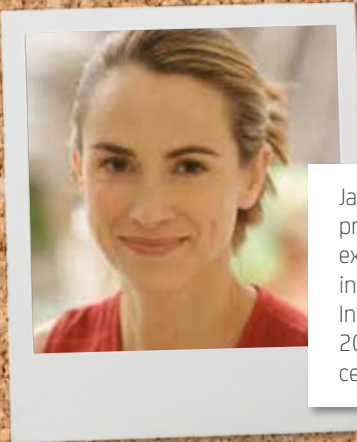




Let's get physical

In this section you'll find 15 simple and fun 10 minute workouts. You can do them on their own or group them together to create longer workouts. Try to do a minimum of 150 minutes per week – it's easier than you think! The workouts are colour-coded — blue, green, red and yellow — to indicate their 'activity zone'. Each activity zone works the body in a different way.



Jane Wake is one of the most respected fitness professionals in the UK, with over 22 years experience. She has a Masters in Science, a degree in Sports Management, and was voted by The Independent newspaper as the No 1 Fitness expert in 2003. Her client list spans many top-level athletes, celebrities and blue chip companies.

Activity zones



BLUE – This is moderate cardiovascular exercise. It’s the type of activity we should do more of than anything else. It includes movement often called ‘daily active living’ or ADL, such as walking to the shops, doing the housework, gardening etc. If you’re new to exercise or have a number of health concerns, this is going to be your focus. Research shows that individuals who maintain high levels of ADL tend to be more active in the other categories below, so even if you are fit and active you should still aim to keep on the move as much as possible.

Also in this category you will find lower intensity recreational and sport activities. Maintaining a daily base of BLUE activities will help to improve your heart health and lower cholesterol. Regularity is the key, so aim to find things you can access easily and maintain on a daily basis.

How to know you are in the BLUE zone: You should feel slightly out of breath but still able to talk comfortably.



GREEN - This is strength building for muscles and bones. As well as improving your bone health and slowing the degenerative process that can lead to osteoporosis, it will increase the amount of muscle in your body. This will make you stronger and help you to perform BLUE and RED zone activities better. It will also have a long-term effect on your metabolism, increasing the rate at which you burn calories. This is most important for maintaining weight loss and keeping your cholesterol levels healthy.

Strength or toning exercises are effective when you feel muscles tire within a couple of minutes. This is usually felt when lifting, pushing, pulling or carrying a weight. The weight can be your own body weight, such as press up or lifting yourself out of a chair, or it can be using a tool such as weights, bands or machines in a gym. Carrying any object, like shopping bags and children also count! For all these activities you need to think about your posture, and how to lift and carry safely.

How to know you are in the GREEN zone:

You should feel muscles starting to tire with 8 - 20 lifts or after holding for 20 – 100 seconds, without feeling pain in your back or joints.





RED - This is the hardest activity zone and only suitable if you are already doing lots of BLUE activity. However it is really beneficial for lowering cholesterol so aim to get as fit as you can and move onto RED activities by your third week. You must however make sure you have permission from your doctor before you attempt RED activities or be in good health and used to doing exercise. This zone is also known as 'vigorous activity' and will work your heart and lungs, get you into a sweat and put you on an exercise high!

How to know you are in the RED zone:

Your breathing and heart rate will be elevated. You should feel hot and sweaty and only be able to talk for 1 – 3 sentences.



YELLOW – This is the most under-rated activity zone and one we should all do more of. It includes activities that help to centre our mind and body. As we age we can lose more than 50% of mobility around our joints. This can lead to health concerns and deterioration in our quality of life. Increasing inner strength also helps with balance and can prevent falls. This zone can have a huge effect on our heart health and cholesterol levels by helping to reduce stress and stay on the move.

How to know you are in the YELLOW

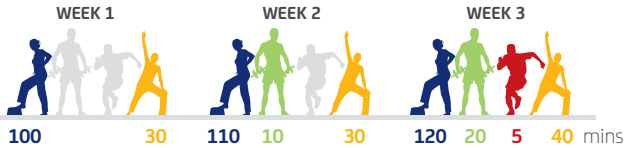
zone: Your mind should feel focused, breathing should be relaxed and your body should feel lengthened but strong.

What activity zone is right for me?

While it's important to set yourself targets, you should only do activity to suit your level of fitness. Choose which category best describes you:

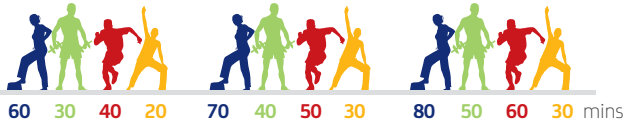
"I can't remember the last time I exercised."

This is all new to you and you do very little or no activity.



"I do exercise... a bit."

You are used to doing some activity but average less than 150 minutes per week.



"I consider myself an exerciser!"

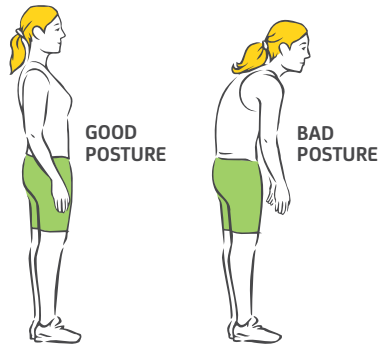
You are already doing at least 150 minutes of activity every week.



Before you start

To get the most out of this programme make sure you read ‘How to exercise safely’ on page 95. It’s also important to be aware of your posture and breathing when exercising. Always stand, sit or lie on the floor with a tall spine – this is where you have a small curve in your lower back and neck areas. For good posture, always make sure you are lifting up from your pelvis without slumping. Pull in your abdomen and draw your shoulder blades down the back of your rib cage while keeping your chest level (don’t stick it out!) Tuck your chin under. Keep reminding yourself to think of your posture as you exercise. Breathe as deeply, slowly and naturally as you can.

