

Mind, body and spirit (part two)

Angela, Bryan and Sam are making excellent progress in our competitor preparation programme.

Space restrictions in the Autumn issue meant we were only able to outline what our three volunteers had accomplished. Here we examine what they've been doing in greater depth.

All in the mind

An essential part of the programme is the one-to-one sessions with Anne Calleja. Anne is founder and managing director of Link-Fortune International Limited - which specialises in coaching for individuals and teams. One of the UK's leaders in personal effectiveness and organisational behaviour, Anne is a Licensed Master Practitioner and Trainer in NLP (Neuro-Linguistic Programming™). She holds Diplomas in Ericksonian Hypnosis, NLP, Psychotherapy and Advanced Clinical Hypnotherapy and is a licensed member of the British Psychological Society, the British Society of Clinical Hypnosis and The British Association of Counselling and Psychotherapy. A bit clever then!... Link-Fortune International works with companies and organisations in the private

and public sector offering a consulting service dedicated to strategic development.

Anne sums up her work in three words: analysis, advice [then] action.

A few years ago Anne teamed up with Stewart Wild to help teams and individuals achieve mental *and* physical well-being. Naturally, this includes sportsmen and women and, in recent years, an increasing number of motor sport competitors.

Are you feeling sleepy?

Hypnotic or suggestive therapy goes back to the Sleep Temples of Egypt and was a part of ancient Greek and Roman cultures. In 1955 the British Medical Association (BMA) endorsed the practice of hypnosis in medical school education. Despite further encouragement from the BMA, such training was not widely adopted within medical schools and instead was taken up by independent institutions. Which is why, today, the London College of Clinical Hypnosis (LCCH) undertakes training in this field and membership of the BSCH is only open to those with the



Bryan Hull, 33, co-driver (left). Competes in around 15 rallies a year with numerous drivers in different events and championships. Has been competing for more than eight years. Finds gyms boring.

"For a co-driver, mental alertness is of very high importance and so I should really have a good base fitness level so that I don't get tired and lose concentration on longer events."

Angela Morris, 50, rally driver (centre). Drives a Peugeot 106 Super Cup Car and contested the 2003 Get Connected Tarmac Championship.

"Next year I would like to take part in the Barbados Rally Carnival and would have to pass an ECG for my International licence so I definitely need to have a change of attitude and get fit for that!"

Sam Hignett, 24, racing driver (right). Competing in the FIA Sportscar Championship. Third equal in the 2002 SR2 FIA Sportscar Drivers Championship and Rookie of the Year. Elected BRDC Rising Star.

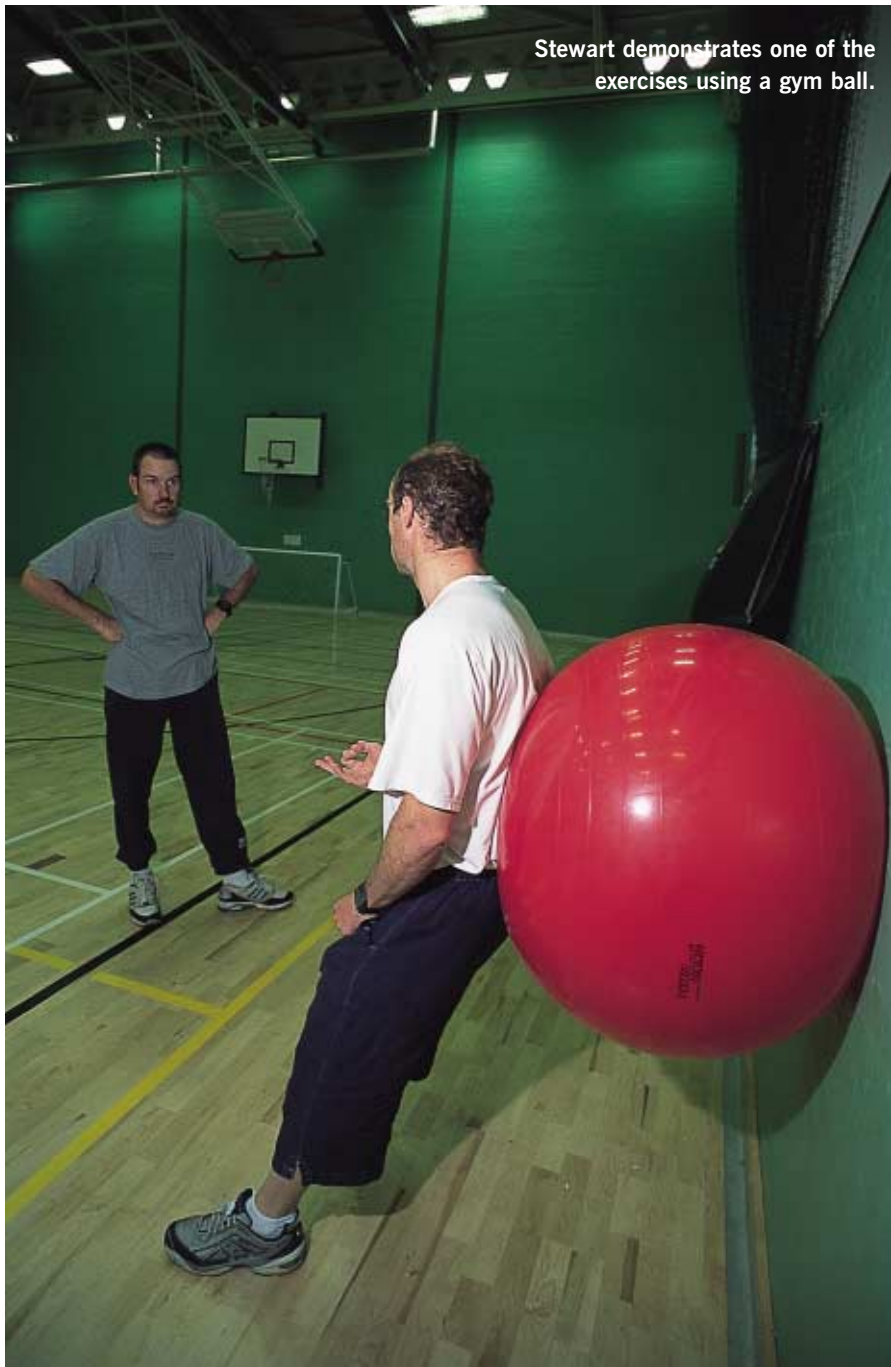
"I have read various books on sports psychology and put into practice some of the more common mental preparation methods. I have never been mentally coached though."

