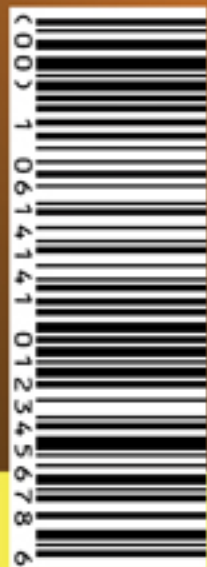


**total** **Goalie**  
MAGAZINE

**Craig**  
TAKES YOUR  
WORKOUT  
TO THE  
NEXT  
LEVEL

*Live an  
Active  
Lifestyle*

**MOTIVATE  
YOURSELF**



**Fitness**

**PLUS! Many Directions**

**8**

**HEALTHY  
HABITS**

YOU NEED TO HAVE

**CHALLENGE**

**1**



Continuing our series of articles on *Coaching with CRAIG NIXON...*

## TAKING YOUR WORKOUT TO THE NEXT LEVEL



This is a different sort of article from my usual. Although it's still about working out and keeping fit. For this coaching session, I thought I'd share with you all a snapshot of my life story. Maybe it will inspire you! Because,

*Keeping fit is more than just turning up to training or the game, each week. It's about everything you do in life... doing it with energy and enthusiasm!*

So, let's take a little look at my life...

I live in Barnstaple and like lots of people nowadays, am still with my mum and dad, which suits me fine. And then of course, there's Sophie - my dog. She's a black Labrador and just 7 years old and she's full of energy too! She barks a lot and likes to run. So, taking her for walks helps keep us both fit.

People say I'm energetic. And outgoing. To me it's just the way I am. I like to keep busy and am always doing things.

You may be surprised that a sportsman like me goes to Drama club once a week. I've been going for over 2 years now. It's great because I like seeing my friends and it can be surprisingly energetic too, what with the warm-ups to music! I really enjoy them. We have a good laugh together. It's fun. And gives me the opportunity to do something outside of sport.

I also play skittles and go to Special Olympics on a Saturday. That works out well, because my football tournaments are on a Sunday. All my family go with me to watch. Newton Abbott... wherever. We win trophies and medals (I've got lots at home and they're great), but however the game's going, I always try my hardest. It's a team game of course, but being in goal you have a special responsibility. So, it's important I always give my best. Like I said before – *with energy and enthusiasm*.

I was born in Birmingham. Which is where my family all come from. Of course, they have the two football teams there – you're either a Villa fan or Birmingham City. My Uncle Phil supports Birmingham City, but my Dad, my Nan (Dad's mum) and both my sisters are all avid Aston Villa fans. We went to see them play at Villa Park once.

We moved to Barnstaple when I was 18 months old. My mum says I walked at 19 months and always liked football. I went to Pathfield School and had a lot of friends there. I still see some of them about. The teachers were good too. Anne Squires – I

particularly liked her. She taught me reading and writing and allsorts.

My two sisters – Kirsty and Carly, they're both married and I've got a 7 year old niece. Same age as Sophie, my dog! I love being her Uncle Craig. We have a lot of laughs together.

*I think it's important to be a happy person.* Sometimes I get sad (like when I heard my teacher died) but not often. I was brought up to be kind and considerate – to think of others. So, like my being energetic and enthusiastic, it's just who I am I suppose.

It's also important to balance things out in life. *You can't be energetic all the time. But you can be enthusiastic and willing to try new things.* Friday is the day I do different things with my mum. Sometimes we go to the garden centre, St. John's. I held an Eagle Owl there recently. It was massive. I had to wear a special glove which went right up my arm. Other times we go to the amusements. I like the slot machines. But it's not all play – I do help with the housework as well.

Then again, on a Saturday I watch Football Focus. I always keep up with who's-playing-who on a Saturday, especially when the Villa's playing. "Come on the Villa!" Not doing too bad this season...

Of course, as a goalie for Barnstaple Ability Team I have to train hard and keep fit. In the winter, we use the All-Weather pitch at Park School for training. The darker evenings don't stop us either – they have floodlights! In the summer, it's back to Tews Lane Playing Fields.

The special glove at the garden centre protected me from the big talons on the Eagle Owl's feet. The goalie gloves help me to catch the ball and hopefully hold onto it! You never know where it's coming from or how fast it will be travelling. *Flexible in body and flexible in mind.*

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*And for now, that's it... If you want to take your workouts (and your life) to the next level, remember...*

***Be energetic and enthusiastic in everything you do. Be a happy person. Be kind and considerate. Laugh lots. And... Be willing to try new things – flexible in body and mind!***

Finally, I mentioned my Nan. Dad's mum. When I'd speak on the phone with her, she'd always end the call with, "Up the Villa!" And so will I!

Craig Nixon

Your Personal Coach

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