



1st August 2011

# Greg's Ten Fabulous Fitness Tips

## Top Ten Fitness Tips

1. Get off the couch. Plan to exercise four times a week or three times at a slightly longer duration. A four section 20 minute workout is a good goal to start out for.
2. Interval training is the key to increasing your aerobic fitness and increased cardiovascular health. Increase you heart rate by doing steps or hills. Repeat several times with short recovery breaks in between.
3. Increase your muscle strength by gradually increasing your backpack weight. Try starting with a 5kg backpack and adding a half kilogram each week until you reach a maximum manageable weight. Try for a goal of 15kg.
4. Strengthen your core by doing back arches, abdominal and lateral crunches. We will leave this to your imagination. Any exercises that boosts the mid body area fitness will usually suffice. Don't hesitate to alternate your exercises.
5. Increase your mental toughness by walking and exercising in weather conditions that you would normally shy away from or not be accustomed to. Explore your strengths by pushing your personal envelope to a new level.
6. If you lack motivation then join a walking group, it also helps to make exercising fun. Walking with others who have a like-minded goal will assist you in reaching your own personal goal.
7. Stay hydrated by drinking adequate water, eat healthy foods and avoid tea and coffee. Keep alcohol to a minimum and always hydrate yourself at least an hour before exercise.
8. Improve your kinetic energy by focusing on a goal - keep positive about what you are doing and don't stray from your direction of achievement.
9. Always keep your goal in reach. Do not set a standard that may be unachievable. It is far more-easy, to have several small goals that reach your main goal than to have one goal that you cannot reach.
10. Take out a PhD in commonsense - If it hurts, know when to back off or rest. Injuries aren't worth it! Sometimes, we just have to go back to the couch for a rest.

And, don't forget to reward yourself for each achievement. ☺

