

Skipping is an effective cardio workout that targets several muscle groups including the arms, legs and core. Add some variety and intensity to this childhood fitness favourite by raising each knee to a 90-degree angle while jumping. You'll work up a sweat in no time!



Discipline your workout

If feeling good and looking great aren't sufficient motivators for you to stick to a fitness program, add some cause and commitment to your workout. Participate in a walk, run for charity or train for a fundraising marathon, which means you're accountable to others who depend on your support, as well as your own health and fitness progress.



Shall we dance?

Here's a quick look at the fitness benefits of popular dancing styles:



Ballet

Strengthening, shaping and stretching.



Jazz/funk

Cardiovascular fitness and overall body coordination.



Tap

Balance and rhythm.

Wind-down wonders

Always try to warm down after your workout – it not only prevents stiffness and reduces soreness, but it also helps with circulation. Slow down your workout to a moderate to low pace, wait for your heart rate to slow to a normal level and get stretching!

Q&A



with
Personal trainer
Bernadette Abraham

Q:

I'm going on leave and am

scared at the thought of losing my fitness level or even worse, putting weight back on! Any suggestions?

A:

The most important thing is to keep moving. To help

you stay motivated, I will be posting daily exercises on my website www.BernaciseMe.com. You can do these exercises in the comfort of your own home and without equipment. The idea is to keep it simple and get in as much exercise as you can during the day. It's important to remember that doing three 10-minute bouts of exercise is the same as one 30-minute workout, so just try to get as much exercise as you can, whenever you can. Maybe watching my video will inspire you to get moving!