

10 ways to kick-start your fitness

- 1. HAVE A GOAL.** Having a goal is the first rule of success, whether a 5k walk or run, fitting into a pair of jeans, or simply feeling better about yourself. Goals will ensure you stay motivated after the January resolution excitement has worn off.
- 2. GET ENERGISED.** Aim to increase your heart rate for 30 minutes or more, three times a week. Choose a long walk with hills and views, jogging or cycling,
- 3. WATCH YOUR WEIGHT.** Eat less and move more to ensure those pounds do not creep on, choose fruit and vegetables over sugary snacks.
- 4. MORE CORE.** Improving your core will not only strengthen your abdominals, spine and back muscles but allow you to move better and do more when exercising.
- 5. BOOST BONE DENSITY.** Introduce weight bearing exercises into your weekly routine, running, free weights, cycling, jumping and lifting exercises.
- 6. FIRM UP.** Firm up your body by eating less sugar, and fat, and by drinking less alcohol. Do more cardio and weight bearing exercises. A small price to pay for a firmer and healthier body.
- 7. MAINTAIN YOUR SUGAR LEVELS.** Research has shown that foods full of refined sugar such as crisps, chocolate and sweets leave you empty and hungry. Feel fuller for longer with whole grains, fruit, vegetables and protein.
- 8. GO RUNNING.** The easiest and convenient way to start your fitness campaign, Running increases your bone density, lung function, and strengthens your joints and muscles. Your body will change shape completely. No planning, no fancy equipment and totally free.
- 9. REFUEL AFTER YOUR WORKOUT.** Even if you are not hungry after exercise it is essential to replenish lost fluid and salts. Try a fruit juice or isotonic drink.
- 10. ENJOY EXERCISE AND HAVE FUN.** All exercise should be fun, find something that you enjoy and just do it, a class, team sport, join a group such as dancing, the choice is endless.