

# 1

## Double trouble

Find a friend you can exercise with once a week and alternate who chooses the exercise. You could do a fitness class one week and an aqua-aerobics class the next or try booking a personal trainer together.



# 5

## Kick it to me!

Join an indoor sport team in winter. There's lots on offer including soccer, netball, basketball, cricket and volleyball. It mixes exercising with socialising and you're far more likely to attend if your whole team is counting on you.

# 2

## Feel the rhythm

Ever fancied taking up dancing? Now is the time to sign up for anything from ballroom and salsa to belly or even pole dancing classes. It's a fun way to work out, learn a new skill and meet new people.



# 3

## Go local

Check out options in your neighbourhood. You may be surprised at what's on offer at community centres. You could book in for weekly Pilates, yoga, martial arts or tai chi.



# 6

## Different strokes

An indoor pool offers you the option of swimming laps or doing aqua-aerobics classes. If you're not a great swimmer, try alternating between different strokes (freestyle, breaststroke, side stroke) and walking laps (forwards and backwards). Just keep moving for as long as you can so you get a decent workout.

# 4

## And action!

Keep a collection of exercise DVDs handy that you can do in the comfort of your own lounge room. It's a convenient and effective way to work out. There are loads on the market and the internet.



# 7

## Shop till you drop

Walking laps around a shopping mall keeps you moving while dry indoors. There's lots to look at as you walk, but avoid stopping until your workout is complete. Set aside say 20 minutes of continuous walking before you actually hit the shops.



# whatever the weather

There's no excuse not to exercise this winter. Even if the weather is bad outside, you have many indoor workout options. **Fitness editor Martha Lourey-Bird suggests 10 ideas to keep you moving.**

# 8

## Hire, buy or borrow

Track down some proper home exercise equipment to keep you going when the weather is bad.

Ideal options are a treadmill, bike, rowing machine and weights.

# 9

## DIY

Household items such as books, bags, cans, bottles and stairs can be your gym equipment. Use these for an indoor circuit doing one exercise after the other for about 30 seconds each for 20–30 minutes. For example, a green enviro-bag packed with books is great for bicep curls and upright rows. Follow this with 30 seconds of marching or jogging on the spot.



# 10



## Work it

Purchase a short-term gym membership or a set of casual visits (even if it's just for the colder months) and do your own resistance training workout in the weights section or sample the range of classes on offer. There are many different classes to try.

**Last resort:** If you've tried all indoor exercise options, consider venturing outside – yes, even when it's wet. You just need an umbrella or some wet weather gear. You never know, you may end up actually enjoying it!

# tailored to fit

Fitness editor **Martha Lourey-Bird** shows how Weight Watchers member and new mum Wendy Sandilands, can achieve her exercise goals.

## Obstacles

- Breastfeeding a nine-month old son.
- Returning to work two days a week .
- Time restraints of juggling work and a baby.

## Goals

- Lose weight.
- Improve core strength.
- Build up muscle tone.
- Increase flexibility.
- Be able to jog.

## Solutions

Wendy's workouts are divided between indoor and outdoor activities and are less than one hour long.

Outdoor exercise includes continuous walking for 45 minutes. Wendy lives in a hilly area so this is great exercise, particularly as she has to also work her upper body pushing the pram. One of her goals is increased flexibility, so after her walk, she can spend 5–10 minutes stretching, holding each stretch for up to 30 seconds.

Indoor exercise includes walking on her treadmill for 30 minutes. As one of her goals is to jog, she can incorporate one-minute bursts of jogging throughout so that this becomes more of an interval workout. She can follow this with 15 minutes of resistance training exercises for upper, lower and mid-body, doing 15–20 repetitions of each exercise one to three times each, and finishing up with 5 minutes of total body stretches, holding each one for 30 seconds.

Wendy lives near the sea, so on Sundays she can swim, kayak or walk along the beach. As she is still breastfeeding, it's best to wear a supportive bra and exercise after feeding, when her breasts are empty, rather than before, when they're full. [www](#)



## Monday

45 mins hill walking & 5–10min stretching

## Tuesday

Day off

## Wednesday

30 mins treadmill walking including 1 min jogging bursts, 15 mins resistance training, 5 mins stretching

## Thursday

Day off

## Friday

45 mins hill walking & 5–10min stretching

## Saturday

Same as Wednesday

## Sunday

Beach-centred activity

## Results from last month's personal training plan

Jane Venton: "I've discovered I can run for longer already and am up to spurts of five minutes in the park. I'm also enjoying aqua aerobics and taking my daughters along with me too, which is fun. My dog has also been enjoying the benefits of longer and more frequent walks!"