

Jeni's Health & Fitness Tips

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Hi Everyone!

Are you one of those people who know you need to exercise more but can't seem to find the time? This is a common problem – we all seem to lead such busy lives today, working long hours and juggling family and social life.

Our bodies have not evolved since the Stone Age when people were hunter gatherers. We are designed to be on the move most of the day, sleep when it's dark and be alert during the daylight hours getting lots of fresh air. Our bodies are not designed to sit in front of a computer all day or do lots of reading, drive cars everywhere, ride escalators and live in air conditioned buildings without natural light or fresh air.

So how can we move and exercise these Stone Age bodies adequately in today's modern world? Try some of the following:

- Use your lunch break to step outside and walk in the fresh air. Or get to work a little earlier so you can go for a brisk walk before starting work. Try and get a little sunlight each day – this will help keep your bones healthy. You need to do at least 30 minutes of brisk exercise to elevate your heart rate for cardio vascular fitness.
- Each time you sit down, stand and sit again 3 times before settling on to your chair. Every time you do this you will be strengthening your thighs. It all adds up. Strong thigh muscles = independence in later life!
- If you are tied to a computer all day, buy a pair of ankle weights and you can do leg lifts under your desk. You can also hold these weights in your hands and do some arm exercises when you have a "hands free" moment.
- If you are waiting for the kettle or pot to boil, do some push-ups on the kitchen bench.
- Whenever you can, practice abdominal drawing in and pelvic floor exercises. These are great for strengthening the lower back muscles and relieving backache. Try putting stickers around the home and office to remind you to do these. You can also do them while waiting at traffic lights in your car.

Exercise does not have to be done in one long session. Every little bit adds up. If you are unsure about technique for any of the above come and see me and I can check you are practicing these exercises correctly.

Yours in health,

Jeni

www.advancedhealthnfitness.com.au