

Right food at right time maximises benefit of workouts

Fuel a vital ingredient

A GOOD daily eating plan should be simple.

Eating the right food and at the right time is beneficial for your workout and will result in gaining lean muscle and losing fat.

Whether you want to put on more muscle or get leaner by losing fat it is a good idea to think of food as fuel for your body.

Keeping your body fuelled for the day will keep you on track and help you reach your goal.

Start the day right with a good breakfast.

After a long sleep your body is ready to absorb essential nutrients for normal functioning, and the right breakfast will kick-start your metabolism.

Breakfast that includes protein and high glycemic index (GI) foods, such as seasonal fruits, bread and muesli, will give your body instant energy.

To keep your metabolism high throughout the day, eat every three to four hours, small portioned meals that include protein and low GI foods, such as crunchy green vegetables, to keep you sustained and satisfied.

Meals before and after a workout can include moderate-to-high-GI foods as your body will require a quick release of nutrients to perform the workout and

DI FIT
with
Diana Robertson



repair muscle tissue.

It is vital to eat before a workout.

Exercising on an empty stomach will not force your body to use stored fat you want to burn off.

In fact, your body goes into survival mode and draws protein away from muscle. As a result, you lose muscle mass and over time your metabolism can be suppressed. You may also find it harder to do the exercises because you do not have the energy required.

Give yourself the fuel you need for the activity you are about to do and you will reap the full benefits.

YOUR program for Week Three includes more disciplined training. At this stage, you may feel a difference in your fitness level, and this is the week where you can ramp it up a little.

Work your body to activate the muscle groups that each exercise is working on.

Squats, for example, are primarily glutes, quadriceps and hamstrings.

Think, activate and feel it. For information on workouts and training locations, visit www.di-fit.com.au

Important:
Breakfast kick-starts your metabolism.



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	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 3	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
						Day off

RUN

20 MIN

Walk/jog for 20 minutes – jog 2 min / walk 2min and jog 3 min / walk 3 mins. Repeat this 2 times. Tip: Jog on hard sand on beach.

For regular trainers:
Jog/run for 20 minutes – FARTLEK – are random intervals you make up on the way; example – run fast from big tree to next tree, recover, then sprint for 2 mins, recover, and the next.

RESISTANCE

10 MIN warm-up

Walk or step-ups (easy pace)

12 MIN workout

4 minute x 3 sets.
Slow it down – take 3 seconds to push up and 3 seconds to lower body. Think about the muscle that is at work and you should feel it working.

8 MIN cool down

Stretch glutes, legs, chest, shoulders, triceps, abs.

For regular trainers:
• Do the workout for six sets over 24 minutes.
• Warm up skipping with rope.
• For squats – squat and overhead press – holding dumbbells by your side as you squat, then when you reach standing position press dumbbells up over your head.
• For push ups – use your dumbbells to do push ups (hold on to them on floor instead of hands on floor)
• For plank hold – raise 1 arm and opposite leg and hold for 10 seconds and alternate arm and leg.

Squats for 50 seconds. Rest for 10 seconds
Push-ups for 50 seconds. Rest for 10 seconds
Tricep Dips for 30 seconds then straight to **Plank hold** for 30 seconds x1
Rest for 60 seconds.
Repeat routine two more times