



## Whatever turns you on, just get out and get moving!

We all know that doing some form of aerobic exercise at least three times a week is good for us. Keeping fit is essential to good health, makes you feel good and positive about yourself, and should be regarded as an investment for the future.

But it's essential to find the right kind of exercise for you, that you love and that fits in with your weekly routine.

### Tips to get you started

- Exercise with a friend. If you have a mate who lives nearby and is as motivated as you are to get fit, why not make a regular date three times a week to get together. You'll help encourage one another and can keep up to date with each other's news at the same time.
- Have your kit ready to go. Make sure you have really supportive footwear and a fitness bra if necessary. Try and keep all other financial costs down to a minimum to begin with, until you are sure it's the exercise for you. If you're taking part in a group lesson, see if the instructor can lend you essential equipment for the first few weeks.
- Make a list of what you hope to achieve: to enhance the overall quality of your life; increase general energy; improve sleep; to have a better feeling of wellbeing.
- Get into the groove! Music is a great motivator. Download some of your favourite music to listen to while you exercise. If you need some inspiration look at the Fairy Feelgood Tunes at [www.fairy-dish.com](http://www.fairy-dish.com).

### Exercises to try

Hulaerobics – Go for a spin with a hula-hoop! Burn calories and tone your waistline with this latest fitness craze from America. Use special hoops that are heavier than the playground variety, and start gyrating your hips! Said to burn as many calories as running an eight-minute mile.

Pole dancing – This new form of exercise combines dance with gymnastics and helps exercise stomach muscles, biceps and triceps. It helps burn over 350 calories an hour and will help improve your overall strength and flexibility.

Power walking – A great exercise to do with a friend and all you need to do is step out of your front door and off you go. It's worth investing in a pedometer, so you can monitor how far you are going each day and how many aerobic steps you achieve. As a rule of thumb you need to walk 10,000 steps a day for general good health and 12,000 to lose weight.

You could also try: rollerblading, fencing, synchronised swimming, cycling, or hiking.