

**No More Excuses....**

# **EXERCISE:** **ANYTIME & ANYWHERE**



**Ten Tips To Make  
Sure You Can Work Out  
ANYwhere at ANYtime!**

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# Walking for Fitness

For anyone deciding on starting a new exercise cost is a factor. You may want to join a fancy gym but the membership fees are just out of your reach. So what kind of exercise can you do that doesn't cost a fortune? Well, the first one that comes to mind is walking. It really doesn't cost you anything but a good pair of walking shoes. Now, before you go out and starting walking ten miles there are some things you should take into consideration.

First of all you want to be dressed for the weather. In winter make sure you wear a hat and gloves and layer your clothing. This way if you do get warm you can take off your jacket. Of course wearing sunscreen on those sunny winter days is important too, along with sunglasses if necessary.

Your walking shoes are absolutely important. You need to have a comfortable pair of shoes that are cushioned and support your arches. There is nothing worse than coming home after a long trek and suffering from achy feet. Or worse yet you develop blisters and corns that hamper you from walking for a few days or even weeks.

It is also important to plan your walking route so you know exactly where you are headed. Plus this will give you an estimate of how many miles or kilometers you are walking. A good idea is to drive your planned route so you know the distance.

Another idea is to purchase a pedometer. There are all kinds available on the market from ones that just record the distance, to others that will count the calories you have burned. The prices for pedometers range from \$10

up to \$50 or more.

When you first start your walking routine don't overdo it. If you go too far and get sore or worse pull a muscle, your motivation will become low. Eventually you will start walking less and then one day you just don't bother anymore.

A good idea is to start walking in one direction for ten or fifteen minutes, then turn around and head home. The next time go a little further until eventually you are completing your desired route.

Also make sure that you spend the first five minutes warming up before heading out. Then when you return home stretch your leg muscles as this will reduce how sore you will feel the next day.

So start walking today and have fun!

# Using Stairs to Get Fit and Save Money

Why is it that when exercising comes to mind everyone immediately thinks they have to join a gym? Maybe it is from watching all these weight loss and fitness shows on TV. Anyway getting fit doesn't have to be expensive. If you look around your home and even your local community you can probably find ways to get fit without spending a ton of money.

To start with why not use the stairs in your home to get fit? If you have ever run up or down stairs you know how winded you can get. So why not start stair climbing on a daily basis. Aim to walk up and down the stairs five to ten times each day. Then once you have this mastered the next day add one more set. If you can do it once you can do it again, so there is no reason to do fewer repetitions.

If your stairs at home are really steep or you just want a change of venue, see where in your town you have lots of stairs. Is there a church, library or community building that has lots of stairs? How about your local mall? The mall is a great idea for rainy days plus you can walk around the mall as well as climb the stairs and get a great workout.

For those who live in a community with lots of parks or nearby trail walks you may find nature walks that incorporate stairs. These are the kind that are built right into the ground and are not as evenly spaced. This way you will have to adjust your steps to navigate the stairs.

If your child is in soccer, hockey or baseball you can walk the flight of stairs on the stands while your child is playing or practicing. This doesn't

allow you to have any excuse about not having time to exercise because of after school activities.

If you haven't tried climbing stairs in a while you will be surprised at just how good of a workout this is. Your leg muscles will be burning afterwards and you'll find yourself huffing and puffing. If you experience shin splints they will go away in about a week or two. This is just a sign of your muscles becoming adjusted to your new activity.

Stairs are available almost everywhere and you shouldn't have any problem finding a set that you can use each day. It wasn't that difficult to find a low cost exercise solution now was it?

# Turn Your Household Chores into an Exercise Routine

Who said exercise couldn't be fun? You can literally exercise any time, any place if you just use your imagination a little. Take for example regular household chores, did you know that a 150 pound woman can burn approximately 230 calories in thirty minutes just by performing housework? Who said housework was a chore? Not anymore!

It is very true housework can really burn the calories especially if you put a little more effort into it. So instead of just vacuuming in a kind of lazy way, concentrate on your movements. Push the vacuum a little further away from you and pull it back with more gusto! Now you are burning a few extra calories.

The same applies to cleaning the bath tub or washing the floors. Instead of thinking about how much you dislike the chore. Think instead about applying a bit more pressure to your movements.

