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SECONDS OUT...

2012 has been some year for British boxing. From the Olympic Games, which saw Team GB top the overall medal table with three gold medals and win the first ever women's boxing title, plus promising performances from David Haye, Carl Froch, Kell Brook, David Price and more... the profile of the sport is pretty healthy going into 2013.

And as sports go, there are few better to get you in shape. Boxing is high in intensity. Calorie expenditure and fat burning are enhanced as a result of complete body workouts that utilise large muscle groups and constantly keep you on the move. And if recent findings from the University of East London's (UEL) research paper are to be believed, that's not all. The UEL research looked into the effects of boxing on young people taking part in Fight for Peace Social projects (FFP uses boxing and martial arts with education and personal development to help realise the potential of young people in communities that suffer from crime and violence). Ninety-six per cent of those involved said they felt fitter and better about their health and trained harder, while others admitted it helped improve family relationships and conflict resolution. "Boxing has a proven track record of helping people to build a better way of life," said Anthony Joshua, Olympic Gold medallist, who visited the FFP programme in Rio de Janeiro.

So, why not try and improve your life in 2013 by giving boxing, or the intense training routines involved with the sport, a go? To get you started, over the next four pages, three stars of the ring reveal their training secrets...