

NEWS

email us: news@theecho.com.au

Celebrate the end of your 12-week training program

Experts on the ropes

DI FIT

with
Diana Robertson

CONGRATULATIONS on reaching the final week of our 12-week fitness program.

I am sure you have seen a big change in your fitness from the first week to now.

Achieving a new level of fitness and perhaps a new lifestyle towards health and fitness is a great goal, and if you have achieved this you should be very happy and proud of yourself.

I will always remember a comment a friend made to me after seeing me running in my lunch hour.

"It must feel great to be fit," my friend said.

My response was an outstanding "Yes, it does!"

I'm sure you will agree that it is a great feeling to be jumping out of bed, climbing up the stairs without puffing, happily running after your kids, catching them and keeping up with your dog when running (unless you have a kelpie!).

With the New Year coming up fast it is now time to think about what lies ahead. A new set of goals and a new routine will improve your fitness and keep you motivated.

Perhaps look at doing a few fitness events during



Great effort: Diana Robertson and her Saturday morning class celebrate the end of their 12-week training program.

the year that will inspire you to stay on track with your training.

The Surf Coast and Bellarine offer a wonderful environment for fitness training and there are many fantastic events held locally.

The best thing you can do right now for your fitness is to stick with it.

Your journey to fitness should be enjoyable and a part of your life.

Feeling fit makes me happy because I am healthy, and I hope this

program has helped you with your fitness.

Now for Week 12 of your fitness program.

I have included some advanced exercises for regular trainers.

Make the most of this week and add variety to

your training with a new exercise and at a different time of day. Grab a friend and go for it!

For more information on workouts and training locations, visit my website 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 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 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.