If your breathing is getting faster, slow it down by taking longer breaths and focus on relaxing as you breathe out. Always breathe out when you are pushing, pulling or exerting yourself in GREEN zone exercises.



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.



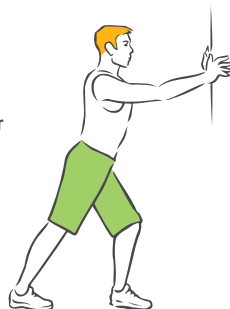
- B** Lift your knees up alternately for one minute. Touch your knee with the opposite hand and slightly rotate your upper body towards your lifted knee. Keep your back tall.



- 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

2. The Energiser

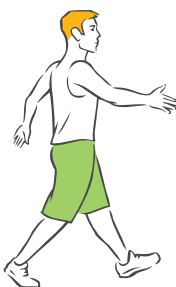


This is a simple cardiovascular routine you can do at home or in the park. It's suitable for anyone.

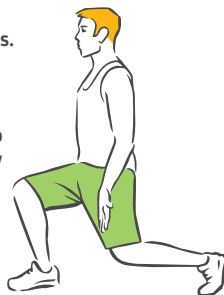
- A** Start by walking or marching on the spot for 2 minutes. Clap your hands alternately in front of your chest and behind your back while you march, to warm up your upper body.



- B** Slow your movements down and start to take big steps forward, alternating each leg. If you're at home, take a step forward and then step back and repeat on the other side. If you're in the park, continue to step forward.



- C** Turn your big step into a lunge, keeping your feet parallel. Step forward, hold, bend at both knees, roll through your front foot – heel to toe, and lower your body vertically to the ground. Your back knee, hips and torso should be in one vertical line. Keep your back tall and push through your front heel to lift, extending your leg and squeezing through your buttocks. Repeat for 4 – 10 lunges on each leg. The lower you lunge the harder it is. Try to maintain an intensity where you feel you can still talk.



- D** March on the spot or walk for another minute. Aim to work harder than your first walk.

- E** Now turn sideways for the 'crab walk'! Take a wide step with your right foot, and squat back with your weight in your heels. Lift up and step your feet together, now squat again with your feet together, weight into your heels, then lift. If you're in the park take another wide step to your right, or if you're at home take a step to your left. Continue either alternating between right and left or staying on the right and change to lead with the left leg half way through. Aim to do 20 squats (stepping out with each foot 10 times). Keep checking your posture and focus on pulling your tummy in.



- F** Walk or march on the spot for one minute.

Go back and repeat steps 'b' to 'f' to complete a 10 minute workout.

ALSO TRY: WALKING, GARDENING, HOUSEWORK, RECREATIONAL SWIMMING, BIKING AND BOWLING

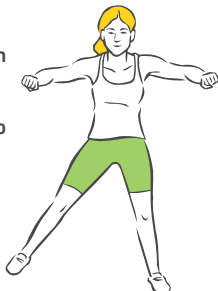
3. The Easy Cardio Circuit



A Start by marching on the spot to warm up, rolling your shoulders back as you march. Do this for 2 minutes.



B Tap your toes out to the side, right then left, keeping your heel off the ground. Take your arms out to the side at shoulder height while you do this ('jumping jack' arms). Repeat for one minute.



C March on the spot again but this time take a step forward and back as you march. Visualise a big square in front of you. Step forward into the far corners of the square and back into the near corners. Repeat for one minute.



D Squat to the right, stepping on the right, stepping out wide and bending your knees. Keep your weight into your heels and your back tall. Lift back up and repeat to the left. Keep alternating right and left for one minute.



E Lunge back on both the right and left sides by tapping your toes behind you and keeping your heel off the ground. Extend your arms in front to shoulder height as your toes tap back. Make your movements as big as you can.



Go back to 'b' and repeat each move for a 10 minute workout.

ALSO TRY: EASY OR BEGINNER WORKOUT DVDS AND GENTLE AEROBICS ROUTINES

4. The TV workout!

Exercises you can do in front of the TV



A TV SQUATS

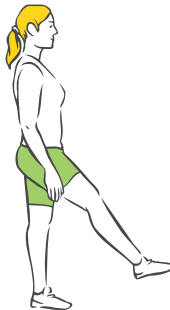
Sitting in front of the TV on your sofa or armchair, move forward to the edge of your seat. Sit tall with your feet flat on the floor hip width apart, with your weight into your heels and knees in line with your ankles. How hard this is will depend on how low your seat is! Use your hands to help you lift but push your weight through your heels and legs.



As you stand up tall, focus on pulling in your tummy muscles, squeeze your buttocks and push your hips forward until your legs are straight and your buttocks are completely squeezed. Next lower back down the way you came but don't sit down completely. Hover 4 – 10 inches from your seat and then repeat the move. Start by doing 4 squats and add a squat each time you do this workout until you can do 20 squats!

B STANDING BALANCE

Stay standing after your squats. Think about your posture and connect to your core muscles. Pull up through your pelvic floor - imagine drawing your pubic bone and tailbone together and pulling them up inside you. You'll know if you're doing it right if your tummy naturally comes in as you do this. This inner strength will now help you to stay more balanced as you try to peel one foot off the floor. If you feel unstable, go behind your chair and use the back of the chair as a support. To keep your hips completely balanced, imagine a



stake running from one hip to the other. Try taking your foot behind you and squeezing your bottom! Hold for as long as you can balance and change legs.

C THE DUMB WAITER

Sitting tall and on the edge of your seat (see posture tips) place your hands in front of your waist, your arms at right angles as if carrying a tray in your hands. Keep your elbows locked into the ribs, part the hands and squeeze the shoulder blades together, keeping them lowered down the back of the rib cage. Connect to your core muscles (see 'standing balance' above) as you do this. Hold for a few seconds, release and repeat 8 – 12 times.



