

1. Get up and GO!



Use this as a warm up for other activities or on its own to energise and mobilise the body, and feel great! If you need a shorter warm up just do the first 5 minutes.

- A** Start by marching on the spot for one minute and roll your shoulders back as you march.



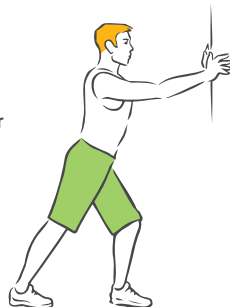
- B** Lift your knees up alternately for one minute. Touch your knee with the opposite hand and slightly rotate your upper body towards your lifted knee. Keep your back tall.



- C** Curl your legs back behind you for one minute, touching your heels with your hands.



- D** Extend one leg behind you with your heel on the ground. Bend your front leg then and lift and lower your back heel making sure it touches the ground each time. Feel the back of your leg lengthening. Repeat 15 times and change legs.



- E** Reach one arm up and stretch towards the ceiling. Focus on the lengthening feeling down your side from the ribs to the hips. Repeat 5 times on each side.

Repeat from the start and try to make each movement bigger by reaching more and lifting higher.

ALSO TRY: MODERATE-PACED WALKING, SLOW STEADY SWIMMING, SLOW STAIR CLIMBING AND KEEP FIT CLASSES

How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

