

exercise

WITH YOUR PARTNER

AS THE SAYING GOES "IF YOU CAN'T BEAT 'EM, JOIN 'EM", SO IF YOU ARE FEELING LEFT BEHIND WHEN YOUR PARTNER GOES OFF TO PLAY SPORT, TRY JOINING IN AND EARN BONUS POINTS TOO!

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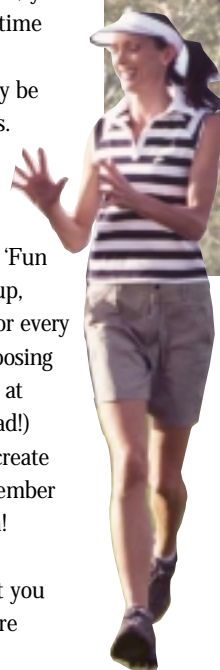
Ever wondered what it is that men find so endearing about sport? Well, why not join in next time they go to kick a football or hit a few golf balls, and start counting those Bonus POINTS!

Even if your partner is the classic sport spectator, happy to watch but not participate, you could suggest both of you being more active – 'watching' rather than 'doing' is not going to help either of your waistlines so suggest exercising together and choose a sport that will interest him. When it comes to exercise, research shows that men tend to prefer a method to the madness – ie; jogging with a purpose, being competitive, winners and losers, playing rough. If this sounds more like your partner than you, that's the idea – get them active and expand your horizons at the same time. You never know, you may actually enjoy it and it's time spent together too.

In the short term, there may be a few hit-and-miss experiences. For example, maybe the driving range proved a disaster for you or maybe he just couldn't accept the whole 'Fun Run' concept. But, don't give up, there is something out there for every couple. It's best to start by choosing an activity where you are both at a similar level (be it good or bad!) so it doesn't cause problems, create pressure or competition. Remember that this is supposed to be fun!

In the long term you will hopefully find an activity that you both get a kick out of. If you're

really keen, you could start up a mixed team and include some friends for touch football, scuba diving or snorkelling, a game of golf, shooting hoops, mixed tennis doubles, etc. It sure beats standing around in a smoky bar yelling conversations back and forth and it certainly spices up the usual weeknights spent in front of the television. In fact, exercising together






Bonus POINTS Table for Boys (and Girls!) based on 30 minutes of continuous exercise.

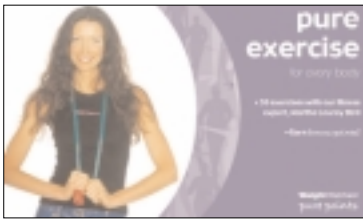
Aerobic/Group exercise class (moderate)	3
Badminton (social)	2
Basketball (competition)	4
Bicycling – outdoors (leisure/pleasure)	2
Bicycling – indoors (moderate)	3
Billiards	1
Bowls (lawn)	1
Boxing class (general)	3
Carrying boxes/furniture	4
Cricket (batting/bowling)	2
Dancing (general)	2½
Dancing (ballroom/line)	1½
Dancing (disco)	3
Football (playing catch)	1
Frisbee (social)	1
Golf (walking course)	2
Gym class (general)	3
Hiking (general)	3
Mowing lawn (manual)	3
Painting, papering, plastering	2
Pump class	4
Rock climbing	4
Rollerblading (up pace)	3
Rope jumping (moderate)	5
Rope jumping (fast)	6
Running	4
Rowing – indoors (light)	2
Rowing – indoors (moderate)	3
Rowing – indoors (vigorous)	4
Rugby (competitive)	5
Skateboarding	2
Snow skiing	2
Soccer (social)	3
Soccer (competitive)	5
Squash (competition)	6
Stair climber (general)	3
Surfing (social, body or board)	1
Swimming (freestyle, slow)	3
Swimming (freestyle, moderate)	4
Swimming (freestyle, vigorous)	5
Tennis (social)	2
Tennis (competition)	3
Tenpin bowling	1
Walking (brisk)	2
Weight training (gentle)	1
Weight training (vigorous)	3



has loads of benefits, for each of you, as your individual health and fitness will improve, but also for you both as a couple. Longevity and improved quality of life, better sleep, improved mood, less stress, firmer body, better health and increased libido are some of the benefits you can expect from regular exercise. So, what are you both waiting for? 

“There is something out there for every couple.”

workout



This fantastic exercise video and book will help you get to your goals faster.



Workout

For some new workout routines, check out Martha's *Pure Exercise* Pack. This fantastic exercise video and book will help you get to goal faster. See page 84 to order.

Did you know?

A "complete fitness plan" includes three components – 'cardio' (exercise that may make you puff but you can still talk), 'resistance' (such as lifting weights) and 'stretching' (all major muscles should be stretched regularly).

BRITA Fill & Go – The sport bottle with the filter inside

With Fill & Go, you can take a bottle of fresh water with you whenever and wherever you exercise. Just squeeze and water passes through the filter to give you great-tasting water. Save money on bottled water – better for you, better for the environment.



Simply trying to lose weight helps us live longer

Successful or not, people who try to lose weight appear to live longer than people who don't try and whose weight remains stable.

Source: Australian Fitness Network

Run for fun

Get involved in one of the many Fun Runs happening in your area. Log onto www.coolrunning.com.au in Australia or www.coolrunning.co.nz if you're in New Zealand to check out the list of events, great articles and message boards.



Don't forget to check out part two of the Weight Watchers Fitness Challenge. Turn to page 66 for your new program.