

SUPER HEALTHY EXERCISE TIPS:

1) HOW MUCH EXERCISE SHOULD I BE DOING?

For the vast majority of people the answer to this question is a very simple one – A LITTLE BIT MORE THAN YOU ARE DOING NOW: a) If you haven't been doing any exercise then start at the beginning – don't go and take out a gym membership – start walking around the block; b) If you have been doing some aerobic exercise – increase the intensity to the next level, increase the number of sessions to the next amount, OR add in some strength or stretching exercises; c) If you have been working out at a fitness centre – add in more aerobic exercise, increase the amount of stretching you are doing, increase the number of reps, OR increase the resistance/weights. But only move up one step at a time regardless of where you are now!



2) THE KEYS TO EXERCISE

Your exercise program should cover three key areas: a) Fitness – continuous aerobic activity to raise your heart and breathing rate; b) Strength – toning resistance exercises to build and maintain your muscles; c) Flexibility – stretching exercises to increase and sustain your range of motion and mobility – Are you unlocking each of these keys?

3) HYDRATION

Are you hydrating your body sufficiently? Remember that any liquids which contain sugars, caffeine or alcohol actually dehydrate the body. Rehydration requires regular intake of H₂O – water

To replenish any minerals lost add a small quantity of colloidal mineral liquid

To help to alkalise (neutralise the acids), add some sodium bicarbonate, or purchase some alkalising water such as “Unique Water”

4) ADDING RECOVERY STRATEGIES TO YOUR TRAINING PROGRAM

a) Don't do the same exercise/s on consecutive days; b) Include low impact exercising (walking, swimming, cycling); c) Cross train – that is add diversity to the types of exercise you do; d) Stretch before and after your exercise sessions; e) Don't train when you are ill; f) Drink lots of fluids to rehydrate and replace your minerals; g) Eat complex carbohydrates to replenish your energy stores in preference to sugary foods and drinks; h) Take good quality supplements to maximise your healing and regeneration; i) Get regular chiropractic adjustments to revive your nervous system and stretch out any tension

5) VARIETY IS THE SPICE OF LIFE

It is very commonplace for our exercise habits to become one-dimensional: Some people walk daily to keep fit, but never get their heart rate up and running and fail to do any stretching or toning work. Others might be a member of a sports club and their only exercise

for the week is when they play a game of Tennis, Bowls, Cricket, Netball etc. Still others join a gym and due to the financial commitment, become locked in to the range of machines and activities available at that one location. Make sure that you engage in a wide and diverse mixture of fitness activities – makes life more interesting and increases the benefits you will enjoy

6) TAKING YOUR TRAINING TO THE NEXT LEVEL

Starting out with a new exercise program can be a risky time for soreness and even injury – stressing and straining muscles, ligaments, joints and nerves which may have been dormant for some time. Following the tips given during stages 1 – 5 can help to reduce these risks

The next risky time is when you try to take your training to the next level – if you jump too far forwards in either intensity OR regularity you can once again overload soft tissues which are not quite prepared for the extra stresses and strains: Here are some tips to ensure that each transition is a smooth and painless one...



a) Only increase the regularity OR the intensity of your workout, never both at the same time. For example you have been running 5 kms 3 times a week – don't now run 6 kms 4 times a week – either run 6 kms 3 times a week OR run 5 kms 4 times a week

b) Plan the next transition: You start feeling fitter and stronger so the next time you are in the gym you really go for it and up every exercise's rep and weight – beware! Plan before you commence each session which exercise you are going to increase in intensity or regularity, and stick to your plan

c) Consult the coach: If you join a gym, make sure you take advantage of reassessments and reviews which should be part of your membership. If you are training by yourself try to find either a personal trainer or more experienced "athlete" who can offer a helpful guiding hand for your progressions