

A positive mindset can do wonders for your training sessions

Control your attitude



WITH the right attitude, workouts can be fun and invigorating.

The key is to finish your workouts on a high, knowing you gave it your best with no regrets.

When you make the commitment to exercise, make every session count.

Go with determination, focus and some grunt.

Having a fitness trainer or training with friends is certainly a great way to stay motivated and inspired, but the intensity and results are ultimately up to you.

Of course, there may be times when you lack the right attitude and focus, but remember you can change your attitude in a heartbeat.

Here are some tips on how to have an awesome workout every time:

PREPARE for your sessions. Have an early night, eat healthy food, and hydrate before, during and afterwards.

LISTEN to music that motivates and inspires you. Sing out loud in the car on the way to your workout.

ENSURE you have positive self-talk and thoughts. You are in control of your



Camaraderie: Training with friends is a great way to stay motivated and inspired.

attitude, so take charge. **SURROUND** yourself with positive, motivated and inspiring people. Encouragement from family and friends and co-workers is important for you and vice versa.

TALK to your trainer. If you have any questions about the workout or anything else, let them know so they can help you be your best. **GO** in smiling and feel the difference.

YOUR program for Week Four involves slightly longer run and resistance sessions. It will work on your endurance in fitness and strength. So take it at your pace

and gradually build it up towards the end of the week and get ready for the next week's progression.

For information on workouts and training locations, visit www.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	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 4	RUN 25 min walk/ jog/ run	RESISTANCE 35 min workout	REST Day off	RECOVERY Activity of choice	RUN 25 min walk/ jog/ run	RESISTANCE 35 min workout	REST Day off

RUN

25 MIN

Walk/jog for 25 minutes – jog 3 min/ walk 2min and jog 4 min / walk 3 mins. Repeat this 2 times. Then jog fast for last minute home!

Tip: Jog on dirt track.

For regular trainers:
Jog/run for 25 minutes – intervals of a set distance – fast runs for a set distance of your choice make it a challenge. Big finish home!

RESISTANCE

10 MIN warm-up

Walk or step-ups (easy pace)

18 MIN workout

5 minute x 3 sets.
Do as many repetitions within each set as you can and try to better it after each set.

Tip: Use a low bench or chair to help with your squats.

7 MIN cool down

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

Squats for 50 seconds. Rest for 10 seconds
Push-ups for 50 seconds. Rest for 10 seconds
Tricep Dips for 50 seconds. Rest for 10 seconds
Repeat routine two more times

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)