

Quality sleep important for peak performance

Rest revitalises body



JUST as exercise is important, so is getting enough rest for your body to recover and repair.

A good night's sleep is vital for peak performance for any activity in the day and plays a major role in your fitness results.

Busy women and mothers may have experienced less than adequate sleep and even sleep deprivation.

This lack of sleep impairs performance, including reduced alertness and concentration, a slower reaction time, increased moodiness and loss of motivation.

This is enough to impact any daily activity.

While there are different reasons for not enough sleep, here are some tips for quality and adequate sleep and rest for recovery.

1. Get to bed early for an early rise. The good thing about daylight saving is the sun sets later, so when the sun goes down you should too. You will feel amazing and you will most likely rise earlier.
2. Active recovery. Including a low-intensity workout



Family fun: Recovery time is perfect for doing something active and fun with your family.

- or activity that you enjoy will assist in muscle recovery. Being active every day will also help you sleep at night.
3. Improve your sleeping environment. Babies sleep well when it is dark, quiet and there are no distractions in the bedroom. We should do this too. Also turn off the TV and computer, instead relax by listening to music or reading a book before bedtime.
4. No caffeine or alcoholic beverages before bedtime. Caffeine and alcohol will only keep you up and disrupt a good night's sleep.
5. Sleep when your babies sleep. A common tip for new mums. However, often neglected because there are so many other things we can do. Sleep, girlfriend, you need it!

Below is your program for Week 7. Add variety and intensity in your resistance training by including one or some of the exercises prescribed for regular trainers. Listen to your body and adjust intensity of exercises as required. For more information visit 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.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
WEEK 7	RUN 30 min walk/jog	RESISTANCE 35 min workout	REST Day off	RECOVERY Activity of choice	RUN 30 min walk/ jog/run	RESISTANCE 35 min workout	REST Day off

RUN

30 MIN

Walk/jog for 30 minutes – walk 2 min / jog 10 min. Repeat. Then jog 1 min/run 1 min for the last 6 minutes.

Tip: Lift your knees high and drive your elbows back and forth for speed.

For regular trainers:
Jog / Run for 30 minutes – jog 4 min/run 8 min/jog 1 min/run 2 min. Repeat. Tip: Find a good set of stairs and/or hills and include this in your run circuit.

RESISTANCE

10 MIN warm-up

Walk or step ups (easy pace)

18 MIN workout

Part 1 - 4 minutes
Squats 20 second 10 second rest (move to next exercise)
Lunges 20 second 10 second rest (move to back to first exercise)
Part 2 - 4 minutes
Push-ups 20 second 10 second rest (move to next exercise)
Tricep Dip 20 second 10 second rest (move to back to first exercise)
Part 3 - 1 minute
Plank hold 25 seconds 5 second rest x 2
Repeat parts 1, 2 and 3 = 18 minutes

7 MIN cool down

Stretch glutes, legs, chest, shoulders, abs.

For regular trainers:

- Do all parts of workout and replace some or all with alternate exercises below.
- Warm up skipping with rope for 1 minute and drop for two push-ups. Repeat for 10-minute warm up.
- Squat jumps
- Walking lunges
- Burpees with a push-up
- Tricep push-ups
- Side plank - add 2kg weight to raised arm.