D THE HIP AND BACK STRETCH

Sitting tall on the edge of your seat, cross your right leg over your left. Turn your torso towards your right, placing your left hand on the outside of your right thigh. Keeping a tall posture, gently press your right thigh to the left with your left hand, and try to rotate gently further to the right with your upper body. Keep your hips facing square to the front. Take deep breaths, hold the twist for 30 – 60 seconds and then change sides.



Go back and repeat each exercise for a 10 minute workout.

ALSO TRY: KEEP FIT CLASSES, PILATES, CHAIR FITNESS CLASSES, GENTLE CIRCUIT TRAINING AND GENTLE TONING WORKOUTS

5. The Intense Cardio Circuit



You will need a platform such as a step or bench 8 – 12 inches high, or you can use the bottom rung of a staircase or step in your home. The higher it is the harder your exercise will be so start off low and progress! Do the following exercises in successions.

REMEMBER: Before doing RED workouts you must warm up for a minimum of 5 minutes. Try the 'Get up and GO!' workout. You must also cool down and stretch out, so follow any one of our YELLOW zone workouts for a minimum of 4 minutes after this exercise.

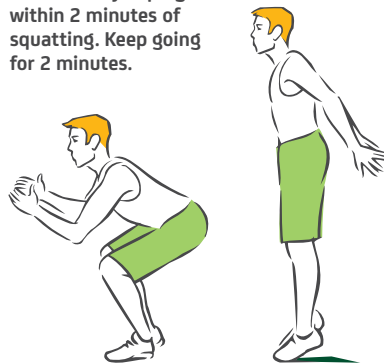
A STEP UPS

Stand close to your step/bench. Run up onto the step, right foot then left, and step back down. Aim to run up fast and step down with a little more control, so it's run up right, left, step down right, left and repeat. The faster and higher you go the harder it will be. Always make sure the whole of your foot is going onto the step. Keep your back tall and try to look straight ahead. Repeat for one minute then change leading legs so you're running up left, right, and stepping down, left right.



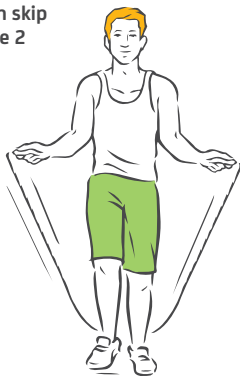
B SQUAT JUMPS

Standing with your feet a little wider than hip width apart, squat back with your weight into your heels, and with back tall (see posture tips on page 77). Bring your arms forward as you squat back, pulling them back by your sides as you stand tall. Start to increase the pace of your squat and add a jump as you lift up out of your squat to stand tall. Squat back down and jump up as many times as you can (try 4 to begin with and build up). Go back to a squat when your muscles are tired. Aim to do 3 lots of jumping within 2 minutes of squatting. Keep going for 2 minutes.



C SKIPPING

You can use a skipping rope or just simulate the action. Place your right heel in front with toes off the ground. Now lift your right knee up and hop as you transfer your weight onto your right foot, placing your left heel in front. Hop to switch again. Repeat the action right to left for 2 minutes. Aim to keep your hands by your side, rotating your forearms as if turning a rope. Keep moving and try to skip for at least 30 seconds within a 2 minute period. Build from there until you can skip for the entire 2 minutes.

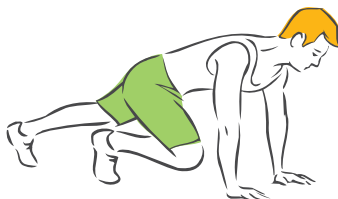
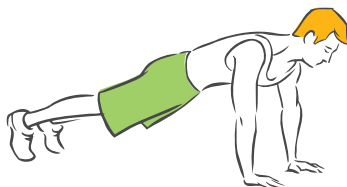


ALSO TRY: 'STRENGTH AND TONING FOR EVERYONE', GYM WORKOUTS, INTERVAL WORKOUTS, SPINNING AND CYCLING CLASSES

D MOUNTAIN CLIMBER

Place your hands onto your step or bench. You can even use a very sturdy footstool or coffee table for this. Make sure your back is tall (see posture tips), your legs extended and that your shoulders are drawn down away from your ears (think of a press up position). It's important to work your tummy muscles here so your back doesn't sag. Bring your right knee up to your chest, foot off the floor. Now jump to switch legs so that your left foot is up to your chest and off the floor, right leg extended behind you, ball of the foot on the floor. You may find to begin with that you can only bring your knee up to your hips. Aim to increase the range and the speed as you get fitter.

To make it even harder, work with your hands on the floor. Start with 10 – 20 second bursts within a 2 minute period, and increase gradually until you can keep going for the entire 2 minutes.



Go back and repeat each exercise for one minute.

6. The Strength and Cardio Circuit



For this workout you will need a platform such as a step or bench 8 – 12 inches high, or you can use the bottom rung of a staircase or step in your home. The higher it is the harder your exercise will be so start off low and progress! You also need a weighted ball (2 – 10 kg) or use a football if you don't have one. If that's too easy, use any weighted object you can hold close to your torso – a sack of spuds is ideal! Do the following exercises in succession.

REMEMBER: Before doing RED and GREEN workouts you must warm up for a minimum of 5 minutes. Try the 'Get up and GO!' workout. You must also cool down and stretch out. Follow any one of our YELLOW zone workouts for a minimum of 4 minutes after this exercise.

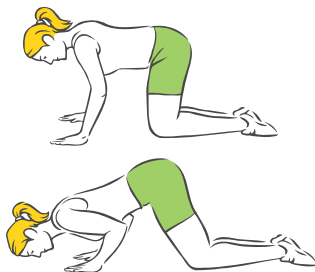
A STEP, RUN OR JUMP UPS

Stand close to your step/bench. Run or step up onto the step, right foot then left and step back down. Aim to step/run up fast and step down with a little more control. So it's step/run up right, left, step down right left and repeat. The faster and higher you go, the harder it will be. Always make sure the whole of your foot is going onto the step. Keep your back tall and try to look straight ahead. Repeat for one minute then change leading legs so that you're running up left, right, stepping down, left right. For a harder variation try jumping up and landing in a squat on top of the step and stepping down.