Anne's work with Bryan is helping his self-esteem at work too.



requisite professional and clinical training.

Anne uses hypnosis, or rather hypnotherapy - a range of therapeutic methods including hypnosis - to help her clients. Hypnotherapy is a safe, drug-free therapy with no harmful side effects. In fact, most of us become hypnotised frequently. If you've become engrossed reading this and haven't noticed the passing of time - you've been hypnotised. If you've driven to an event and can't remember the journey - you've been hypnotised. Hypnotherapy helps people achieve a trance-like state so that the therapist can help you re-focus your attention to what you want to achieve. But



Stewart demonstrates one of the exercises using a gym ball.

“I caught the car in front after just three corners and eventually got past it. We’d replaced the map sensor recently and the car (a Peugeot 106 - editor) felt quick. Then the brakes failed and I rolled it. We finished upside down with everything - maps, sandwiches and so on - strewn all over the road!

“We’re going to re-shell the car over the winter and I want to be a lot more competitive (in the Get Connected Tarmac Championship - editor) next year. I feel a lot more positive already.

Bryan Hull, rally co-driver

“Anne gave me things to think about in the first session - goals, dreams, hopes. In this next session (which had just taken place at the time of the interview - editor) I’ve been visualising where I want to be. My goal is to be a British [Rally] Championship regular. I used to be back in 1999 but then I decided to do other events. I’ve had 20 different drivers in eight years, including four ‘full-time’ partnerships. I’ve done 15 rallies this year. I need to be more selective - and learn to turn down offers to co-drive in situations that that don’t meet my aims.

“I’ve also been visualising a rally - trying to control each step, be prepared and not surprised. I must learn not to be fazed by interruptions. I need to switch easily between different thoughts and need to take more control.

“I’ve also been doing some self-belief stuff. This means looking at negatives; considering my state of mind when I’m having a good rally; being confident that I’ve planned everything; knowing exactly what’s going on and knowing that I can deal with the unexpected calmly and efficiently.”

Body talk

Meanwhile, Stewart Wild has been helping Angela, Bryan and Sam with their physical health and well-being.

Like Anne, Stewart is impressively qualified. He holds an MSC in Exercise and Health Behaviour, is a full member of the British Association of Sport and Exercise Sciences (BASES) and a professional member of the Institute of Leisure and Amenities Management (ILAM). Stewart was formerly Team Physiologist to the British professional mountain bike team and the Sports Science consultant to several of the

they can’t hypnotise you against your will or make you take on board any unwanted suggestions.

Nowadays hypnotherapy is used in all sorts of situations - to help weight control, improve concentration, boost self-confidence, quit smoking and as pain control. Aside from these and many other areas, Anne has found it remarkably effective for improving sporting performance. Now we’re about to find out with Angela, Bryan and Sam who have each had tailored programmes designed by Anne.

Angela Morris, rally driver

“I started Anne’s programme on 12 September. She asked me to consider and note down all my senses during my next event - the Wexford Rally. I kept a piece of paper in the door pocket to do this. Sometimes what I thought and wrote down came as a bit of a surprise.

“I had issues with people I needed on the event. I questioned how to handle these. I thought I needed more technical knowledge to explain things to the guys around me.

“Just before the first stage I wrote: ‘Feel very positive.’ ‘Aware of physical things.’ ‘Make careful start on first stage.’

Leaning on the ball but maintaining a straight back you bend your knees to assume a squatting position before rising again.



