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## *Black Pearls*

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OUR BREASTS

## SELENIUM & CANCER

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## *Breast Cancer*

not just a women's disease

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## FABULOUS FOOD

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*athias*

# staying



# Fit & Healthy

HAVE YOU EVER WONDERED WHY SOME PEOPLE SEEM TO STAY EFFORTLESSLY IN TIP-TOP SHAPE, EXUDE ENERGY AND ARE ALWAYS FIT AND HEALTHY? IF YOU WANT TO KNOW SOME EASY TO IMPLEMENT, BUT EFFECTIVE, STRATEGIES FOR GETTING FIT AND HEALTHY, READ ON. WORDS: NALISHA PATEL

## IN THIS BUSY DAY AND AGE, WE

desire convenient and easy to manage routines that can slot into our lifestyles. For this a gym membership is not required.

Here are some simple ways to slot exercise routines into your life:

## WORK OUT AT HOME

Using low impact tools such as a Swissball, a pair of dumbbells and your own body weight, is all you require to start to shape up and get healthier. Many people appreciate the advantages of being able to workout anywhere by using just their body weight for resistance, or with low fuss equipment. This ensures that their routines are not so often interrupted and they maintain all the benefits that consistent workouts provide. Your own body weight or low resistance weights can do wonders for improving your overall body shape and health. It is so important to be doing resistance exercises. It will help to rev up your metabolism and ensure that you lose weight faster, increase your bone density and your overall energy and well-being.

## ACCIDENTAL OR SMALL 'BITES' OF EXERCISE

It is not necessary to work out for one hour at a time. In fact, doing your workouts in 'bite-size' chunks of 15 minutes or so can still improve your overall health and well-being. 'Bite-size' chunks of exercise also helps to boost your metabolism during the day.

By being as active as possible at any point during the day, can also improve your overall health. Aim for 45 minutes to an

hour of total activity each day. Do what you can and then adjust this if you feel you can manage more. By spreading exercise throughout the day, you are less likely to feel daunted or bored by the workouts and you may become motivated to do more!

## TEAM UP WITH A FRIEND OR PERSONAL TRAINER

One of the greatest benefits of having a friend or personal trainer is the accountability and motivation that they will provide. You are more likely to stick to workouts and goals if someone is working out with you, or you have sessions booked in advance.

Team up with someone whose goals matches your own and who can motivate you to get active. If you need the extra help in terms of what activities to do, seek out a professional to devise a programme for you and have them check up as you go along.

## MIX UP YOUR WORKOUTS


Variety is the spice of life! It is so important to enjoy your workouts. Anything that claims to be good for you but that you don't enjoy doing, will never work in the long term. Life is too short to settle, so sit down and think about what you like doing. Are you a social person? If so, buddy up with a friend or personal trainer and go for walks together. Pick scenic routes and explore your area. Or do you like to workout alone? Why not pop in an exercise DVD, or buy a mini rebounder and bounce your way to health. Change your workout frequently so that you continue to challenge your body and thus get better results.

## PLAN, PLAN, PLAN AND COMMIT

Schedule your workouts as an appointment and stick to them, no matter what pops up! Better yet, book a personal trainer so you do not cancel your workouts. We tend to put ourselves last because we think we can make up for it later on. If you can, work out in the morning so that you do not fall prey to other tasks later on in the day.

## REWARD YOURSELF WHEN YOU REACH EACH MILESTONE

Get yourself a calendar specially for your workouts. Mark off milestones, such as one, two and three months of working out since you started. Assign yourself rewards such as a massage, facial, new workout clothes or a desired item for each milestone. Reward yourself for your commitment to your workouts and healthy habits at each step, and this will motivate you to carry on.

Sometimes we complicate what we need to do to feel and look healthier. Feeling good requires getting to know yourself better in order to discover what you enjoy doing. The best advice in the world is no good if you cannot motivate yourself to do it. Experiment with your life and create the right formula that gets you moving and living healthy lifelong habits! 

Nalisha Patel, of HealthMastery, specialises in personal training in the home or office. HealthMastery offers 12 week challenges for health and fitness, weight-loss and a healthy mindset, nationwide. Phone 0508 742 736 or visit: [www.healthmastery.co.nz](http://www.healthmastery.co.nz)