

EveningExpress

## COMMENT

Give us our fair share of funding

NEWS: Fight for more cash – Page 11

THERE is no question that Aberdeen City Council is being short-changed by Holyrood.

This continuing Central Belt bias means our city – which pumps so much into the Scottish economy through the oil industry – languishes at the bottom of the funding table.

For years, and through successive administrations, Holyrood has turned a blind eye to our very real social problems and needs.

It can no longer afford to do that. Our cash-strapped city can no longer allow it to.

The dossier now being compiled by city officials will show we are losing £50 million a year. That's money the city needs now.

John Swinney must listen and must act. We are not asking for favours, just for our fair share.

## Dons set for exciting run

NEWS: What could have been – Pages 40 – 44

THERE may not have been the goals, or the exciting football, of their win against Celtic, but the Dons still showed steely resolve in holding Rangers to a draw.

A win would have been better, but taking four out of six points against the Old Firm is an achievement.

It's one that could set the pace for an exciting run at Pittodrie.

### COLUMNIST



Swede success for surprise Big Brother winner

CAMERON STOUT, PAGE 14

### EDITORIAL POLICY

THE Evening Express is committed to serving our community and maintaining the highest editorial standards.

We adhere to no political party nor have leanings to any sectional interest. We aim to report honestly and accurately.

The Evening Express conforms to the newspaper industry's voluntary Code of Practice, administered by the Press Complaints Commission.

If we have made an error please call us on Aberdeen (01224) 344150. In most cases we can correct inaccuracies in the next edition.

If however, you feel we have fallen below our usual high standards please write to me, Damian Bates, Editor, at Lang Stracht, Mastrick, Aberdeen AB15 6DF.

# How to serve up a body like Andy's

TALKING POINT: Tennis ace followed strict routine to transform his torso

IF 2008 made Andy Murray a household name, 2009 is the year he's set to become a sporting superstar.

In January alone, the 21-year-old has beaten world No2 Roger Federer, sailed to victory in the Qatar Open, but today was knocked out of the Australian Open by Fernando Verdasco of Spain.

And his recent peak in form seems to be no coincidence.

After months of gruelling training Andy has transformed his

"From mousey to mighty"

body from mousey to mighty. Andy's coach announced the young star has been on a diet of fruit protein shakes, bagels and steaks, and has been spending hours lifting weights, sprinting 400m and even trying Bikram Yoga (Hot Yoga) – vigorous yoga poses done in a heated room.

His efforts appear to have paid off, and the star, who's aiming to win his first grand slam, set pulses racing recently as he displayed his toned torso to tennis fans in Australia.

And to help any wannabe beefcake get a body like the Scottish tennis star, we've

By Laurina Robertson

sought the advice of two Aberdeen experts – dietician Penny Mutch and personal trainer Scott Brady.

Penny, of the city's Broomhill area, had some great tips on how to eat like a champion.

"Try to get more protein into your diet through food rather than shakes, as protein builds muscle," said Penny who works at Aberdeen Medical Services in Rubislaw Terrace.

"The easiest way to get more protein is eating nuts as a snack, but eating meat and fish should also be a priority."

Along with upping your protein intake, Penny knows that carbohydrates are important for every sport star.

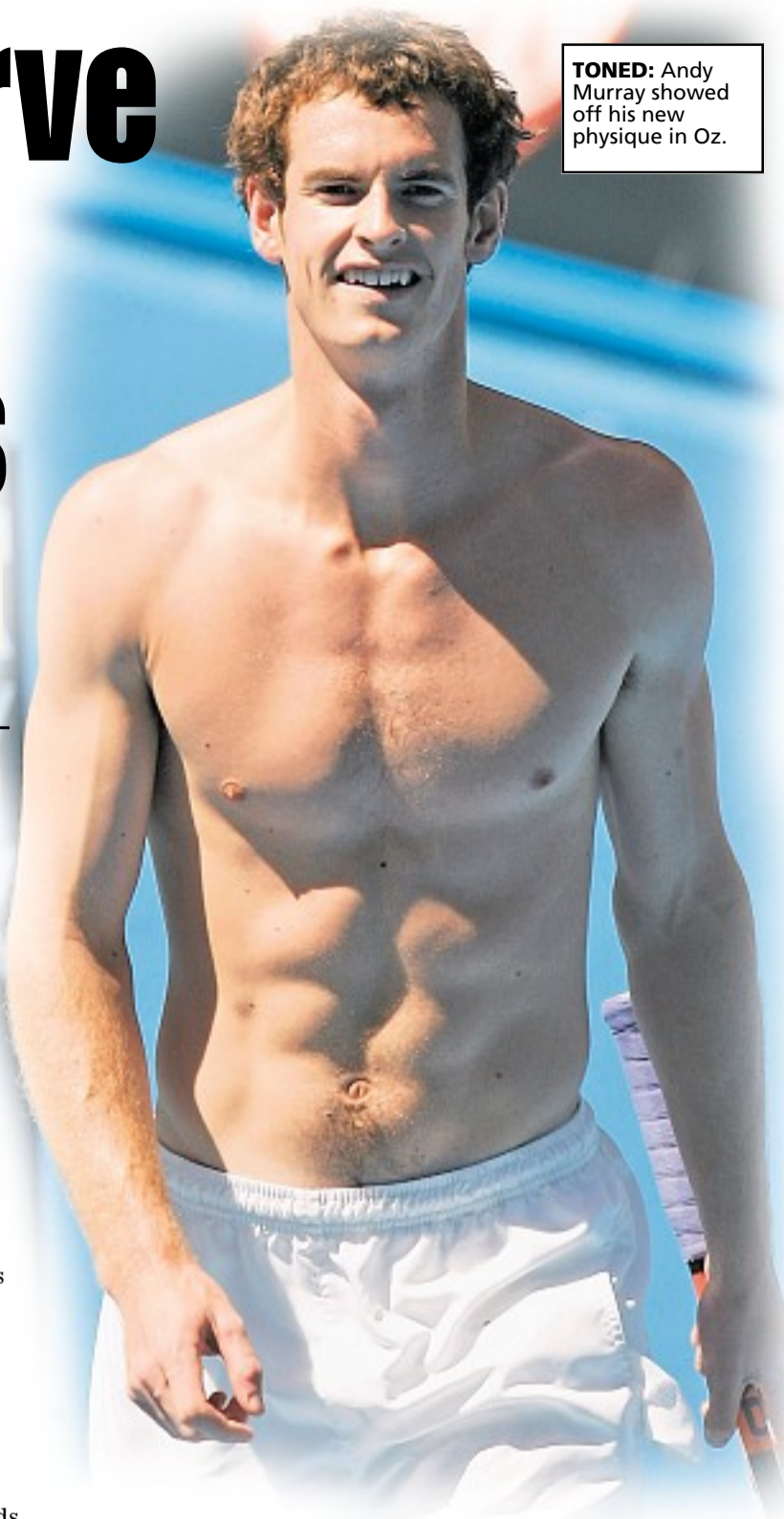
She said: "Andy is eating bagels, because he needs carbs with a lot of sugar, the average person would be better eating a higher-fibre carb like wholemeal bread."

