I said that I didn't enjoy it, it's not that I need anyone to tell me that I look good to validate or justify what I do and in all honesty I really wouldn't care if nobody ever said anything to me at all but we all like it when someone, especially a stranger, just comes along and says something nice or asks for a photo with you. I don't consider myself famous in the slightest so I don't have fans as such but the people that regularly approach me can be divided into three groups. The first group are the ones that I avoid, the people that have to align themselves with anybody that has some kind of public profile, these people are not so much hero worshippers but people who view me as some kind of freak, which I can understand to an extent, but a freak that they want to tell their friends about, not one that they have any genuine interest in. They live their lives vicariously through people who have achieved something that they will only ever aspire to, or people that are different from the rest, simply because they believe that it enhances their own image, which of course it does not. It's best to avoid these people because they are just hangers on. The second group are the ones who always put a big smile on my face. These are the ones that will, very respectfully, approach me and want nothing more than to shake my hand and say well done, or politely ask for a picture. The best one of these that I will always remember was a young guy who just walked up to me one night when I was out with some friends. He shook my hand warmly, gave me a huge smile and said "you are my inspiration". Before I could answer he was gone, he wanted nothing more than to tell me that and it meant the world to me.

The third group however are the ones that I tend to become friends with. I currently have friends from all over the world who keep in touch by email, even though we have never met, because they are so fascinated and curious as to how someone of my age can look like I do. They don't see me as a freak, more as someone that they can learn from and they will politely and genuinely become my friend to see what they can learn. I am always very happy to become friends with these people and share my knowledge, I love my chosen sport and if I can help people realise their dream of standing on stage or even just getting into shape then I am more than happy to do so. So while all of this is relevant to every single reader, it is those people that this special feature is particularly aimed at, the people that will do whatever it takes to achieve their ambitions.

Whenever anyone first comes to me for advice they usually all say the same thing but in various different ways, that thing is "how can I look like you do?" It's very flattering of course but I quickly move past that because if people are genuinely asking that question then they just want a straight answer. The most comprehensive one line answers that I always give are that "all parts of the model must be in perfect working order" and that "to create a great package you need to use a great package". Let's explore exactly what those sweeping statements mean.

Basically they mean what they say and people already know that the training has to be right, the diet has to be right, you need adequate amounts of rest and as little stress as possible, but there is much more to it than that. You have to take a look at the whole

picture, the whole package if you like, take an entire day of your normal life and examine every part of it. So let's break it down in the way that most people would. Firstly let's deal with the stress thing. I won't get started because I could write a whole book on how easily stress will mess your life up. All I will say is that there are many things that can cause you stress – your partner, your kids, money, social media etc. I can confidently say that I have all of these things and more glued, nailed, and screwed down tighter than the proverbial ducks rectum, I strongly urge you to do the same. Now training, well everyone will have their own ideas about training and they will all tell you about how hard they train and how they smashed this and that etc. I accept that, I'm sure that everyone is happy with what they do in the gym but how much of your day does actual training, take up? Maybe an hour? You can't include the travelling time there and back or the time you waste talking and that sort of thing, so in reality it will always be about an hour. What about the other 23 hours in the day? Well of course diet is always the most important thing so let's say that you spend 3 hours a day either eating or prepping food for the next day, that still leaves 20 hours a day, that's over 80% of your time that you aren't really addressing. What do you do during that time? Well most people will be busy earning a living for a large part of it of course but when you work it out you will spend most of your time, 35% or more of every day in one room, your bedroom. Think about that, whether it is time spent making love to your partner or, more likely, hiding from them, or of course sleeping, you will spend on average 35% of your life in that one room and a slightly lesser amount of your life at work. When you look at it like that it's a horrible thought isn't it?

So how else can you enhance your physique during these two huge periods of time that eat up all almost every day of your life? Well there are two things that your body regards as more important than anything else, one is water, without it you would be dead in a matter of days, and the other is air, without that you would be dead in a matter of minutes. The water thing is simple; we all drink gallons of bottled mineral water wherever we are so that solves that one. The air thing is simple too; there is loads of the stuff everywhere and it's free right? Well yes that is true but have you ever thought about the quality of the air that you breathe?