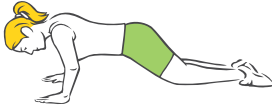
B THE PRESS AND LEG PULL

Go onto your hands and knees, hands underneath shoulders in a narrow press up position, knees just behind hips. Aim to tuck your elbows in and draw your shoulder blades back and down. Lower into a press up position being careful not to sag your back or hunch your shoulders.

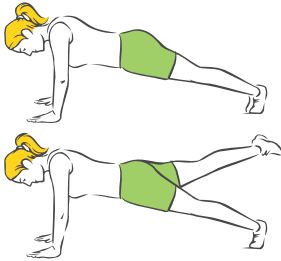


Press back up (keep your back still) and slide one leg out from underneath you and extend, squeezing your bottom. Be careful that you don't lean onto the opposite hip as you extend the leg – your hips must remain level. Return the leg and go into another press up, repeating the movement until you have done 3 – 6 on each leg.

If you find this easy try doing the press up with your knees slightly further back.



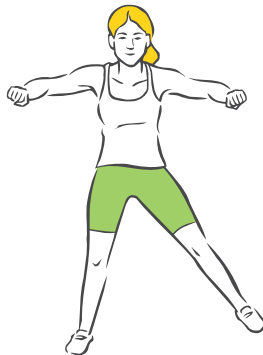
If you find that easy too try doing in a full press up position. You must however maintain your core strength, i.e. shoulders, abs, pelvic floor lifted throughout and make sure your back doesn't sag.



C LUNGE OR JUMP JACKS

Starting with your feet together, step out wide to the right and bring your arms out to the side in a jumping jack action. Your heel should be off the ground. Come back to the starting position and repeat on the other side. Keep repeating, going as fast as you can while getting full extension on the legs.

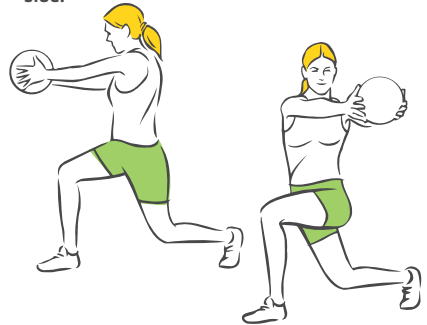
If you would like to work harder, jump both feet out in a jumping jack action, return to the start and repeat for one minute.



D LUNGES WITH WAIST TWIST

Start with your ball or weighted object in front and next to your chest, arms bent, and hands on either side to grip the ball/object. Feet should be hip width apart. Pay particular attention to posture here, keeping your shoulders blades drawn back and down.

Step forward with your right foot until your left heel is off the ground. Keeping your weight centred on the ball of your left foot and the heel of your right, bend slightly at both knees to lower your torso vertically to the ground. Rotate your upper body (with the ball) to the right. Return to centre, step back and repeat on the left side.



For a harder version, extend your arms out in front and lower into a deeper lunge position with your knees bent at 90 degrees. Repeat alternating right to left for 5 – 10 lunges on each side.

Repeat 'a' to 'd' for a 10 minute workout.

ALSO TRY: RUNNING AND WALKING STRENGTH CIRCUIT', CIRCUIT CLASSES, TEAM AND RACQUET SPORTS, GYM WORKOUTS AND COMBAT STYLE CLASSES

7. The Running and Walking Strength Circuit



This is a great way to add variety to your walk or run, plus adding strength exercises gives better all round fitness.

A To warm up, start by walking or jogging very gently. If you haven't run before, start this at a walking pace. Add in 20 - 30 seconds of running as you start to get fitter. Also try some mobilising exercises to give you a more thorough warm up, e.g. as you are walking try coming up onto your toes and down onto your heels, lifting your knees, and curling your legs back to bring your heels to your bottom. Do 10 of each movement and repeat. Finally swing your arms back and forth. Warm up for a minimum of 5 minutes.

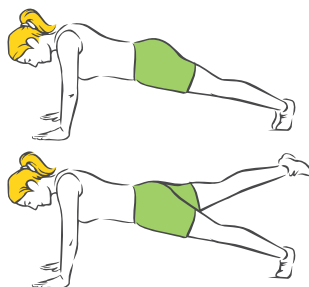
B Pick up the pace by walking briskly or going into a run. Walk or run for 2 minutes.

C Find a bench, low wall or step and do some slow step ups. Aim for a bench that's 10 or more inches high or go up two steps at a time. Go very slowly, making sure you stand up tall and keep the whole of your foot on the step (see step up tips in 'Intense Cardio Workout'). Repeat 15 - 20 steps on each foot.



D Walk or run for a further 2 minutes.

E Find another bench or low wall. Place your hands on the wall or bench, and perform a 'press and leg pull' as described in 'Strength and Cardio Circuit'.



You can do the harder version of this exercise with your knees off the ground. The step or bench makes it easier to manage. If you find it too easy, work on a lower bench or on the ground. Repeat 6 - 12 press ups and 3 - 6 leg pulls on each side.

Repeat steps 'b' to 'e' for a 10 minute workout. Remember to stretch out afterwards by following one of the YELLOW zone workouts.

ALSO TRY: 'STRENGTH AND CARDIO CIRCUIT', CIRCUIT CLASSES, TEAM AND RACQUET SPORTS, GYM WORKOUTS AND COMBAT CLASSES

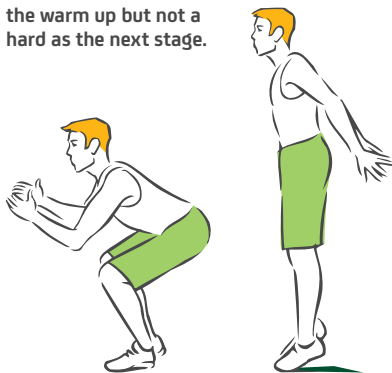
8. The Interval Session



REMEMBER: Before doing RED workouts you must warm up for a minimum of 5 minutes. Try the 'Get Up and GO!' workout. You must also cool down and stretch out, so follow any one of our YELLOW zone workouts for a minimum of 4 minutes after you've finished.

