

Time saving ideas

The many health benefits of undertaking exercise such as weight control, reduced risk of cardiovascular disease and decreased levels of depression have been well publicised in recent times. It is for this reason that the government recommends we all strive to achieve 30 minutes of moderate intensity exercise each day.

However, one of the biggest barriers most people perceive to be preventing them from achieving this is a lack of time. It is true that we lead increasingly busy lives, however this exercise does not have to be 30 minutes in one go, it can be split up into shorter blocks. The outdoor gyms provide an ideal solution to this problem:

- ❖ Whilst walking your dog, as many of us do, why not take a route via one of the gyms and you can stop off for 5- 10 minutes and get some extra exercise!
- ❖ Both gyms are situated very close to childrens play equipment, you can have a quick workout when you take your children to the park!
- ❖ Similarly, you could stop for a 10 minute workout on the way to and from taking your children to school.
- ❖ If you live nearby, why not roundup a couple of friends or neighbours and you could all walk/jog to the gym for a quick workout and then walk back again. This would probably take no more than 30 minutes and by doing it in a group it can notonly be more enjoyable, but also provides extra support and motivation!

If you still struggle to find time to make it to the gyms, you can still gain nealry all the benefits from exercising at home. Just 10 minutes in the morning and 10 minutes in the evening before bed and you're already well on your way to achieving those 30 minutes!

Below is a list of exercises that do not require any equipment so are easy to carry out at home:

- ❖ Star jumps
- ❖ Squat thrusts
- ❖ Squats
- ❖ Lunges
- ❖ Press ups – these can be made easier by carrying them out either on your knees or standing up against a wall.
- ❖ Step ups – just use your stairs! You could count the number of steps and do that number on each step, or do the same number of step ups that correspond with the step i.e 1 on the 1st step, 2 on the 2nd etc...

Perhaps try a circuit including each of these exercises and see how you feel after going through them all once. If it was too tough, increase the amount of rest between each exercise or decrease the number you do of each. If it was too easy do the opposite and increase the amount you do.