



WHY BOTHER WITH EXERCISE

In the next few pages you'll be able to read about how you can fit physical activity into your life—your way. Which will give you the exercise you need in order to get the fitness you want.

Plus... This month's exercises!

HAVE YOU BEEN THINKING ABOUT GETTING FIT?

Maybe wondering just how much exercise you should be getting each week.

Perhaps you're sure you want to do something but just not quite sure what to do or how to begin.

Maybe, you have already started something but would like more of a challenge or just something that's more fun.

Well if you've been asking yourself questions like these - then this book is for you.

Many people make the assumption that you can only get 'fit' through doing specific exercises like going to the gym or jogging and those types of 'sporty' things. What you'll see from the following pages is that you can get exercise from a whole host of different 'physical activities' (with the emphasis on both the physical and the active part). And if you're getting enough physical activity (or 'exercise' as the professionals call it) throughout your week, then you'll get fitter as a natural part of being more physically active.

My hope is that you'll get enough information so that you can make informed decisions about what you're going to do to get fit and active - When you're going to do it and how you're going to fit it in - even make it part of your normal weekly life.



WHAT DO WE MEAN BY PHYSICAL ACTIVITY?

Anything you do that causes you to move around is physical activity. Much of what you do during the day - things like...

- 🏡 Working in the yard
- 🏠 Doing the heavier chores around the house
- 👶 Running around with the children or grandchildren
- 🐕 Walking the dog

All these things can count as activity and I'm sure you can think of many more. Now of course some activities are more strenuous than others and generally, the more energy you use doing something the greater benefit you'll get from it.

WHAT TYPES OF EXERCISE IS BEST.

There are broadly speaking two main types of exercise those that help you to improve the way your heart and lungs work and another which helps you strengthen your muscles

HEART AND LUNGS

To get the maximum health benefits from doing a physical activity, you want to chose those that



make you breathe harder and make your heart pump and get your circulation going.

These types of 'aerobic' activities will include things like brisk walking, running, dancing, swimming, and playing basketball.

Strength and Bones

Along with those, you'll want to add strengthening activities to make your muscles stronger. The advantage of doing that is that it will tend to make doing every things much easier. Strengthening exercises include things like push ups and basic weight lifting.

Your body is a walking miracle and it senses the changes in how you're using it. As you exercise - over time - your bones will start to grow stronger and so become less liable to get broken should you have an accident.

Just the Beginning

This is the start of a regular feature where we'll be covering one or more exercises each edition for you to add to your own.

These are easy weight loss exercises that you can do at home with no special equipment. Each edition we'll be highlighting one or more

exercises you can do to help you get fit and lose that fat.

These exercise are for beginners or for people who have not done any form of exercise for a long time. They are meant to help you build up strength and stamina so that you can move on to something a little more energetic if you want to do so. And I thoroughly recommend you do...

Sometimes we break the sets up into sessions of 3 to 5 exercises so as not to fatigue any part of the body too much. (i.e. swop sides)

We also divide the body into areas such as the shoulders, arms, legs and so on and work on those parts in a way that balances out the exercise across the body so as to get the most benefit.

We are going to start with some of the strength building exercises working on the shoulders as - believe it or not - this is one of the most neglected part of most peoples bodies - although it is used so much.

Working on your shoulders as part of a balanced routine will help with something truly vital - your posture. A proper posture can eleiviate so many things from the obvious like back ache right through to helping you breath more fully and easily. So, Lets get on with this months exercise...