First choose one or two intense cardio exercises. These can be fast steps ups, skipping, squat jumps or jumping jacks. (See 'Intense Cardio and Strength exercises.')

- A** After your warm up do your first chosen cardio exercise for one minute at an easy pace, i.e. step up slowly or squat without the jumps in the squat jump. This pace should be harder than the warm up but not as hard as the next stage.



- B** Continue now with your first chosen cardio exercise but really up the pace for 30 seconds. Go as hard as you can ensuring you're using the correct technique and can keep going for the entire burst.

- C** Go back to a slow pace, e.g. slow step ups or squats. It's important during this phase that you recover from the phase before, so slow down as much as you can to feel your breathing relax. You should aim to work at a pace where your breathing recovers after 30 seconds. You may need to do this a few times to find the right intensity.

- D** Now go as hard as you can for 30 seconds using your second chosen cardio activity.

- E** Lower the intensity now and recover with slow step ups, squats or simply walk around.

- F** Go back and repeat steps 'b' to 'e' 3 – 5 times. The more you do this workout, the more efficient you will be and the more rounds you can fit into your 10 minutes - so keep going!

ALSO TRY: 'STRENGTH AND CARDIO CIRCUIT', SPINNING CLASSES, HITT TRAINING CLASSES, RUNNING AND SWIMMING INTERVALS

9. The Stair Climbing Workout



Turn your staircase into a gym with this 10 minute workout.

A To warm up, start by going up and down your staircase slowly 3 - 5 times (aim for 30 - 40 stair climbs).

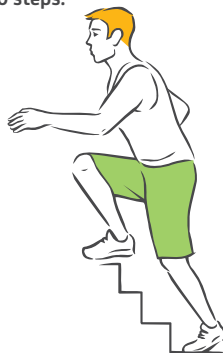


B Repeat the 30 - 40 steps but pick up the pace. Be mindful of each step you take and think about your posture. You should feel your heart rate going up and your breathing increase.

C Now take two steps at a time. Make sure your whole foot goes onto the step and push through your heels to lift up tall. Pause for a second at the top of your lift, squeeze your bottom and think about pulling in your tummy. Again focus on your posture and try to do this without holding onto the rail. Use your core muscles to help you balance - have your back tall, tummy in and shoulders down. Run back down and repeat. If this feels easy try taking 3 steps at a time.



D Now run up the stairs as fast as you can, go back down and repeat for 30 - 40 steps.



Repeat steps 'b' to 'e' to for a 10 minute workout.

ALSO TRY: 'STRENGTH AND TONING FOR EVERYONE', GYM WORKOUTS, INTERVAL WORKOUTS, SPINNING AND CYCLING CLASSES

10. Strength and Tone for Everyone



This is an easy way to add some simple strength and toning exercises into your daily regime. You can use a weight (2 – 10 kg) for some of the exercises but if you don't have one use a bag of spuds instead! Go through each exercise in succession.

A WIDE SQUATS

Stand with your feet wider than hip width apart and your feet turned out at 90 degrees. Keeping your weight into your heels, back tall and tummy pulled in, slowly lower into a squat position with your bottom going back and down behind you. Check your back posture in a mirror as you do this. Lower down as far as you are comfortable, without going lower than 90 degrees at the knee joint. Hold your low position, pull your tummy in, check your back is in a tall position and lift back up by pushing through your heels and squeezing your inner thighs and bum.

Lower and repeat 8 – 20 times. To make it harder, try holding a weighted object in front of your chest in both hands. Make sure you keep your back upright and shoulders drawn back and down.

B NARROW PRESS UPS

In a kneeling position, hands underneath your shoulders, knees in line with hips, bend at the elbows keeping your elbows tucked into your sides – imagine holding a ruler underneath each armpit! Lower your nose to the floor in front of your fingertips. Lift, focusing on squeezing through the backs of your arms and repeat. For a harder version take your knees behind your hips or if you're feeling really strong you can take your knees off the floor and rest on the balls of your feet. Be careful your back doesn't sag.



C LUNGES

If you are new to exercise or have any issues with your knees, do this exercise first holding onto a sturdy support, such as the back of a chair. Start with your feet hip distance apart. Step back with your right foot keeping the ball of the foot in contact with the ground, heel off the ground. Keep your weight centred onto the ball of your right foot and the heel of your left, bend slightly at both knees to lower your torso vertically to the ground. Lift back up and repeat 6 – 10 times on each leg. Deepen the lunge action to increase the intensity. If you want to work even harder, hold your weighted object close to your chest.

D ABDOMINAL BRACE

Kneel on your hands and knees, with hands directly underneath your shoulders and knees in line with hips. Make sure your back is in a neutral line and tuck your elbows in and have them slightly bent. Your body weight should be forward so your eye level is above your fingertips.

Curl your toes under to rest the back of your toes on the floor. Slowly lift both knees off the floor. Keeping your back still and your tummy pulled in tight. Focus on a deep feeling in your tummy and pelvic floor. If you find this hard, immediately lower back down. Build up to hold it for 30 seconds. Lower and repeat 3 – 4 times. For a harder version try extending one leg.

Repeat exercises 'a' to 'd' to complete your 10 minute workout

ALSO TRY: BODY PUMP CLASSES, FITBALL CLASSES AND GYM WORKOUTS

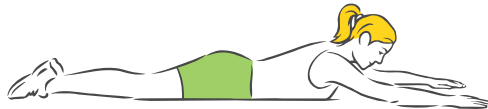
11. The ‘In Bed’ Workout or the ‘Getting Up’ Routine



This is a great way to wake up and make good use of time. Just think, instead of lying there wasting 10 minutes thinking about getting up, you can complete an entire exercise routine! You don't need to warm up specifically for this but make sure you do the exercises in the order shown.

