

Turn winter wobble into summer smooth

If the chances of fitting into your favourite summer outfit are slimmer than you are, it might be time to embrace the spring sunshine and get your body out of hibernation and into top gear.

Sometimes the hardest part is knowing where and how to start, but according to Michelle Hext from Glow Women's Fitness Online, you just need a plan.



"The ultimate key to weight loss is to think positively with a 'can do' attitude rather than a 'too hard' attitude, which so many of us often feel," she said.

Ms Hext has put together a simple four-week cardio program that will have the kilos falling off in no time, giving you no excuses for a 'too hard' attitude.

All you need to get started is a pair of good running shoes, a running track or treadmill and time scheduled in your diary for three 30-minute sessions each week for the next four weeks.

Ms Hext suggested setting yourself a four-week goal to keep you focused and setting a reward for your efforts.

"A great goal would be to not miss a cardio session for four weeks, with the reward being a facial or a massage. This way you have something wonderful to look forward to in the not too distant future."

The program can be done on the treadmill or elliptical trainer (cross-trainer) at the gym, but why not take advantage of the weather and head outdoors and enjoy stimulating

surroundings at the same time.

"Being outside invigorates the senses and brings a sense of wellbeing that being in a gym doesn't always deliver. Always make sure you stretch before and after your sessions, you want to stay injury free. You will experience some muscle soreness but this is normal and will dissipate as the weeks go on," she said.

"If you become too overwhelmed by some of the runs on certain days then drop it back to something manageable for you on that day, but do something."

Ms Hext emphasised the importance of ensuring you have a good pair of shoes designed specifically for running, rather than cross training or a specific sport like netball.

"Good running shoes will make a huge difference and help keep you injury free," she said.

More information

Visit www.glowwomensfitnessonline.com.au

FitFlop your way to shapely legs

FitFlops are this summer's hottest accessory, claiming to tone legs, strengthen muscles and burn calories with every step.

Perfect legs are just a footstep away with the revolutionary FitFlop. This brainchild of Bliss Spa founder Marcia Kilgore merges groundbreaking fabrics with innovative design to deliver the ultimate workout for your legs.

FitFlops work by engaging muscles for a longer period of time with each step taken by using unique technology on the midsole of the foot which focuses on stimulating

and working the thighs, calves and glutes. They also absorb shock and reduce the danger of suffering from a joint strain.

FitFlops are available in the ACT exclusively at The Athlete's Foot.

More information

Visit www.thefitflop.com or The Athletes Foot. Westfield Belconnen, 6251 6993 or Canberra Centre, 6262 8344



Four-week cardio program

Week 1

Aim for two 30-minute walking sessions at a RPE* of 5-6.

On the third session for the week, walk for 10 minutes at a RPE of 5-6. For 15 minutes alternate one-minute jogs with two-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

Week 2

Repeat week one final session of a 10-minute walk at a RPE of 5-6. For 15 minutes alternate one-minute jogs with two-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

For the remaining two sessions for the week, walk for 10 minutes at a RPE of 5-6. For 20 minutes alternate one-minute jogs with two-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

Week 3

For all the sessions in this week, walk for eight minutes at a RPE of 5-6. For 22 minutes alternate two-minute jogs with two-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

Week 4

In session one and two, walk for six minutes at a RPE of 5-6. For 24 minutes, alternate three-minute jogs with three-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

For the third session, walk for five minutes at a RPE of 5-6. For 24 minutes, alternate three-minute jogs with two-minute walks. Walk for the final 10 minutes at a RPE of 5-6.

*Your rate of perceived exertion out of 10.

1-3 is very low effort, 4-6 is working steady but you can keep going for an extended period of time, 7-8 is working really hard but not flat out, 9-10 is flat out effort, you won't be able to maintain this for long.

Increase your chance of conception



Canberra
Fertility Centre

02 6282 5458

21 years of excellence from referral to delivery

Suite 9, Level 2, Clinical Services Building
John James Health Care Campus, Strickland Crescent, Deakin ACT 2600

www.canberrafertilitycentre.com.au