The dietician often finds clients who exercise regularly will neglect one vital part of their nutrition ... water.

"Fluid is the area that everyone forgets. People should be drinking around two litres of water every day.

"A guy like Andy Murray will be drinking around three litres."

Penny's most important piece



TONED: Andy Murray showed off his new physique in Oz.

of advice, for those wanting to buff up, is do your sums.

"Eat the right number of calories for the energy you're expending, otherwise you'll burn the muscle you're trying to build."

Scott Brady has worked as a personal trainer for his own company Fitness Beyond, at Banks O Dee

Sports Club for three years. The former graphic designer was tired of seeing no results from all the hard work he put in at the gym. He learned more about training, and after transforming his own body, Scott decided the only career for him was helping other people transform their bodies.

## TOP TIPS FOR A BUFFED BODY

HERE are Scott's top five tips to getting a body like Andy's.

1. Join a circuit class or do your own circuit training. These classes help develop muscle, while getting your heart rate up.

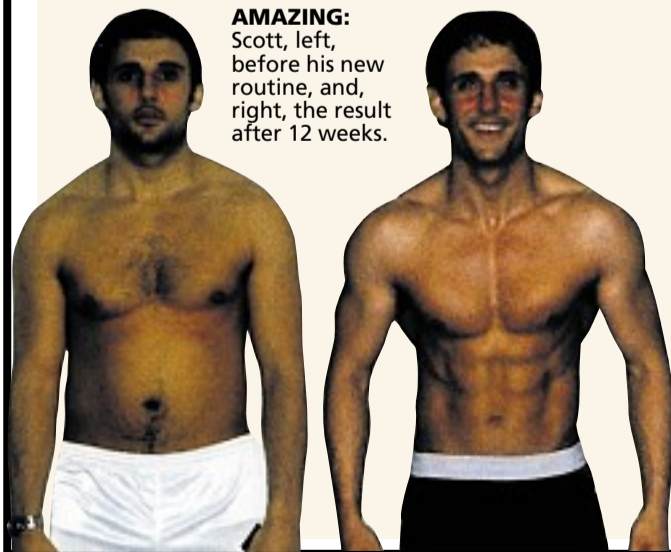
2. Do weight training two or three times a week. Work all your muscle groups.

3. Do interval training two or three times a

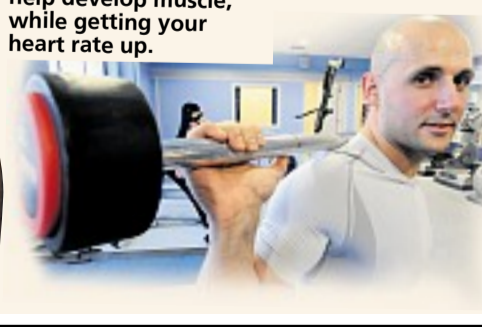
week. This can be done on bikes, treadmills, or steppers. Go for the sprint technique where you alternate between fast and slow minutes.

4. Abdominal exercises are important, but don't overdo it. Do three sets of 15 crunches every other day at a high intensity.

5. Give your body proper rest. Give yourself at least a day in between weight training and take a couple of days off a week.



AMAZING: Scott, left, before his new routine, and, right, the result after 12 weeks.



LETTERS - PLAY COURSE TO HELP KEEP IT OPEN

PAGE 20