

jazzercise®

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Secrets of Fit People

Physically fit people...they can seem intimidating, they appear to have it all together, and the last thing you want to do is approach one of them to ask about their fitness tips and tricks. Well, guess what? Physically fit people are, in fact, just people. They generally know a little bit more about how to get the most out of their workouts, and that's why they look so good!

Yet, the secrets of physically fit people aren't so hidden after all. By following a few general guidelines, anyone can attain the health and aesthetic benefits of physical fitness. Try to incorporate a few of these exercise habits commonly used by fit people.

Stay Hydrated – If your body lacks water, then your workout will feel harder and you'll fatigue faster. Drink plenty of water 1-2 hours before beginning your workout, then keep sipping throughout and after your exercise session.

Listen to Music – If you typically read a book or magazine while trekking on the treadmill, try listening to music instead. New research from Brunel University in London indicates that runners who listen to motivational pop and rock music exercise up to 15 percent longer than their non-music listening counterparts.

Plan Ahead – Write a to-do list before beginning your strength-training workout. Decide what muscles you want to work, and what exercises you will do to accomplish your goals. That way, you won't waste time wandering around the gym.

Switch Off – Most of us have one side that is stronger than the other. For example, your right arm or leg may dominate when doing exercises. We suggests single-arm and single-leg moves, such as French curls or lunges, so that each limb gets stronger independently, and one side can't take over.

Think Positively – Researchers from Miriam Hospital in Providence found that people starting a fitness program are most likely to be working out one year later if they believe in their ability to succeed. Adopt a can-do attitude, and you'll be more successful.

Work Until Fatigue – Instead of doing a certain number of reps, continue an exercise until you have completely exhausted the muscle. If you always do 20 bicep curls, then your body will get into a rut. Keep going with an exercise until you have fatigued the muscle group, then switch to another exercise.

Buddy Up – If you find yourself skipping workouts, promising to no avail that you'll get back on track tomorrow, then find a workout buddy. The accountability will get you to your session, even if you're tired or busy. And when someone else comes along with a better offer – like tapas and drinks after work – you'll already have an appointment with your fitness pal on the schedule, so you'll be more likely to keep your fitness commitment.

Do What You Love – If you hate to run, then stay off the treadmill. Research from the University of Nebraska-Omaha documents that women who enjoy their exercise activity are more likely to stick with it. So, pick a cardiovascular and strength-training routine that you enjoy.

Did you know?

Not All Holiday Pies are Created Equal

There is nothing like a slice of pie to cap off a delicious holiday meal. Although they are all rich, not all holiday pies are packed with a caloric punch. According to *Women's Health Magazine*, if you are counting your calories and faced with a slice of pumpkin, pecan and apple pies, you may want to opt for the pumpkin. One slice of pumpkin pie (with a slice being equal to an eighth of a pie) is approximately 316 calories. A slice of pecan pie offers the healthy fat found in nuts, but packs a 503 calorie punch. If you are looking for the middle ground, you may want to choose apple, weighing in at 411 calories per slice.

Technique Tip of the Month → Leg Abduction on Hands and Knees

Abduction is defined as movement away from the midline of the body.

1. Start on the floor on your hands and knees, with your wrists directly below your shoulders and your knees directly below your hips.
2. Contract the abductors to lift your leg out to the side. Your knee should remain bent as the leg lifts.
3. Do not allow your hips to twist or lean to one side.
4. Release the contraction to lower your leg back down to the floor.
5. Maintain a neutral spine and use your abdominals to stabilize your pelvis throughout.
6. Remember, it is not how high you lift your leg that counts. Focus on contracting the muscles to lift your leg to get the best results.

Performing this exercise on a regular basis will help tighten and tone your gluteal muscles.

Wishing you the best for 2010

We would like to make this Newsletter and our classes the best for you, so please answer the questionnaire in the website and send it back to

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Thank you