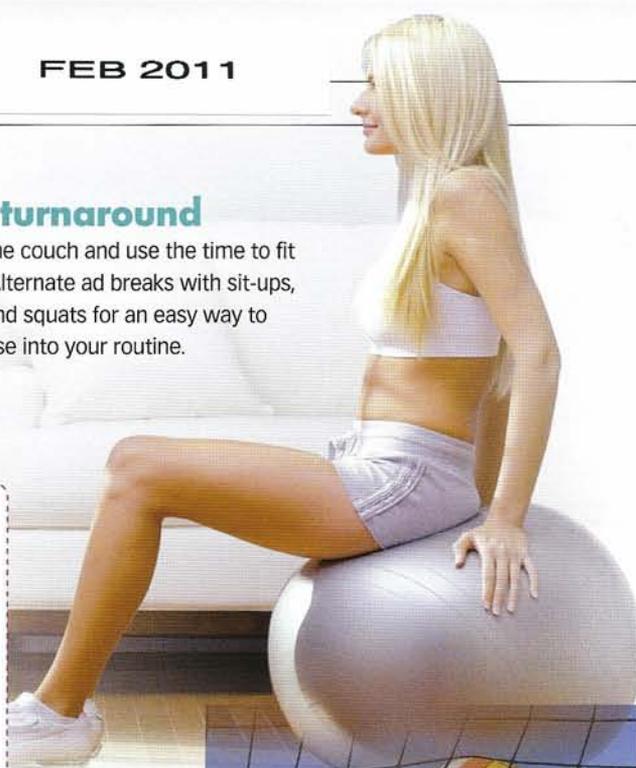


### Television turnaround

Get your bum off the couch and use the time to fit in some exercise. Alternate ad breaks with sit-ups, push-ups, lunges and squats for an easy way to sneak some exercise into your routine.



### Expert advice

Tone up this month with these tips from Dubai Personal trainer and dancer Lucy Melton

#### What's your favorite exercise?

Glute squeezers are definitely one of my favorite exercises. Glutes play a major part in core stability, which is essential for me as a dancer or anyone looking to perform most exercises effectively, this exercise not only develops the strength of my glutes but also really tones my bum in to shape.

#### How to perform the Glute squeeze exercise:

Lay on your back with your knees together bent at 90 degrees and your feet apart (just wider than your hips) lift your bottom off the floor and squeeze your glutes in rhythmical pulses. Try and do 100 pulses every other day.

#### What are your top tips for women aspiring to better fitness?

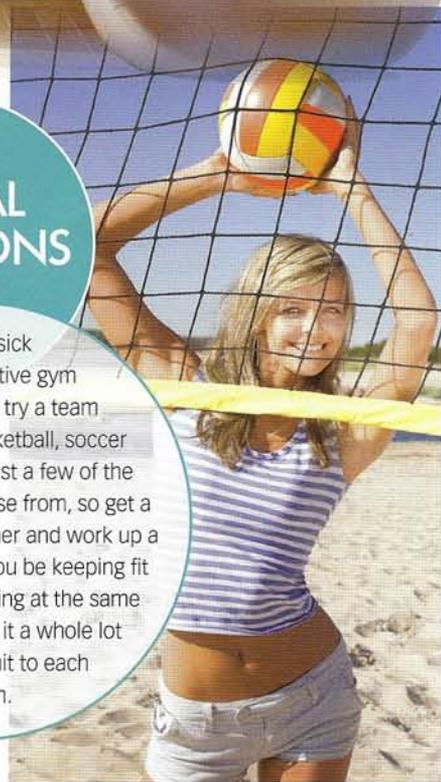
Take up dance or a dance aerobics class. It truly is a fun workout, which you can also enjoy with your friends; it's one of the best fat burning activities and is an excellent all round body toner.

#### Tell us about your diet.

One of the biggest mistakes people make is to associate dieting with eating less or not eating at all. This tends to slow down the metabolism and puts the body into starvation mode, which forces it to store fat. Like many people I am always on the run but in the interest of maintaining a healthy body and physique, I make sure that I eat four to five small healthy meals a day as this prevents my metabolism from slowing, ensures my energy levels are high and discourages my body from storing any unwanted fat.

### SOCIAL SOLUTIONS

If you're sick of your repetitive gym routine, why not try a team sport? Netball, basketball, soccer and volleyball are just a few of the options you can choose from, so get a group of friends together and work up a sweat. Not only will you be keeping fit but you'll be socialising at the same time, which makes it a whole lot easier to commit to each session.



### Time poor?

Use a skipping rope for 10 minutes to eat up calories and work up a sweat quickly.



## Q&A



with  
Personal trainer  
Bernadette Abraham

**Q:** *I sweat profusely during my workouts. Does that mean I'm out of shape?*

**A:** Sweating is the result of an increase in the body's core temperature during your workouts. When the

body temperature rises above normal, the nervous system stimulates eccrine sweat glands to secrete sweat onto the surface of the skin so that it can evaporate and cool the body.

Rather than indicate a lack of conditioning, profuse sweating may actually mean that you are more fit since regular exercise helps a person become more efficient at dissipating body heat. However, there are many other

factors that can affect sweat rates. For instance, someone who is used to training in heat will sweat more and sweat earlier than someone not accustomed to heat.

Larger individuals will likely have higher sweat rates compared to smaller individuals. And finally, genetic variations exist such that sweat rates in two individuals with the same body size and level of heat acclimatization may also differ.