



sweat for less

You don't need to spend big bucks to workout. Fitness editor **Martha Lourey-Bird** suggests 10 free ways to exercise.

fitness

1 Walk it

Walking is such a great budget exercise option: you can do it anywhere, anytime and you don't need fancy equipment.

2 Go green

Do something good for the environment and your body at the same time. Try hand-washing the car, walking or cycling instead of driving and hanging out a big load of washing instead of tumble-drying it.

3 Home gym

Set up your own gym at home using everyday items such as large water bottles filled with sand for weights, chairs for seated dips and stairs for climbing. Find as many exercise options as you can and do a 20-minute circuit by moving from one 'station' to the next at 30-second intervals.

4 Back to nature

Get outside and create a fitness circuit using items around you. Include step-ups on the gutter, tricep dips on a park bench, push-ups against a picnic table, power walking on sand and swimming in the sea.

5 Up the ante

Look for ways to be active and increase your incidental exercise. Cancel the paper delivery and walk to the shops instead, cycle the kids to school or go for a walk with friends instead of catching up at a cafe.

6 Family fun

Make time each weekend to get the family together for some physical exercise. Try bike riding, soccer, running races or basketball.

7 Houseworkout

Put some music on and get stuck into the chores – sweat, huff, puff and don't stop till it's all done. The time will fly as you clean the windows, make the beds and sweep the floors.

8 Move it

Pick a room in the house that you're sick of and rearrange it. Moving furniture is great exercise – just remember to bend your knees to protect your back. This is a good one to do with a friend or partner.

9 Animal antics

Getting active with your pet (or your neighbour's) is a great exercise opportunity – for you both. Walking or running down to the park to throw and chase a ball will certainly get you moving.

10 Working bee

Throw a working bee in your garden one weekend or, if you don't have one, suggest it to a friend who does. It's a great opportunity to exercise muscles you never knew you had by raking leaves, mowing the lawn, weeding flower beds and pruning branches. **WWW**

tailored to fit

Fitness editor **Martha Lourey-Bird** looks at how Weight Watchers Member **Barbra Williams** can overcome her fitness obstacles and meet her exercise goals.

Obstacles

- Works full-time and sits and drives a lot.
- Has a husband and three children.
- Has injured knees.
- Loves to sleep in.

Goals

- Incorporate regular exercise into her life.
- Tone-up and improve strength.
- Keep her body and brain healthy and keep weight off.

Solutions

Barbra's best time to exercise during the week is straight after work. The local gym is two blocks

away from her office so she can either walk there to workout or go for a longer walk. She should alternate between cardio (walking) and resistance exercise (gym). At the gym, she can either do her own resistance training (weights) workout or try one of the group exercise classes that involves resistance training, such as a Pump class.

On the weekend, she can try different exercise options: on Saturday, whatever exercise she likes – a beach walk, tennis, dance class or swimming. On Sunday, she can get the family involved in a fun activity – such as basketball, bike riding, a game of soccer, throwing a Frisbee or bushwalking. **WWW**



Barbra, 43

Monday

Gym after work

Tuesday

Walk after work

Wednesday

Day off to go to Weight Watchers meeting

Thursday

Gym after work

Friday

Walk after work

Saturday

Own choice

Sunday

Family fitness

Results from last month's personal training plan

Last month's trainee, Wendy Sandilands says: "Since following my new exercise program, my energy levels have increased and I now don't struggle to get out of bed in the morning. I am running for five-minute intervals on the treadmill, which I never dreamed I could do, and plan on increasing that over the next few weeks. I'm happier within myself and am finding that lifting, playing and carrying around my son is getting easier every day."