

Jeni's Health & Fitness Tips

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Hi Everyone!

HAPPY NEW YEAR!

A new year and some new goals for us to reach. When it comes to your fitness goals remember **FITT**:

F for Frequency

Try for most days a week and if this is not possible then an absolute minimum of 3 times a week. Try and set aside a regular time for exercise so that you get into a routine and can make other appointments around your regular exercise session. Always give your exercise session high priority. Remember your health is very important not only to you but to your loved ones too.

I for Intensity

The exercise you choose should be hard enough to make you feel hot, sweaty and elevate your heart rate. However, it should not be too tiring. You should be able to carry out a conversation whilst exercising. It is preferable to breathe through your nose. If you feel so breathless that you have to breathe through your mouth whilst exercising then you may be trying too hard. A good indication that you are working at the right level is that you feel invigorated after a workout rather than tired. If you are doing some strength training then muscle soreness after a workout is quite acceptable providing it is not so bad as to be restricting your daily activities.

T for Time

Aim for a minimum of 30 minutes a session. However if your routine does not allow 30 minutes in one block then it is OK to exercise in short bursts. They all add up at the end of the day. If you have to walk 15 minutes to the station or bus stop, then 5 minutes when you get off the bus and you go back the same way, then this adds up to 40 minutes. If you drive then you are doing yourself a favour by parking as far away from the location you are traveling to as possible!

The maximum amount of time for your session depends upon your fitness level and goals. Start off with a short session and gradually increase duration as you get fitter. One, two or even three hours a day are great.

T for Type

The type of exercise you chose should increase your cardiovascular fitness (i.e. aerobic exercise), increase or maintain strength, endurance and flexibility. If you have all these areas covered then you can't go wrong. All you have to do is make sure you take time out to relax as well.

Yours in health,

Jeni