A Start off with ‘child’s pose’. This is a lovely way to release tension in your back which can often develop after a bad nights sleep. Turn onto your side then onto your hands and knees. Slowly sit your weight back towards your heels resting your chest on your thighs, forehead on the bed. If you feel discomfort in your knees, place a pillow under the back of your knees. You can also use a pillow under your forehead. Take some deep breaths, relaxing your arms by your side. Focus on your breathing and the rise and fall of your rib cage into your thighs. Hold and relax for 10 slow breaths.

B Now do a back lengthening and strengthening exercise we call the ‘superman’! Lie flat on your tummy, arms extended overhead and legs straight. Look down onto your bed (you may wish to rest your forehead on the edge of a pillow) and make sure the back of your neck stays lengthened. Take a breath and as you breathe out, lift your belly away from the bed and then slowly lift your right hand and your left leg off the bed. Focus on length in your limbs rather than trying to lift up high – imagine your arm being pulled in one direction and your leg in the other. Hold up for as long as you can breathe out and change sides. Repeat 5 – 7 times on each side.

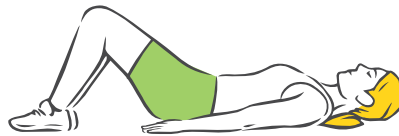


- C** Now turn over and lie on your back for the 'bridge' exercise. This will work your inner core muscles, abdominals and backside. Adopt good lying posture - you should feel your tailbone on the bed, with a small hollow in your lower back and eyes looking directly above you. Take some deep breaths and as you exhale, pull up through your pelvic floor and hollow your tummy. Imagine your tailbone and pubic bone drawing together and lifting up inside you.



Do this 2 - 4 times focusing on your inner strength. Next move up into the bridge by curling your tailbone up and off the bed, pressing the small of your back into the bed and gradually peeling your spine up, one vertebra at a time. Lift as high as you feel comfortable, keeping your bum squeezed, your tailbone tucked and your abs scooped in. Lower back down one vertebra at a time, if you can. For a harder version, hold the up position and squeeze your bum for 2 breaths and lower. Repeat 4 - 10 times.

- D** Next try an 'abdominal curl'. With your body in the same position as left, take your hands back behind your head and lift your head, neck and shoulders off the bed. Hold and relax your head back into your hands. Your head should feel heavy and your neck relaxed. Take a deep breath and as you exhale, lift up higher into your curl by bringing your rib cage in towards your belly button. Lower to the first lifted position and repeat 8 - 20 times.



- E** Now turn onto your side and sit up on the edge of your bed with your feet on the floor. Lift your right arm up towards the ceiling. Focus on pulling your tummy in as you reach your arm up to feel a stretch going down the side of your torso. Repeat 2 - 4 times on each side.

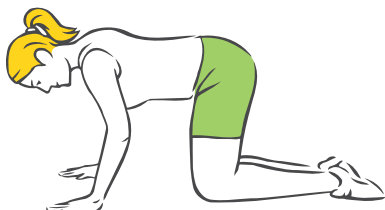
ALSO TRY: PILATES, YOGA, STRETCH AND RELAXATION WORKOUTS

12. Pilates and Back Care



The following exercises are designed to release stress in the back, neck, shoulders and hips while also strengthening core muscles to help support your spine and relieve back pain. If you find it difficult to get down to the floor you can do this routine lying on your bed instead. You will need a towel, mat or soft carpet to exercise on. You may also need extra padding, such as a towel or cushion to place under your knees.

- A** Start on your hands and knees - knees in line with hips, hands in line with shoulders. Make sure your spine is in a neutral position (with small natural curves in the lower back and neck areas). To ensure your back is in the right position, keep your eye level looking at the floor in front of your fingertips and your tailbone slightly lifted.



In this position try to connect to your deep core muscles – these are the ones that sit close to your spine, around your shoulder blades, around your middle and the base of your pelvis.

Start with the base – this is your pelvic floor. Pull this muscle up inside you by imagining drawing your pubic bone and tailbone together. It's important NOT to move the spine as you do this. Keep your spine long and focus on a feeling of drawing up on the inside. Next, focus on your middle by gently drawing your belly button back towards

your spine. Again this should be done without your spine moving. Finally focus on sliding your shoulder blades down and into the back of your rib cage. Take 4 – 8 deep breaths, focusing on your pelvic floor, deep abdominals and shoulder blade muscles.

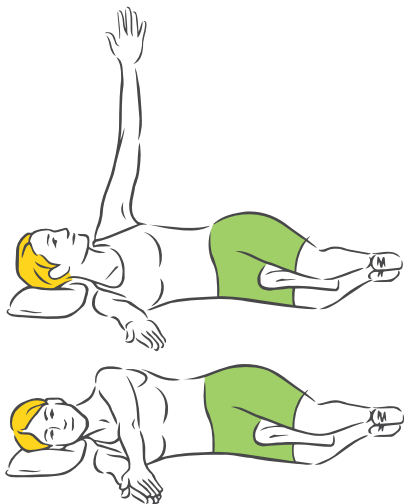
- B** Now arch up to do a 'cat stretch'. Slowly lift the mid point of your spine up towards the ceiling. When you have gone as far as you can with your head and tail tucked under, slowly sit your weight back towards your heels to feel a stretch in your lower back. Only move as far as you are comfortable. Hold this position for 2 – 4 breaths and lift back up.



- C** Now cross your left foot over the right (making sure your knees feel ok) and slowly sit back as in step 'b' but this time with your weight going back towards your left. Lift back up, change legs and repeat slowly to the right side.

Repeat steps 'a', 'b' and 'c'.