When you are cleaning and dusting take longer strides with your legs too. Take a long stride and then hold the position for a few seconds to help stretch your muscles. Then bend at the knees. When picking things up off the floor use your knees to bend down or you can bend straight legged. But just be careful not to over stretch and pull a muscle.

Outside the house you have lots of additional ways to exercise. Gardening, weeding, cutting and raking the lawn are all wonderful workouts. If you don't normally do these chores offer to do them once a week and take advantage of using a different set of muscles.

The same goes if you have a dog, offer to be the one to take them on a walk. Or give your dog a surprise and take him for two walks a day instead of one, they will be excited and happy to go with you.

Most kids these days have some type of gaming console so why not take advantage of this and get an exercise video game. If you are a little embarrassed about anyone seeing you, get up early in the morning and play the game. Before long your kids will want to exercise along with you. It really is easy to incorporate exercise into your daily chores. No matter what cleaning chore you are doing there is a way to bend, stretch and just put more effort into it. So go ahead and have fun while cleaning, your body will love you for it.



# The Best Low Cost Exercise Ideas

Exercising doesn't have to be expensive and being short on funds shouldn't be an excuse for not getting enough daily exercise. With a little thought and determination it is possible to exercise almost for free every day!

**Walking** - This is of course one of the cheapest and easiest exercises to do. All that you really require is a pair of walking shoes, which you probably have anyway. All that is left is to put on your shoes and walk for 20 to 30 minutes each day.

**Crunches** – Crunches are a great way to strengthen your back and stomach muscles. Aim to perform one to two sets a day of about 10 to 20 crunches in each set. As you improve you can either increase the number of sets or increase the number of repetitions.

**Cycling** – Most people have access to a bike and cycling is a wonderful exercise. It improves and strengthens your muscles and your cardiovascular system. Going on a bike ride is a great way to de-stress yourself after a hard day at work. It is also enjoyable by yourself or with a group of people.

**Dancing** – What's to stop you from putting on your favourite music and dancing? This is a great form of exercise that requires no new clothing or shoes. You can dance around the house with your kids or alone while doing your housework.

**Playing Ball** – Get outside with your spouse, girlfriend, boyfriend or kids and play some type of ball game. This could be soccer, baseball, volleyball

or just having a good old game of catch. This is a great way to have fun and brings back memories of your childhood.

**Swimming** – If you are lucky enough to live near a lake or river you can enjoy going for a swim all summer long. This normally costs nothing unless you have to pay for parking at a beach area. Memberships at local swimming pools can be relatively inexpensive and a good way for a family to spend some quality time together.

**Hiking** – Grab your hiking boots and head out to a local walking trail. This is a fantastic way to visit local scenic areas and get some fresh air into your lungs. It also makes for a wonderful day out with the family. Why not take a picnic lunch and really enjoy your outing.

So there you have some inexpensive ideas on how to fit exercise into your lifestyle. You really have no excuses left anymore, it's time to start exercising and living healthier.

# Starting Out with Yoga

Yoga is another exercise which doesn't require a whole lot of equipment to start with. Basically all you need is a yoga mat. If you attend a local yoga class these may even be provided for you. Yoga is also a great exercise that can be done at home with just a DVD to follow.

Before starting any type of yoga it is a good idea to do some research and even watch a few DVD's. There are certain poses that you will need to learn. Plus to get the most benefit you want to be assured of doing them correctly.

You will also want to learn breathing techniques as this will also enhance your performance. Your body is bound to get a little sore after your first yoga session. This is perfectly normal and the soreness can be reduced a little by stretching afterwards.

A good yoga class or video will take you through an entire yoga workout. This should include a warm up period, a breathing or meditation technique and then proceeds into the main yoga session. In between all of this you will be taught certain poses like the child pose that allows you to take a short rest period. The class or video will end with you performing a series of cool down poses along with stretching.

To get the most of your yoga class you should not wear any socks or shoes. You should also not eat a large meal before exercising and you will want to drink some water before your class.

Any good teacher will have the ability to help you adapt any of the yoga positions that you find too difficult. Remember not to compare yourself to

others as they may be more advanced than you.

When first starting out with yoga you don't have to rush out and buy yoga clothing. Just wear pants and a top that are comfortable and be sure your clothes don't restrict your movements. Lightweight clothes are recommended as they will help keep the moisture away from your skin.

After a few yoga sessions you can decide if this is the type of exercise that you would like to continue with. If so then you can start to purchase more yoga equipment as necessary.

