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NEWS

Five simple ways to maintain your fitness over the festive season

Holiday health rules



THE fast-approaching festive season is a time for you to rest and re-energise for the new year.

While we are looking forward to a break, we also know that, for some, holidays can involve lots of food, alcohol and not much movement.

The good news is that, this season, you can change things around to ensure you enjoy the holidays without the guilt or burden of extra kilograms. If you use your time wisely you can, in fact, boost your fitness these holidays.

The keys are to exercise regularly, eat good food and sleep well.

Here's my five rules to holiday fitness success.

BE ACTIVE — You can still have a break from the norm and boost fitness on your holidays by mixing up activities that you enjoy. If you are a runner, explore your surroundings and take the family or friends with you. Go water jogging, ankle-to-hips-deep in water.

PLAN HEALTHY MEALS — It can be hard to go past having local delicacies at your holiday destination. If



Family fun: Getting your family involved in your training is one way to boost your fitness on the holidays.

you are tempted, I suggest you eat like the French and have tiny bites, petites bouchees, of delights and only as a treat. For the majority of your day, plan healthy meals and stick to the plan.

SLEEP WELL — A good night's sleep is essential for your body to function daily. Like planning your meals,

also plan to get rest these holidays. Nap during the day for a much-needed siesta.

BE SOCIAL — Parties and gatherings can be daunting for those who are tempted by buffets and platters that come right to you. An easy and fun way to spend your time is to be social, talk. Drinking a glass of water

frequently will help stop cravings. Step away from the buffet and waiter!

BE INSPIRED — What inspires you is personal. Think about what gets you excited and fill yourself with positive thoughts to stay on track these holidays. Know that you are worthy and be your best.

Well done on reaching week 11 of our program.

This week, I have increased both the run and resistance components of your training to 45 minutes.

Listen to your body and take advantage of the days when your body feels good and ramp it up.

di-fit.com.au

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, is conducting the 12-week program and adjusting the 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 cardio-vascular 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 fitter and happier.

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. Ultimately, they give you strength, tone and shape.

REST means a day off training. It's important for recovery and repair. Rest helps lean muscles grow.

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

DAY 1

WEEK 11

RUN

45 min walk/jog/run

DAY 2

RESISTANCE

45 min workout

DAY 3

REST

Day off

DAY 4

RECOVERY

Activity of choice

DAY 5

RUN

45 min walk/ jog/run

DAY 6

RESISTANCE

45 min workout

DAY 7

REST

Day off

RUN

45MIN

Walk/jog for 45 minutes – 15 mins warm-up with easy walk/ jog. Do 3 x 10min runs, increasing your pace each time. Tip: Focus your gaze 10m ahead, looking up not down on the

For regular trainers: Jog / Run for 45 minutes – 15 mins warm-up pace. Speed training - choose two points and run between them, increasing your pace each time. Recover every 5 mins for 1 min. Tip: Mix up your speed training with a flat run and hill run.

RESISTANCE

8MIN warm-up

Walk or step ups (easy pace)

16MIN workout x2 repeats

Workout – 4min rounds with 20-second work and 10-second rest between each exercise. Round 1: Squats and lunges Round 2: Push-ups and tricep dips Round 3: Donkey kick and high-knee step-ups Round 4: Plank hold and lying leg raises

6MIN cool down

Stretch glutes, legs, chest, shoulders, arms and abs.

For regular trainers: Do all parts of workout and replace some or all with alternate exercises below. Warm-up skipping with rope for 2 minutes and drop for 2 push-ups. Repeat for 10min warm-up. Dumbbell front squat Elevated lunge Feet-up push-ups Tricep push-ups Side plank on toes – hold one leg and one arm up