

slow but sure

The movement is winning fans in the fitness arena, too. In the US, the Slow Burn exercise movement (which emphasises slow, perfectly executed resistance moves, rather than lots of fast ones) has won many followers (Brad Pitt and Cynthia Nixon are both enthusiasts). 'Lifting weights slowly produces 50% to 100% more strength gain than lifting conventionally,' says Fredrick Hahn, creator of Slow Burn, 'and with Slow Burn, you're

engaging all of your muscles and raising your heart rate, so it provides the health benefits of a cardio workout.'

At the other end of the fitness spectrum, walking is gaining popularity as a sport, with events such as the Playtex Moonwalk proving that walking is just as hot as running. Both these trends show that the new 'go slow' isn't just about taking longer – it's about getting more out of your time while you're at it.

Going slow doesn't have to mean a massive life upheaval. Even if the changes seem small, they'll benefit your mental, physical and emotional health no end. So whether you start walking to work, cooking dinner from scratch or taking time out for your relationship, remember time isn't money – it's much more valuable than that. □