D Lie on your right side with a cushion under your head and a cushion or towel between your knees. Your knees are bent and in front, heels in line with your bottom, hips stacked one on top of the other. Extend your arms out in front in line with your shoulders, left hand on top of your right. Take a deep breath and as you exhale connect to your core (see step 'a') and very slowly lift your left hand away from your right. Keep lifting, following your arm with your eyes so that your neck rotates with the movement of your arm. Aim to keep your hips still, core muscles connected. You should start to feel a stretch in your chest as your arm lifts behind you. Repeat 5 times.



E Lie on your back to perform the 'bridge' move. You should feel your tailbone on the floor, with a small hollow in your lower back and eyes looking directly above you. Take some deep breaths and as you exhale, pull up through your pelvic floor and hollow your tummy. Imagine your tailbone and pubic bone drawing together and lifting up inside you. Do this 2 - 4 times focusing on your inner strength.



Next move up into the bridge by curling your tailbone up and off the floor, pressing the small of your back into the floor and gradually peeling up your spine, one vertebra at a time. Lift as high as you feel comfortable, keeping your bum squeezed, your tailbone tucked and your abs scooped in. Lower back down to the floor, one vertebra at a time if you can. For a harder version, hold the up position and squeeze your bum for 2 breaths, lower and repeat 4 - 10 times.

Repeat step 'd' lying on your left side.

ALSO TRY: PILATES, YOGA AND TAI CHI

13. Extended Stretch and Relaxation



The following exercises are designed to release stress, and relax and lengthen your body. If you find it difficult to get down to the floor you can do this routine lying on your bed instead. You may need a towel to help with some of the stretches.

- A** Lie on the floor with your legs in a position that feels comfortable for your back (either straight or knees bent with feet on the floor). Focus on your breathing. Feel your rib cage rise and expand as you breathe in, and release and lower as you breathe out. Aim to increase the length of time you breathe out so your breathing becomes slow, deep and relaxed. To slow down your exhale, try breathing out through your nose. Relax into the floor as you breathe out. Do this for at least 6 breaths.
- B** Bend your knees and place your feet and knees together. Place your hands palm up at a 45 degree angle away from the side of your body. Imagine your knees are currently pointing at 12 o'clock on a clock face. Keeping your knees and feet together, slowly move your knees over to quarter past the hour. Take another breath to slowly move your knees back to centre, then move them over to quarter to the hour on a clock face. Repeat 4 – 5 times each side, gradually increasing the movement. On your final move hold both knees over to one side, feeling a stretch through your back and waist. Hold for 30 – 40 seconds and repeat on the other side.
- C** Now hug your knees into your chest. If you have difficulty with this do one knee at a time. Try to rock gently side to side 10 times and move your knees in circles - 10 times clockwise and 10 times anticlockwise.
- D** Keeping your right knee into your chest, place your left foot on the floor and put your towel around your right foot. Extend your right foot up towards the ceiling to release and stretch down the back of your right leg. Try to extend your left leg along the floor. Take deep breaths as you do this and gently lengthen your leg by drawing your toes towards your shin and heel up to the ceiling. Hold for one minute then change legs.
- E** Turn over to lie on your tummy and rest your forehead on your right hand. Bend your left knee and try to hold onto your foot with your left hand, to stretch out the front of your thigh. If you can't reach, use your towel around your foot and hold onto that instead. Focus on pressing your hips into the floor and pulling your tummy in. Take deep breaths and hold for one minute then change sides.
- F** Lift up onto your hands and knees and then relax your bottom back towards your heels. Hands outstretched on the floor in front of you in a praying position. Hold and relax focusing on your breath for 1 – 2 minutes.

ALSO TRY: YOGA, PILATES AND MEDITATION CLASSES



14. Tai Chi Inspired Balance Workout



This workout is all about balance and control. While it's not possible to teach the subtlety of tai chi movements in this handbook, the premise of this workout is tai chi inspired and will give you very similar benefits. If you like this workout then you really should go and try some tai chi classes – they are excellent for giving you balance, centring your mind and body, and make you feel strong!

- A** Stand with your feet a little more than hip distance apart. Feel your weight into the ball and heel of your feet. Gently rock from the heel to the ball to centre yourself between the two.
- B** Lift up tall out of your torso (see posture tips). Take some deep breaths, focusing on the rise and fall of your chest. Aim to relax your body while staying tall.
- C** Focus on your inner strength. Connecting to your core muscles helps you find this inner strength and will also help you to balance. Working from your feet, think of a line of strength that comes up through your inner thigh and pelvic floor. Imagine drawing your pubic bone and tail bone together and up inside. Keep drawing up through this line of strength as you breathe out. Feel your tummy come in and your diaphragm relax. View this inner strength as your energy or lifeline – your 'chi'. Think of this energy as flowing and gentle but strong. Use this feeling throughout the sequence.
- D** Look straight ahead but imagine your head is weightless. Sliding your shoulders down, create length from your ears to your shoulders and through your neck.
- E** Take another breath and as you breathe in lift your arms up, turning your thumbs out and palms up. Do this in a relaxed way as if your arms are floating weightless. Keep your shoulders relaxed. Lower the arms, thumbs turned back in as your breath out.
- F** As your arms lower, slowly sink your weight into your heels, bending slightly at the knees. Keep your back tall and core connected. Repeat 6 times.
- G** Breathe and lift again as in step 'e' but this time start to peel your right foot off the floor. As your right foot lifts, turn your left hand with palm down over your right as if holding a ball. Imagine this ball as a large delicate egg. Hold and balance with your right foot lifted, and focus on keeping the ball still for 6 breaths.
- H** Now move your hands and body to your right, stepping out with your right foot to the side and facing right. Bring your arms forward in a slow sweeping action, stroking your left hand like a feather, palm down to your side, while your right hand, palm facing in, lifts up in the opposite direction. Continue this movement until your left leg is straight and your right knee bent and out to the side. Hold for a stretch on your left leg for 6 breaths.
- I** Slowly bring your weight back into your left leg, bending your left knee and lifting your right foot off the floor. Hold and balance as you slowly bring your hands back to holding your ball, right hand over left. Hold for 6 breaths.
- J** Relax your hands by your side and then return to step 'h' to repeat the sequence on the opposite side.

