

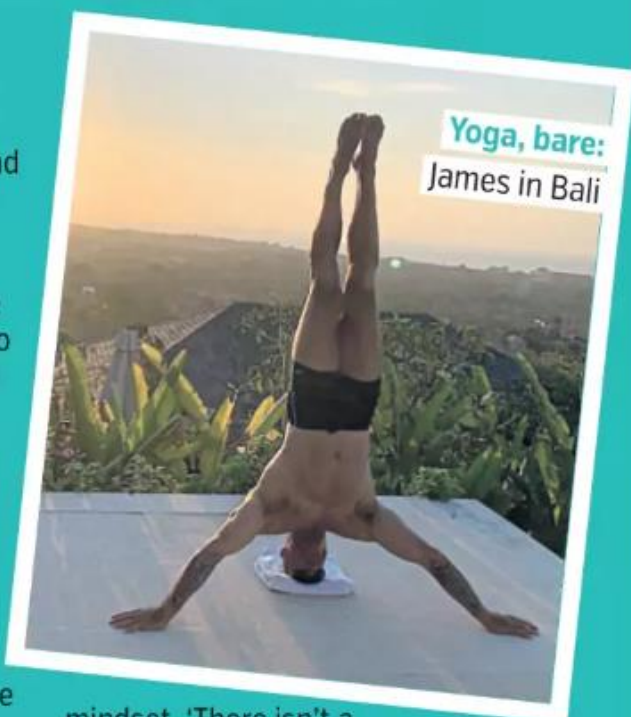
WELLBEING

'HOW YOGA CHANGED MY LIFE'

Known as Hunter in hit ITV show *Gladiators*, strength and conditioning coach James Crossley, 47, gained his yoga qualification during lockdown and now has a passion for helping those aged 40-plus stay fit and active [jamescrossleycoaching.com]. 'Gladiators was my physical prime,' he says. 'I would train twice a day, for two days then have a rest day and I would just bounce back from any injuries. However, in my early forties it started to take much longer to recover.'

James realised that the constant injuries from competing in strongman were a warning, so he decided to change his training. 'I had been lifting crazy weights since I was 12, but the new mantra was to nourish the body not to just annihilate it. During the first lockdown I decided to do my yoga teacher training and I started practicing Vinyasa and Yin yoga four times a week.'

James says that since he's taken up yoga, everyday movements are much easier, and he also now teaches gong baths which help with sleep and



mindset. 'There isn't a one-size-fits-all for over-forties as some individuals have better recovery or are less injury prone,' he adds. 'As a rule, be aware of high impact or overly explosive movements. As we age, we need to prioritise rest training. A mixture of strength, mobility, flexibility and mindfulness are a good mix.'