

Weird and whacky exercise of the month!

Need to put a little 'oomph' in your workout?

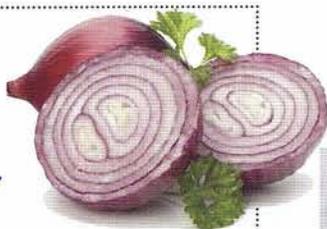
This month, with the help of Amy from Urban Energy, we've devised a challenging number for the whole body – the Duck Walk, which is a safe and fun workout for the whole family.

Getting started: from a standing position, lower your body into a squat position; feet should be shoulder-width apart with the toes turned out 45 degrees and arms should be at shoulder height in front of the body. It's important to keep your weight on your heels and you should be able to wiggle your toes. While maintaining this position, walk 20 steps, turn around, and walk back. Increase the distance walked as you get stronger.

Target muscle groups: your hamstrings, quads and glutes. Now if that's not reason enough to give it a try, we don't know what is...



Improve fitness ENERGY



Are you in need of an energy boost to get you through a workout? Try eating raw. A study at the Medical Clinic at the University of Vienna in Austria found a raw diet improved speed, flexibility and stamina in athletes.

The right mix

FIT FACT

Eight to 10 reps are the recommended amount to strength and tone. Are you doing less than you should be?

Keep your body guessing by amping up the variety in your workout. A diverse workout will test different muscle groups in the body, not to mention boost the fun factor in fitness, too!



Q&A



with
Personal trainer
Bernadette Abraham

Q: *What is the most effective*

workout to lose weight if I don't have a lot of time to exercise?

A: The objective is to maximize the amount of calories you

burn during your workout so the type of training system, the selection of exercises, and

the exercise intensity need to match this goal.

Circuit training consists of a series of exercises performed one after the other with minimal rest to maximize time, and is suitable for any fitness level. For example, perform one to three sets of 10 to 20 repetitions with 15 to 60 seconds of rest between exercises.

The Tabata Protocol is a very intense form of interval training where one exercise is performed at full intensity for 20 seconds followed by 10 seconds of rest for a total of four minutes. It is very effective for fat loss since it activates both the aerobic and anaerobic systems, but needs to be adjusted for beginners.

Finally, choose exercise movements that work larger muscles and that stimulate more than one muscle group at a time such as squats, lunges, push-ups, etc., to maximize the effectiveness of your workout.