**ALSO TRY: YOGA, PILATES
AND MEDITATION CLASSES**

15. The Cool Down Session



This is ideal at the end of a longer workout or can be done on its own. If you have already been working out, lower your intensity by walking around the room for 2 - 3 minutes or do your workout at a much easier pace. Alternatively, do a couple of exercises from the 'Get Up and GO!' workout. Aim to gradually slow your pace and relax.

Now do the following stretches holding each one for 45 seconds. Take deep slow breaths and try to relax and hold your core muscles (see posture tips on page 73 and Pilates and Back Care on page 88).

A CALF STRETCH

Lean against a wall with your arms outstretched in front, right leg bent in front and left leg straight behind you. Lean into the stretch and push your hips forward. You should be forming a straight line from your shoulder to your heel. Feel a stretch from the back of your left knee down to your ankle. Hold and change legs.

B FRONT THIGH STRETCH

Place your right hand on a wall or chair for support. Bend your left leg and hold onto your ankle behind you. If you can't reach, hold onto the back of your shoe or simply rest your lower leg on a chair with your leg bent in the same position. Push your hips forward and lift up your tummy. Hold and change sides.

C BACK OF THIGH STRETCH

Stretch your left leg out in front of you, resting your heel on the floor or a low stool/chair. Lean forward with a tall back, maintaining a neutral spine and rest your hands on your knees. Pull your tummy in and push your bottom back to feel a stretch in the back of your left thigh. Hold and change sides.

D BUM STRETCH

Hold onto a sturdy support – the kitchen sink is ideal! Cross your left ankle over your right thigh with your knee out to the side. Sit back into a squat position, keeping your back tall and tummy in. Feel a stretch deep into your bum. Hold and change sides.

E BACK STRETCH

Go into a half squat position, bending at the knees slightly, bottom back, hands on thighs. Hinge forward at the hips to bring your back into a horizontal position. Now curl your back up like a cat, dropping your tailbone and head. Slowly come back into a neutral position where your tail and head are lifted. Repeat slowly 2 – 4 times.

F CHEST STRETCH

Stand tall, take your hands behind you and place them in the small of your back. Squeeze your shoulder blades/elbows together. Alternatively, place your left forearm vertically on a wall, elbow bent at 90 degrees. Turn your torso away from your arm to feel a stretch in your shoulder and chest. Hold and change sides.

G TRICEP (BACK ARM) AND WAIST STRETCH

Take your left arm up and over your head and bend your elbow to bring your hand between your shoulder blades. Gently pull your elbow across to the right with your right hand. For an extra stretch, lift your left ribs away from your left hip to feel a stretch in your waist. Hold and change sides.

H NECK AND SHOULDER STRETCH

Draw your shoulders back and down, and gently take your head to the right, easing your right ear towards your right shoulder. For an extra stretch, press your left shoulder gently back and down with your right hand. Hold and change sides.

ALSO TRY: STRETCH AND RELAXATION WORKOUTS AND YOGA

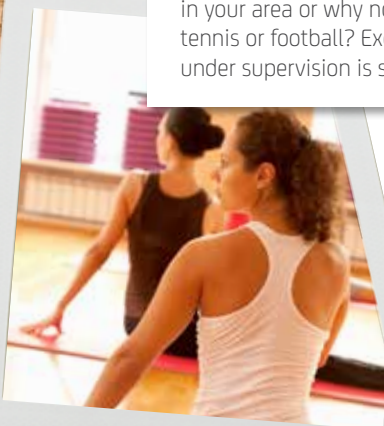




Daily workout plan

Each 10 minute workout can be done on its own or together with other workouts to form 20 – 60 minute sessions. If you want to put workouts together always start on BLUE and aim to finish on YELLOW.

Don't forget to check out local exercise classes in your area or why not try a new sport like tennis or football? Exercising with others and under supervision is safe, fun and motivating!



“I can’t remember the last time I exercised.”

“I do exercise... a bit.”

“I consider myself an exerciser!”

MON	Get Up and GO! The Energiser Pilates and Back Care	Get Up and GO! The Energiser Intense Cardio Circuit The Cool Down Session	Get Up and GO! The Energiser Intense Cardio Circuit (x 2) The Cool Down Session
TUE	Get up and GO! Tai Chi Inspired Workout	The In bed Workout The Stair Climbing Workout (twice) The TV Workout	Get Up and GO! Stair Climbing Workout Strength and Tone for Everyone Pilates and Back Care The Cool Down Session
WED	Get Up and GO! The Energiser Pilates and Back Care	10 min walk The Walk and Run Strength Circuit (x 2) The Cool Down Session	The Easy Circuit The Energiser Intense Cardio Circuit Interval Session Intense Cardio Circuit The Cool Down Session
THU	The Energiser The Easy Cardio Circuit Extended Stretch and Relaxation	Get Up and GO! The Energiser Intense cardio circuit Strength and Tone for Everyone The Cool Down Session	The In bed workout Pilates and Back Care Stretch and Relaxation
FRI	Get Up and GO! The Energiser The Easy Circuit	The In Bed Workout 20 minute walk Pilates and Back Care	20 min walk/run Walk Run Strength Circuit The Cool Down Session
SAT	Tai Chi Inspired Workout Extended Stretch and Relaxation	Get Up and GO! Intense Cardio Circuit Tai Chi Inspired Workout Extended Stretch and Relaxation	The In Bed Workout Get Up and GO! Intense Cardio Circuit Stair Climbing Workout Tai Chi Inspired Workout Extended Stretch and Relaxation
SUN	20 minute walk in the park	The In Bed Workout The TV Workout	The In Bed Workout



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

