

Ramping up your fitness

6 simple moves

BY CHERILEE GAROFANO, BA, CPT, CNP, RNCP

With the summer months behind us, peak performance doesn't have to end.



In the summer most of us are more active because we're outdoors enjoying the weather and our favourite sports, whether it's inline skating, biking, tennis, golf or baseball. And let's not forget that this is a time when people are training for fall charity walks or runs. But as we shift from summer to fall, it's important to maintain your fitness level and to make changes to reflect your new objectives.

When revamping or starting a new workout, finding the right variables is key to reaching your goals.

4 vital workout keys

1 Frequency

The number of workouts a week. While individual needs vary, the Canadian Association of Fitness Professionals recommends 5 to 6 days a week of moderate to high intensity training. Be realistic; make commitments according to your schedule. Schedule workouts in your daily planner.

2 Duration

Do a minimum 30 minute session to reap the benefits of your exercise, but you can certainly exceed this amount.

3 Intensity

How hard you work out using heart rate zones. To burn fat you want a lower heart rate (50-75% of maximum heart rate. Refer to Target Heart Rate Formula at end of article). Take your pulse during activity by palpating pulse in neck or wrist for 10 seconds and multiply by 6 for 1 minutes worth.

4 Type

Choose exercises you enjoy and do a variety of these during the week: cardiovascular - brisk walking, jogging, cycling, swimming; resistance training - weights, pilates; flexibility - yoga.

Keep your fitness level high with these do-at-home resistance exercises.



Exercises

1 Standing band assisted squat

whole body exercise, mostly glutes and quads

Attach resistance strap, or towel around a supporting object. Stand with feet hip width apart, toes straight forward. Hold the band in each hand; elbows at sides. Squat as if sitting in a chair keeping spine straight. Stand up slowly and repeat. Work up to 2 sets of 20 repetitions.

2 Bridge with chest press

glutes, chest, core

Lay on back, hips in a bridge extension and press weights upwards towards ceiling. Slowly return arms to start, elbows touching the floor. Ensure neck stays long on mat. Repeat. Do 2 sets of 12-15 repetitions.

3 Prone overhead lat reach

core, latissimus dorsi, triceps, pectoral muscles

Lay on mat; arms straightened upwards holding a weight; extend arms overhead, then back to chest level. Keep abs tight and arms straight. Do 2 sets of 15 repetitions.



3



4 Inner thigh squeeze with yoga ball

glutes, adductors, hamstrings, core and pelvic floor

Lay on mat, neutral spine. Squeeze ball between knees and raise hips into bridge position. Ladies, add the Kegal pelvic exercise at the same time. Do 2 sets of 10 repetitions.

4



5 Abductor hip strengthener

outer hip area muscles

Lay on mat, neutral spine. Resistance band wrapped around thighs; pull knees apart, focus on using the muscles of the outer hips. Do 2 sets of 10 repetitions.

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6 Assisted V-sit back row

core, arms and back

Sit on mat, legs lifted and band securely under feet. With straight spine and abs in; kick legs out, rowing back with band while squeezing shoulder blades together. Work up to 2 sets of 15 repetitions. **H&L**

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Workout clothing and shoes provided by Reebok.

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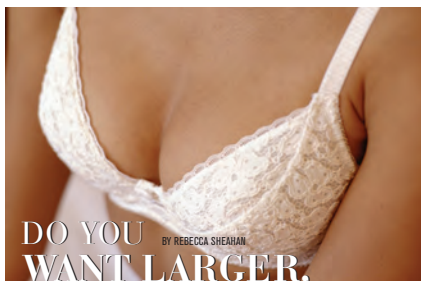


6



TARGET HEART RATE FORMULA

The formula for a 30-year-old's optimal heart rate range. Substitute your age to get your optimal range.
 $(220 - 30) \times 50\% = 95$ beats per minute to
 $(220 - 30) \times 75\% = 142$ beats per minute



DO YOU WANT LARGER, FIRMER BREASTS WITHOUT SURGERY?

BY REBECCA SHEAHAN

Increase your breast size—without surgery, risk, recovery time or going into debt.

Wishing your breasts were just a little fuller, firmer, or that you had just a little more cleavage, but don't want to undergo surgery, then NutriBreast—The Physician's Formula may be for you. Whether you were born small-chested or have lost breast volume from having children, losing weight or simply the natural aging process, NutriBreast will increase breast size.

HOW IT WORKS

NutriBreast is a plant phyto-estrogen and enzyme breast enlargement system that works by naturally stimulating the hormonal levels of estrogen, progesterone and prostaglandins in your body, allowing existing breast cells to expand and create healthy new breast tissue.

- The pituitary gland sends a signal to the estrogen receptor sites in the breast and just as in puberty the breasts will start to reproduce new healthy tissue.
- The formula contains a blend of enzymes that allows the phyto-estrogens to absorb rapidly into the bloodstream.

RESULTS

• For the system to be most efficient, you simply take two capsules twice a day and massage the phyto-estrogen lotion into the breast tissue once a day while the skin is moist. Most women feel an increase in firmness within weeks and by the third month, they see an increase of about one inch. After six months, you'll go up an average of half a cup size, and by nine months, most women are at least an entire cup size larger.

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• NutriBreast's other benefits include clearer skin, stronger hair and nails, and an improvement in menstrual and menopausal symptoms.

For more information on NutriBreast, contact their all-female consultant team at 1-888-940-6887 www.nutribreast.com.