

fitnessq&a

BY DONNA JONES



Q Why is it so hard to get back into a fitness routine?

Getting back into exercise is tough at first, but once you are over the first few weeks, things get better. Here are some tips for getting started:

- Start small: 20- to 30-minute workouts every day are a good start.
- Hire a personal trainer to keep you on track until you're in the swing of things.
- Have a warm bath and a stretch after workouts to ease post-exercise soreness.
- Pick an activity you enjoy to help maintain your interest.
- Focus on the positive and don't dwell on the negative.



WHY NOT TRY...

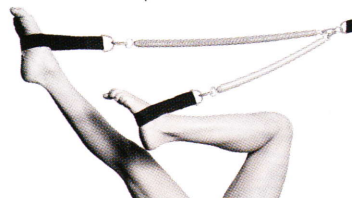
PILATES AT HOME

WHY With the Personal Pilates Studio, you can simulate a Pilates workout in the privacy of your home.

BENEFITS The Pilates apparatus simply secures to a closed door and offers the postural, toning, shaping and strengthening benefits you get from a workout at a Pilates studio. It allows you to do about 70 per cent of the exercises usually performed on a reformer machine. Personal Pilates Studio includes a 45-minute DVD and sturdy carry bag.

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fast fact YOU CAN DO SOMETHING ABOUT YOUR FAT GENES. RESEARCH SHOWS HIGH LEVELS OF PHYSICAL ACTIVITY CAN HELP COUNTERACT THE FTO GENE, WHICH CAUSES WEIGHT GAIN.

FITNESS FIND

The new Nike Zoom Sister One + is for the multi-dimensional woman. These training shoes cater for everything from boxing to boot camp. Cost, \$160. For details, call 1300 656 453 or visit www.nike.com.au.



SHAPE UP AT HOME

COUCH LEG ROWS

Shape and strengthen the back and shoulders with this manoeuvre to improve your posture.

IT WORKS: The mid and upper back and rear shoulders.

HOW TO DO IT: Wrap a resistance band around the couch leg. Hold onto each band end with palms facing down. Stand with feet slightly apart, and shoulders drawn

back and down. Bend your elbows as you pull your shoulder blades together. Then straighten elbows.

HOW MANY SHOULD I DO?

Two to three sets of 10 to 15.

