



*Catching up with...*

**VICKY PATTISON**

The TV star, podcast host and author talks about her involvement with the Alzheimer's Society's fitness event, **Trek 26**

*Why are you supporting the Alzheimer's Society?*

'My grandad passed away recently after having dementia for a very long time, and it's been very hard for me. He was a really positive influence in my life because he gave me a love of fitness and travel, and he instilled in me the importance of good family values, so watching him lose his sense of self was horrible and heart breaking. I've worked with the Alzheimer's Society for years, and will continue to support them now more than

ever. There are 900,000 people living with dementia in the UK and that's set to rise to over a million in the next three years. It's terrifying, but there's still not enough support or awareness around dementia. We need more honest discussions and more people like me doing something about it by taking part in the Alzheimer's Society's Trek 26.'

*Tell us more about the challenge*

'Trek 26 (sign up at [alzheimers.org.uk/Trek26](http://alzheimers.org.uk/Trek26)) is a series of

13- or 26-mile treks, taking place from May to September, all strategically placed around some of the UK's most stunning beauty spots, like the Brecon Beacons, the Cotswolds and Stonehenge (which is the one I'm doing). There's a trek for everybody, and you'll also be taking in beautiful scenery and getting some fresh air while doing something incredible for a charity that really deserves it.'

*You like a challenge, don't you?*

'I do. I'm goal orientated, so I'm always looking for something to get my teeth into. I've done a 100-mile bike ride, the Great North Run, a trek through the Icelandic mountains and I've lived through a few jungles... you name it, I've done it! My biggest tip, if you're thinking of taking on Trek 26, is to break in your walking boots beforehand. Walk in them throughout the summer to get through the blister and rubbed ankle stage – that's coming from someone who lost half a toe during a charity trek because I didn't break in my walking boot!'

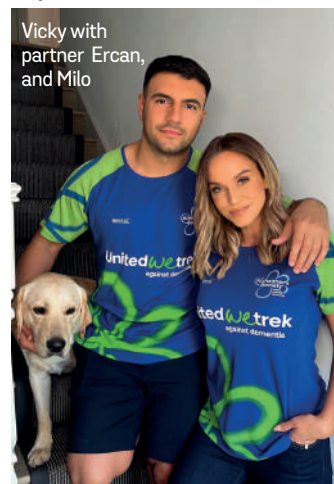
*Any other training tips?*

'If a friend, family member or partner is looking to start their fitness journey, get them to sign up for the challenge so you can exercise together. Having a support system can help with motivation and increase your chance of success, and it's also a lot more fun! Try to start each day with a positive attitude. Make a realistic plan and write down your goals to keep track of your progress. Remember, we're only human, so if you end up falling off your plan, don't be too hard on yourself and don't give up – get back on track the next day!'

*What's your fitness philosophy?*

'These days, it's all about balance. It's a common misconception that you need to work out every day for at least an hour, but that's not the case. It's

always best to start off slow and then build up as your body adapts to exercise. Even just 20 minutes a day can get your heart rate up, make you feel great and motivate you to maintain a healthy lifestyle. Remember, it's a marathon not a sprint!' 🏃‍♀️



Vicky with partner Ercan, and Milo