It is possible to find low cost alternatives for exercising. There are many low cost yoga classes that are available. If not you can get a library book or even look online for yoga videos if money really is an issue.

# Low Cost Weight Training

Want to get into some weight training but can't afford a full set of weights yet? Well if you use your imagination you can. There are many household items which you can use and still reap the benefits of weight training. To start off weight training you don't necessarily require a home weight gym. If you can afford it you can purchase a pair of dumbbells in the five or ten pound range. This is more than enough to get you started and in the meantime you can save for heavier weights as required.

If not you can improvise at home by using several items lying around your home. When beginning weight training you should always start with very light weights at first. You can easily use cans of food that are in your kitchen cupboards. As you progress you can use small water bottles.

If you have small children you can practice picking them up and just carrying them around. They will have fun and you will be getting a workout. Get your child to sit on your feet while doing some sit ups.

Other household items that can be substituted for weights are bags of sugar and a bag of potatoes. This weight can really add up and give you some great resistance.

When performing your weight training exercises you can make even a light weight have more resistance by slowing down your movements. At the same time really concentrate on the muscle you are trying to train. This can really make a huge difference in your results.

As your need for heavier weights increases you can fill water jugs with sand for added weight. Do you have an old tire in your garage? This can be a very useful weight training tool, just start moving in around your backyard for a great workout.

Another idea for weight training is to use your own body as resistance. This can be done by doing push ups in different positions. Try using your stairs to do push ups on. Start with a higher step and really lower your body down to the stair. As this becomes easy drop down one level until you are on the bottom step. This is also a great method to use if you have trouble doing a full body push up from the beginning. You could even use a wall to perform push ups and squats.

With a little imagination and resourcefulness it is still possible to find ways to weight train while on a budget.

# How to Keep Fit When Traveling

If you travel a lot then it can be difficult to fit in an exercise routine. If you are on a business trip you are most likely working long days and don't want to visit the hotel gym. It may be more convenient to go for a swim or do some simple exercises in your hotel room.

Hotel rooms are famous for having large telephone directories, so why not take advantage of this! Simply use these large books as a weight and do some repetitions with them. You could even balance the book on your lower legs while doing some leg raises. Or how about sitting on a chair with the phone book between your knees and squeezing to stop the book from falling!

The phone book can be used to lift up and over your head and even to hold while doing side twists with your body. You could get very creative with just this one item!

See, there are some simple ways to keep fit when travelling that don't involve the hotel gym. Another very simple solution is to simply take the stairs as much as possible during the day. By doing this you won't even need to do a separate workout after dinner.

If your business trip is leaving you feeling stressed out then go for a nice evening stroll after dinner. This gets you away from the hustle and bustle of the hotel and allows you time to regroup. Walking any time is a great de-stressor.

Your bed can be used to do push ups against and a sturdy chair will allow you to perform knee bends and squats. Even sitting on the edge of the

bed and performing shadowing boxing movements is a good workout in itself. This is also ideal if you are dealing with any type of lower body injury. Lunges, calf raises, leg raises, arm circles, side leg lifts, sit ups, push ups and walking on the spot can all be done in a hotel room. You could also pack resistance bands in your suitcase and use these for resistance exercises while away.

Even though it is hard on your body to travel, whether you are away on business or on vacation there really isn't any need to forgo your exercise routine. Most hotels have some type of exercise room and many today have a pool. Don't forget there is always those dreaded stairs to help you burn off those extra calories you may have consumed during your visit.



# Exercising With Your Partner

If you are looking for a no cost workout then exercising with a partner is an ideal method to use. Basically you will be using the weight and resistance of the other person to perform each exercise. This should be done very carefully and by using small amounts of pressure to prevent any injuries from occurring.

There are various types of exercises that you can do together and I will describe a few of them below.

**Shoulder Press** – this can be done by standing face to face with your partner and pressing your palms together at shoulder level. By keeping pressure on each other's palms you want to move your arms upwards in a smooth movement. Try not to arch your back. Aim to do 10 reps.

**Inner/Outer Thigh Muscles** – position your legs so that your partner has their hands on the outside of your knees. The movement involves you pushing your legs apart while your partner tries to prevent you by applying pressure. Aim for 10 reps. This can also be repeated for the outer thigh muscles by having your partner place their hands on the inside of your knees.

