# Davina McCall credits tailored fitness plan for post-brain surgery strength and wellbeing boost



Six months after undergoing brain surgery for a rare benign tumour, Davina McCall reflects on her journey towards regaining strength and fitness. During the initial stages of her recovery, she experienced a loss of four kilograms of muscle mass. However, she has since made significant strides in rebuilding that strength, largely attributed to her participation in the Strength and Sculpt challenge on her fitness platform, Own Your Goals.

The programme, crafted by trainer Natalie Bhangal, consists of a four-week functional fitness training plan specifically designed for Women’s Health members. This initiative not only aims to cater to those like McCall who are navigating post-surgery fitness but also promotes a broader accessibility to fitness routines. With sessions that last no more than 30 minutes, the plan is structured around a combination of high-intensity interval training (HIIT), cardio, and resistance workouts. Bhangal believes that such a structured, yet simplified approach is essential. "Working out shouldn’t be complex," she explains. “Davina is an example of how great you can look and feel with a very simple formula.”

McCall’s experience highlights the importance of adapting fitness plans to the demands of modern life, particularly for women in their thirties and beyond. Long, intensive workouts can exacerbate the effects of stress, elevating cortisol and adrenaline levels. McCall articulates this concern, noting that “long workouts add to the stimulation of the stress hormones.” Her successful journey serves as an example that effective workouts can be both time-efficient and result-oriented.

Alongside her physical transformation, McCall also emphasises the mental benefits of fitness post-surgery. She describes a deepened appreciation for health and wellness, stating, “I felt like it was the missing piece of me... working on my body was going to be the last bit of joy to come back to my life.” This sentiment aligns with findings about the beneficial effects of exercise on mental health, especially during recovery from medical procedures.

Moreover, McCall’s fitness journey underscores a growing recognition of the need for tailored fitness strategies, particularly for women approaching mid-life. Research has shown that women over 50 should consider incorporating plyometric exercises into their routines to enhance bone density. In line with this, McCall’s approach involves starting with lighter weights and progressively increasing intensity, while also integrating supplements, notably collagen, to support joint and muscle health.

Overall, McCall's story is one of resilience and a progressive approach to fitness that not only seeks to restore physical strength but also promotes mental well-being. By sharing her experiences and the lessons she has learned, she aims to inspire others to embrace personal fitness journeys, regardless of their starting point.

The accessibility of programs like McCall’s Strength Plan, designed for both beginners and seasoned athletes, represents a significant step in making fitness achievable. By focusing on consistency and technique, the plan encourages participants to engage in repeated workouts that build strength over time. This gradual approach is pivotal for those recovering from health challenges, allowing them to listen to their bodies and adapt their fitness regimes according to personal needs.

As McCall continues to navigate her post-surgery fitness journey, her commitment to health exemplifies the importance of a supportive fitness community and adaptable training strategies for holistic well-being.

### Reference Map:

* Paragraph 1: Sources 1, 4
* Paragraph 2: Sources 1, 3
* Paragraph 3: Sources 2, 3
* Paragraph 4: Sources 2, 6
* Paragraph 5: Sources 1, 5, 6
* Paragraph 6: Sources 1, 3
* Paragraph 7: Sources 4, 7

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.womenshealthmag.com/uk/fitness/strength-training/a64779237/davina-mccall-fitness-after-surgery/> - Please view link - unable to able to access data
2. <https://www.hellomagazine.com/healthandbeauty/health-and-fitness/821343/davina-mccall-workout-realistic-women-midlife/> - HELLO! magazine discusses Davina McCall's fitness routine post-brain surgery, emphasizing the importance of plyometric exercises for bone density in women over 50. Davina shares her experience with strength training, starting with lighter weights and gradually increasing intensity. She also highlights the role of supplements, particularly collagen, in supporting joint and muscle health during midlife. ([hellomagazine.com](https://www.hellomagazine.com/healthandbeauty/health-and-fitness/821343/davina-mccall-workout-realistic-women-midlife/?utm_source=openai))
3. <https://ownyourgoalsdavina.com/collections/strength-plan> - Own Your Goals Davina offers a six-week Strength Plan designed for both beginners and those experienced in strength training. The program focuses on consistent workouts to perfect technique and progressively overload muscles, aiming to build strength in specific exercises. Participants are encouraged to repeat the same workouts each week to achieve optimal results. ([ownyourgoalsdavina.com](https://ownyourgoalsdavina.com/collections/strength-plan?utm_source=openai))
4. <https://www.standard.co.uk/showbiz/celebrity-news/davina-mccall-michael-douglas-instagram-big-brother-mbe-b1203408.html> - The Standard reports on Davina McCall's return to the gym nearly two months after brain tumor surgery. At 57, she shares her experience of losing muscle mass during recovery and her commitment to rebuilding strength through consistent training and proper nutrition. Davina emphasizes a gradual approach to fitness post-surgery. ([standard.co.uk](https://www.standard.co.uk/showbiz/celebrity-news/davina-mccall-michael-douglas-instagram-big-brother-mbe-b1203408.html?utm_source=openai))
5. <https://www.femalefirst.co.uk/tv/news/lost-lot-muscle-weight-davina-mccall-returns-to-gym-2-months-after-brain-surgery-1411771.html> - Female First covers Davina McCall's cautious return to the gym after brain tumor surgery. At 57, she acknowledges the loss of muscle and weight during recovery and expresses her intention to rebuild strength through focused training and nutrition. Davina highlights the importance of listening to one's body during the recovery process. ([femalefirst.co.uk](https://www.femalefirst.co.uk/tv/news/lost-lot-muscle-weight-davina-mccall-returns-gym-2-months-after-brain-surgery-1411771.html?utm_source=openai))
6. <https://www.irishnews.com/entertainment/davina-mccall-taking-everything-slow-as-she-returns-to-gym-after-brain-surgery-IXLDFF4FAVIC5KQCWCT7RWESOY/> - The Irish News reports on Davina McCall's gradual return to fitness training following surgery for a rare benign brain tumor. At 57, she shares her experience of losing muscle mass during recovery and her commitment to rebuilding strength through consistent training and proper nutrition. Davina emphasizes a gradual approach to fitness post-surgery. ([irishnews.com](https://www.irishnews.com/entertainment/davina-mccall-taking-everything-slow-as-she-returns-to-gym-after-brain-surgery-IXLDFF4FAVIC5KQCWCT7RWESOY/?utm_source=openai))
7. <https://www.digitalspy.com/tv/a63364320/davina-mccall-post-surgery-fitness-update/> - Digital Spy provides an update on Davina McCall's post-surgery fitness journey. At 57, she shares her experience of losing muscle and weight during recovery and her commitment to rebuilding strength through consistent training and proper nutrition. Davina emphasizes a gradual approach to fitness post-surgery. ([digitalspy.com](https://www.digitalspy.com/tv/a63364320/davina-mccall-post-surgery-fitness-update/?utm_source=openai))