Let me say again just how important this stuff is, I repeat, without it you will be dead in a matter of minutes, seriously, so surely then it makes sense that if we are so fussy that we won't drink tap water or eat certain foods why should we settle for the polluted air that surrounds us? Whilst I realise that in the majority of cases we have no choice, there are many cases in which we can ensure that the air that we breathe actually enhances our bodies rather than making our bodies work harder to clean out the impurities that we are constantly breathing in. Of course everyone's daily life is different and if your work or lifestyle decrees that you have no choice than to breathe the air that surrounds you all day then that's the way that it has to be. However, if you work in an office, shop or any other closed environment whereby you are breathing in what others are breathing out then you can do something about it. What's more, everyone that sleeps in an indoor room, which would be most of us, can most certainly do something about the quality of the air that that they breathe during the hours that they spend in that room which, as we have already ascertained, is the place where you spend a massive part of your life so therefore do a massive amount of your breathing. I spent a lot of time researching this subject as I felt that it was the only part of my particular model that wasn't in perfect working order. After extensive

questioning of various suppliers I feel that I have found the Rolls Royce of air purifiers and this is the unit that has solved the air purification problem for me, have a good look at this. <http://www.allergycosmos.co.uk/iqair-healthpro-250>



This unit is light and mobile so can be used at work or at home, I keep mine in the bedroom because I sleep at least 8 hours every night and sometimes I have a nap in the afternoon too. Why? Because I like sleeping and I push my body to ridiculous limits that someone 55 years old really shouldn't, the only way that I can compensate for that is to have a perfect diet and to get the highest quality rest that I possibly can.

I live alone, so apart from the occasional nights that I spend away from home at competitions or on holiday I can sleep in a room filled with purified, oxygen rich air that helps my body recover and replenish while I sleep. Think about this, if you are sleeping next to someone, you are breathing in whatever they are breathing out just a matter of inches away from you. Can that be good for you? Whatever impurities, illnesses or diseases they have will surely be transmitted to you while you sleep and instead of your body using sleep time to refresh and replenish your body after a hard day it will spend the time fighting off the bugs that your loved one is trying to infect you with.

There are other benefits too. Be honest, how many times have you woken up, thought "it smells a bit funky in here" and raced to the window to let in some "clean" air? How many times have you had to go out and leave a window open all day to air the room out? Using this unit I have no such problems, when I wake the room smells fresher than a spring morning, the air actually smells and tastes different and I sleep like a baby every night, except I don't wet the bed and wake up crying! I live in the country and my house backs on to open fields, my house is kept spotlessly clean by my cleaning lady, and I'm a clean freak, almost to the point of having OCD, so why on earth do I need to filter the air? Well when I walk out of the bedroom in the morning there is a discernable change in the air, it smells and tastes different, almost dirty. If I can notice that much difference in such an incredibly clean house in such a rural setting, imagine what it would be like if the surrounding air quality and environment wasn't as good. I was born in London and lived there into my teens but these days when I go back it's like the air has lumps in it. The difference is amazing

and these days the only thing that can really get me to go back there is to put flowers on my Mums grave. I travel the country to attend bodybuilding shows in major towns and in each town I notice the difference in the air quality.

Over the last couple of years, many people have made lots of very flattering and positive comments about the whole “growing younger” thing although I must admit I don’t pay much attention to it. People have told me that if I compare show photos the evidence is there to see, my face never ages and my body improves every year. In all honesty I’ve never been interested in doing that; I just always try to look my best when competing. However, since my latest win, at the UKBFF Midlands in September 2013, the comments have started again. Apparently if you compare the pictures from last years show to this years show I actually look younger? Well, here is a picture that someone sent me which apparently proves that but please make up your own mind, because again it’s not something that I’m even going to look into. All I will say is that in between those two shows, the only thing that has changed, the only part of my particular model that is any different and is now in perfect working order, is the air that I breathe when I am resting and recuperating. Maybe you should look into that part of your model too?