**Shoulder Shrugs** – For this exercise you want to place your hands on your partner's shoulders. Attempt to lift your shoulders up to your ears while your partner applies pressure. The goal is for your partner to apply gentle resistance. Again aim for at least 10 reps.

**Hamstrings** – Lie down on the floor on your stomach and bend one leg at the knee so that it points up to the ceiling. Your partner wants to hold the

back of your foot and apply resistance while you try to bend your leg to your buttock area. Aim for 10 reps if possible.

**Quadriceps** – For this exercise you will want to be on your back on the floor or use a mat if necessary. Lower your knees towards your chest, this will be the starting position. Your partner will apply pressure to your feet while you attempt to straighten your legs. Aim for 8 to 10 reps of this exercise.

While doing these exercises the person applying the resistance wants to use enough force to make it difficult for the person to execute the movement. But not so much that it is impossible to make any kind of movement at all. With a little practice you can both see and feel how much pressure is required and you will know when to increase the amount.

# Dance Yourself into Health

If you enjoy dancing then why not make this your exercise routine? You have probably read lots of articles telling you that it is easier to stick with an exercise routine that you enjoy. So why not dancing?

There are so many types of dance that you will never get bored dancing. You could try Zumba dancing, Belly dancing and even tap or ballet. Plus this can all be done in the comfort of your home with very little if no special gym equipment.

Even just turning on your favourite music and dancing is a great form of exercising. Let yourself be carried away by the music and burn lots and lots of calories. A 150 pound person can burn approximately 306 calories per hour just dancing in general. Ballet or Tap will have you burning 326 calories per hour and Ballroom dancing 374 calories in a one hour period. Of course you don't have to dance for one solid hour. You could break this up into four 15 minute intervals during the day. To get the biggest benefit try to put in as much effort as you can into your dancing. Don't get carried away as you don't want to hurt yourself by pulling a muscle.

If you want to learn a certain style or a dance routine you can find plenty of DVD's and videos on this subject. If you visit YouTube you could probably find some instructional videos on there. This is a great way to try something new like Belly Dancing before purchasing a DVD or book on the subject. You will just need to make sure that you have enough room to dance safely near your computer.

Maybe you dreamed of being a ballet dancer when you were younger. Well there is nothing stopping you from learning the movements now. Ballet dancers are known for their incredible strength and practicing the basic steps will no doubt improve your leg, arm and core strength.

Of course it will take time and determination to perfect any new dance routine, but you are not aiming to be a professional. Your goal is to have fun while learning a new dance step or style.

Just moving your body more will help get you back into shape. You will be feeling more energetic and youthful than you had expected and all you did was dance your way back to health.

# Circuit Training Simplified

When it comes to working out most people envision gyms and having to use all types of exercise equipment. This is absolutely not true! It is possible to get a great workout in just by performing some simple but effective moves. All of which require nothing more than the use of an exercise mat.

Circuit training is very popular and is the perfect way to get a full body workout in over a short time period. Doing quick sets of different movements allows you to exercise all your different muscles groups. When starting any exercise you want to spend the first five minutes warming up. This can be done by doing some arm circles, some jumping jacks and a few knee bends. Once you have this completed you can start on your circuit training routine.

The ideal circuit training routine will focus on one exercise for the abdominal area, one for the lower body, one upper body movement that pushes and one for the upper body that requires you to pull. Each set of movements should ideally be repeated ten times in each circuit. The number of circuits that you complete will depend upon your physical condition. At first you may only be able to perform one circuit. That's fine just work up to adding in another one when you can.

## **Sample Routine**

- First 5 or 10 minutes spent walking, doing arm circles and jumping jacks
- Push Ups or Chair Dips x 10
- Squats, Lunges or Walking x 10

- Sit Ups or Leg Raises x 10
- Inverted Rows or Pull Ups x 10

If you require a break in between circuits you can continue walking in place until you catch your breath and then start another circuit.

Perform a cool down that includes walking to allow your heart rate to come back to normal. Then perform some leg and arm stretches along with deep breathing exercises.

During your circuit training routine take the time to sip on water to prevent your body from becoming dehydrated. If you feel shaky afterwards this is a sign that your body requires some food so snack on something like a banana or other piece of fruit.

To make your routine fun you can aim to start at 10 reps of each exercise per circuit then on the next circuit decrease the number to 8, the next to 6 and so on until you reach 0. Doing this really makes the time go faster and allows you to perform more reps than you thought possible.