Starting point

Stewart began with Angela, Bryan and Sam by putting them through a comprehensive initial assessment - which we outlined in the Autumn issue.

Each of our participants was asked about their lifestyle - smoker/non-smoker and alcohol consumption. They were then assessed on how physically active their jobs were, the amount of physical activity they undertook in their leisure time, the stress they were under and their attention to healthy eating.

Fitness was assessed under a number of categories using a range of techniques and tools.

Body fat - an excess of body fat can increase the risk of heart disease, high blood pressure, diabetes, joint problems and other medical conditions. There are acceptable body fat percentage ranges according to your age.

Body Mass Index - known as BMI, this is an indicator of total body composition and is graded according to ranges. For instance, a BMI range of 20-24 is normal, 25-29 is Grade 1 and so on.

Blood pressure - systolic BP is the pressure exerted by the blood on the artery wall as it is pumped out by the heart, diastolic BP is a measure of the elasticity of the arteries. There are normal ranges for both systolic and diastolic blood pressure.

Resting heart rate - people who are fit tend to have a low resting heart rate. An endurance athlete's resting heart rate may be below 50 beats per minute (bpm). The resting heart rate of an unfit person may be above 80bpm.

Lung function - this was tested with the device shown in the Autumn issue. Forced Vital Capacity Rating is a measure of the size of someone's lungs. Expiratory Volume Rating is a measure of the strength of someone's lungs. Expiratory Ratio Rating is the percentage of total lung volume that you can expel in the first second. Peak Flow Rate Rating is a measure of lung power.

For each of these there's a normal range depending on a person's age, gender and height.

Strength - this was assessed by getting Angela, Bryan and Sam to attempt as many sit-ups and then press-ups as they could.

Stamina - for this, each candidate ran for 12 minutes to assess their aerobic capacity or endurance. This is the ability of the heart, lungs, blood vessels and muscles to take and use oxygen. ▶

▶ Oxford University Teams.

Stewart has worked in exercise science and leisure management for over a decade. During this time he acted as consultant to many top commercial and corporate organisations including Premier Training & Development Ltd, Cap Gemini Ernst & Young, Veritas Software and Price Waterhouse Cooper.

He helped to establish and manage the fitness facility at the University of Oxford

and is the former exercise adviser to Weight Watchers (UK) Limited.

Stewart founded Formula Fitness which works with many leading motor sport drivers (Mark Blundell is a recent recruit) and riders as well as top-level athletes. Stewart was the trainer responsible for getting Jenson Button into F1 and worked with Malaysia's first F1 driver, Alex Yoong, in his first season at European Minardi.

Angela is a self-confessed gym-phobe but has found Stewart's exercises interesting and enjoyable.



► From the information gained, Stewart produced individual training programmes for Angela, Bryan and Sam and also advised on healthy eating. In subsequent sessions he showed them a range of exercises that can be performed with equipment such as a FitBall® (a large inflatable ball, sometimes known as a gym ball) and an exercise band (a stretchy band with handles at each end). Incidentally, although most good gyms will have such equipment it can also be purchased inexpensively from a number of companies that advertise on the Internet.

Angela Morris, making time

Angela works on her gym ball each night and is already getting relief from the neck strain caused by working on a computer all day. She has started walking regularly too and is going to borrow a ski exercise machine from a friend.

She says: "Finding the time each day is quite hard. I need to be more orderly and to leave work on time rather than hanging around. Saturdays and Sundays are easier than in the evenings and I do the longer exercises on these days."

"My fiancé, Paul, is helping me a lot. Initially, he walked with me but now he comes along on a bike and carries water, spare clothing and so on."

Bryan Hull, keep on running

Bryan runs three or four times a week. To be more accurate, he runs for a bit, walks quickly, then runs again and so on - an excellent way to begin running as an exercise. A route that used to take Bryan an hour is now completed in half that time - Stewart recommended a longer course that would take Bryan 45 minutes. He also suggested sometimes running 'long and slow', other times 'short and fast'. Stewart says you must keep varying your regime so that your body doesn't become used to one pattern of exercise.

Bryan says: "I've also joined an aerobics class. I'm the only man there! And I do exercises in front of the TV as and when I can - using a gym ball and so on."

"Stewart is not as pushy as I expected. I've read articles about people being 'forced' through the pain barrier. I was concerned that Stewart would do that sort of thing. In fact, he's much more understanding. I need help maintaining the discipline of exercising and Stewart provides that. I'm really pleased with how it's going."

Where's Sam?

You'll notice we haven't mentioned Sam Hignett much. Sam's the Team Jota driver contesting the FIA Sportscar Championship. He too has been assessed by both Stewart and Anne and is undertaking the programmes each has developed for him. For his latest sessions, Sam met Stewart and Anne on a different day to Angela and Bryan so we weren't able to catch up with him. He too is doing very well and we'll report in detail on Sam's progress in the Spring 2004 issue - as well as updating you on the activities of Angela and Bryan. ■

FURTHER INFORMATION

- Link Fortune International
www.link-fortune.co.uk
- Formula Fitness
www.formulafitness.co.uk