

inspire

Today

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Easy ways to bring fitness into your life

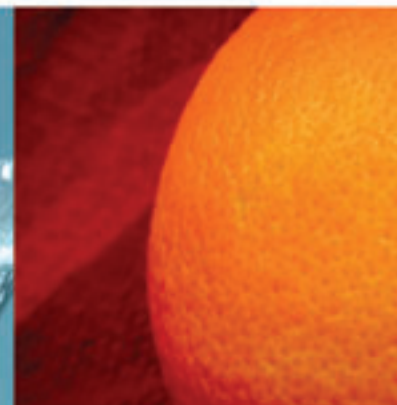
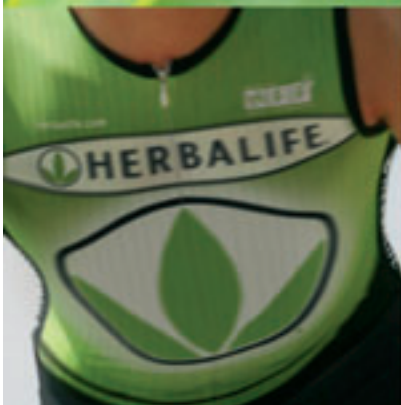
Squeezing 30 minutes of exercise into your busy schedule is just unthinkable?

Not so!

Everything you do involves activity of some sort, but when we label it 'exercise' suddenly it becomes a chore, and resistance creeps in. It's time to have a re-think.

Regular activity benefits both your mind and body; it helps to reduce stress, tones and strengthens muscles, improves joint mobility, burns body fat, removes toxins, increases bone density, and much more!

Don't deprive your body any longer – start TODAY...



Fit for life!

Before you start making your way down the list of ideas we have provided, check the safety guidelines below – whatever you choose to do, do it safely!

- Warm up before exercise to prevent injury.
- If you feel unwell, stop exercising and seek advice.
- Drink plenty of water, especially when it's hot.
- Don't exercise just after a big meal.
- Before embarking on any exercise programme check your fitness level with your doctor.
- Don't overdo it – too much too soon is not helpful to a body that is normally sedentary! Build up gradually and give your body time to adjust.

For an activity to be useful, and classed as 'exercise', a certain amount of effort must be exerted. The most beneficial schedule recommended by health experts is 30-40 minutes of sustained physical exertion every other day. If you are trying to lose weight, try not to focus on how much stored fat you want to lose. Weight loss is just one of the benefits of exercise; the accumulative effects of regular activity are far more powerful. Just wait and see how different you feel!

Bear in mind that the amount of energy your body uses will depend on the type of activity, duration, muscle-to-fat-ratio, your age, gender and fitness level. You'll know you're using a lot of energy because you'll feel hot and out-of-breath!

Now you are ready to begin, there's no excuse anymore... we've got something here for everyone!

- Start first thing in the morning – lie in bed and stretch every limb every way possible, you'll feel fully awake much faster.
- Could you get up earlier and go for a swim in the morning?
- Park your car further away from your workplace and walk.
- Get off the bus one or two stops earlier.
- Desk-bound? Get up and walk around every hour, to get the blood circulating. Remember to stretch, especially when you stand up after sitting for some time.
- Use the stairs instead of the lift – the more steps the better!
- Take a brisk walk at lunchtime.
- Forget those short car journeys to the corner shop – walk!
- Get a dog! Or offer to take a neighbour's dog for regular walks.
- Stop using the TV remote, get up and change channels the old-fashioned way.
- Labour-saving devices – ban the dishwasher – do it by hand.
- Waiting for dinner to cook? Get the skipping rope out for ten minutes or dance to your favourite music.
- Take up gardening or get an allotment – the only exercise that produces edible rewards!
- Mow the lawn.
- Get a mini trampoline for the garden – it's invigorating and great fun.
- Wash the car, wash the windows, wash the floors!
- Armchair exercise – think of all the upper body movements you can do holding a can of beans in each hand!
- Every time you make a phone call, stand up and clench/unclench your buttock muscles.
- Play music while you do the household chores – dance and sing along as you go.
- Hire a carpet cleaner and give your carpets a make-over.
- Play with your kids more often, take them to the park, have fun with a frisbee or football.
- Take up dance classes with a friend, salsa, rock 'n' roll, anything fast-moving.
- Clutter clearing – empty the attic, the garage, clear out your cupboards.
- Ten minutes to spare? Walk up and down the stairs briskly for a great mini workout!
- Last thing at night, repeat the stretches you did in the morning.



Hire a carpet cleaner and give your carpets a make-over...

And you don't have to miss your favourite TV programmes, simply watch TV on your feet! You can incorporate all sorts of activity, jog or march on the spot, do star jumps, stretches, arm exercises with those two bean cans, use a mini trampoline. Think about purchasing one of the smaller pieces of fitness equipment like a stepper or a stationary bike, the options are endless.

Get the idea?

As you can see, establishing a truly healthy exercise habit doesn't have to be boring or repetitive. Make the effort three or four times a week and in no time at all you'll start feeling the benefits. When you're ready to step up the pace, borrow a few fitness DVDs or join a class and you'll never look back!

To give you an idea of how much energy you may be using, take a look at the list below and the kilojoules per hour for various activities:

- Sitting – 360 kJ
- Standing – 420 kJ
- Walking slowly – 780 kJ
- Walking moderately quickly – 1260 kJ
- Walking up and downstairs – 2280 kJ
- Housework – between 600-1200 kJ
- Gardening, dancing, digging – between 1260-1800 kJ
- Swimming (crawl) – more than 1800 kJ

(1 kcal = 4.184 kJ)

Source: Ministry of Agriculture, Fisheries and Food.
Manual of Nutrition. London: HMSO, 1992

Formula



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