

Warmer weather means no more excuses for skipping your workouts

Spring into action



Echo fitness guru Diana Robertson launches her spring fitness program for women.

WELCOME to your 12-week fitness program. As with all fitness regimes, please consult a medical professional to get the OK and clearance before undertaking this program. This program is designed so you can monitor your progression from week to week. I suggest you keep a journal to track your progress each workout. Write down what you do, your rest periods required and the effort you put in, (one being easy, five being everything you've got). It's also good to write down how you felt, during and after the exercises. This is your first week, so take it easy and go through the program applying the right technique and always listen to your body along the way.



Slow down or stop if there are any signs of discomfort or pain and seek help if required. Injury-free training should be your goal for longevity, so warm up well. The program is structured so that you can choose the days you train. Involve a friend and train well. Feel free to phone me with any questions you may have on 0419 322 243.

It's time to start getting fit for summer, but always make time to warm up and cool down before and after you exercise.

THE PROGRAM

DIANA from Di-Fit has teamed with the *Echo* to provide this spring fitness training program for readers.

Di, a fitness trainer and mother of two, starts the 12-week program this week, with a new training regime each week along with plenty of valuable health and fitness tips.

Those keen to add group training to the program can join Di and others in a Saturday morning Di-Fit outdoor training session each week in Torquay.

The cost is \$10 a person, and Di-Fit donates 10 per cent of profits to breast cancer research.

To register, phone Di on 0419 322 243 or email di@di-fit.com.au.

TERMINOLOGY

RUN means cardiovascular exercise that raises your pulse (aerobic exercises). The benefits of running are that your heart pumps blood more efficiently and will beat at a slower rate when resting. Your lungs will become more efficient at delivering oxygen. Endorphins will be released making you feel happier and healthier.

RESISTANCE means body weight and weight-resistant exercises (anaerobic exercises). They will thicken your heart's walls and make it stronger. They increase your bone density, building stronger muscles and connective tissues and increasing joint stability. They increase your calorie expenditure and higher metabolic rate (the rate at which your body burns calories). Ultimately, they give you strength, tone and shape.

REST means a day off training. It's important for recovery and repair. Rest is a growth period for lean muscle.

RECOVERY means an active recovery. Do any activity you enjoy – perhaps tennis, chasey with your kids, golf, cycling or swimming.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	RUN	RESISTANCE	REST	RECOVERY	RUN	RESISTANCE
	20 min walk/ jog/run	30 min workout	Day off	Activity of choice	20 min walk/ jog/run	30 min workout
						REST
						Day off

RUN

20 MIN

Walk/jog for 20 minutes – jog for as long as you can (track jogging time in your journal and use landmarks for running goals eg: from lamp post to roundabout).

Try to jog/run on a softer surface such as grass, dirt track, hard sand, rather than on road. Lessen the impact on your knees and ankles.

For regular trainers:
Jog/run for 20 minutes. Try to do one-minute sprints every five minutes (that's four sprints).

RESISTANCE

10 MIN warm-up + **12 MIN workout** + **8 MIN cool down**

Walk or step ups (easy pace)

Squats for 50 seconds. Rest for 10 seconds
Push-ups for 50 seconds. Rest for 10 seconds
Plank hold for 30 seconds x 2
Rest for 60 seconds
Repeat routine two more times.

Stretch glutes, legs, chest, shoulders, abs.

For regular trainers:

- Do the workout for six sets over 24 minutes.
- For squats – add dumbbells (moderate weight)
- For push-ups and plank-hold – lift one foot up and hold for as long as you can, alternating foot.