

## 2. The Energiser



This is a simple cardiovascular routine you can do at home or in the park. It's suitable for anyone.

- A** Start by walking or marching on the spot for 2 minutes. Clap your hands alternately in front of your chest and behind your back while you march, to warm up your upper body.



- B** Slow your movements down and start to take big steps forward, alternating each leg. If you're at home, take a step forward and then step back and repeat on the other side. If you're in the park, continue to step forward.

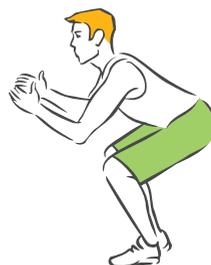


- C** Turn your big step into a lunge, keeping your feet parallel. Step forward, hold, bend at both knees, roll through your front foot – heel to toe, and lower your body vertically to the ground. Your back knee, hips and torso should be in one vertical line. Keep your back tall and push through your front heel to lift, extending your leg and squeezing through your buttocks. Repeat for 4 – 10 lunges on each leg. The lower you lunge the harder it is. Try to maintain an intensity where you feel you can still talk.



- D** March on the spot or walk for another minute. Aim to work harder than your first walk.

- E** Now turn sideways for the 'crab walk'! Take a wide step with your right foot, and squat back with your weight in your heels. Lift up and step your feet together, now squat again with your feet together, weight into your heels, then lift. If you're in the park take another wide step to your right, or if you're at home take a step to your left. Continue either alternating between right and left or staying on the right and change to lead with the left leg half way through. Aim to do 20 squats (stepping out with each foot 10 times). Keep checking your posture and focus on pulling your tummy in.



- F** Walk or march on the spot for one minute.

Go back and repeat steps 'b' to 'f' to complete a 10 minute workout.

**ALSO TRY:** WALKING, GARDENING, HOUSEWORK, RECREATIONAL SWIMMING, BIKING AND BOWLING

# How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

