

## NEWS

email us: news@theecho.com.au

# Want to feel good, look great, have more energy, live longer and healthier?

# Just do some exercise

## DI FIT

with  
Diana Robertson



HAVE you noticed just how good you feel after exercise?

You are full of energy, you can keep up with your kids and the stairs become your friend. Life just seems to be getting better and you feel like you are years younger.

And to top it off you get positive comments about how good you look.

Here are some feel-good points to remember as you do your lunges:

**Exercise makes you feel fit:** Immediately after exercise you feel fitter and happier. Endorphins are released through your blood that gives you that happy I-am-a-woman-hear-me-roar feeling. Be warned: this is addictive.

**Exercise improves your complexion:** Exercise increases circulation and gives a healthier glowing complexion to your skin, making you look younger.

**Exercise makes you strong and tones your body:** Resistance training builds lean muscles and gives you a firm and toned physique. It increases bone density, slowing age-related bone



**Beneficial:** Exercise will help make you feel better in so many ways, even if there is an occasional tumble.

loss, giving you strong bones preventing osteoporosis. It is important that exercise is ongoing as any gain in bone strength is lost when you stop exercising.

**Exercise improves posture:** Working your state of balance by balancing on a fit ball, stretching or doing

flexibility exercises gives you a better posture. Applying the correct technique to exercise will improve and maintain a good posture. Make sure you are in the right position before you perform the exercise.

**Exercise gives you confidence:** It's a great feeling to

achieve set goals in fitness. As well as having confidence in performing exercises or activities, it also leads to confidence in other areas in your life. That's something to smile about.

Your program for Week 9 includes longer run and resistance elements. Apply

correct exercise technique, have a friend or partner check and correct your form.

Train at your maximum effort and always listen to your body and adjust intensity of exercises as required.

Find information on workouts and training locations: [www.di-fit.com.au](http://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](mailto: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.

