

FIT FOR LIFE NOT FIT TO DROP!

People talk about “being fit” but fit for what?

It isn't necessary to be an athlete or run a marathon to be fit. Your fitness level should be in tune with your lifestyle. You should have plenty of energy to climb stairs to take a brisk walk as well as performing other Day to Day activities without becoming tired or gasping for breath.

Being fit makes you look and feel better, it strengthens your heart and improves your circulation. When combined with healthy eating habits, it can help to lower your blood pressure and blood cholesterol levels, control your weight and reduce your stress levels, all of which help to lessen the risk of suffering from serious illnesses such as heart disease.

So how can you get fit? All exercise is good for your body but it is important to start slowly, build gradually and do it regularly. Always warm-up to prepare your muscles before exercising and include some gentle stretches. All-round fitness should include three factors:

stamina – to keep your heart and lungs healthy, muscular strength and “stretchability” to keep you supple and mobile. Stamina building exercise is any exercise where you exert yourself over a period of time. This could be a brisk walk or jog, swimming or cycling at a good pace or an aerobic workout. Exercise until pleasantly tired but not to exhaustion.

The right level will leave you breathless but not speechless! Varying your activity will help to keep you motivated and makes exercise more fun.

Try to sneak some exercise into your daily routine. You should aim to make exercise an enjoyable “habit” so that it becomes a regular part of your life. A good session of any type of exercise releases pent-up tension, - you will be surprised how recharged you feel and this new-found energy will enable you to achieve things more quickly and efficiently, - actually making more time for yourself.

Joining a class or taking up a sport leads to new friendships where you can encourage each other and adds extra enjoyment.

Whatever your activity remember to “wind down” your exercise session, don't stop suddenly after vigorous exercise. Slow the pace of your activity to a comfortable level for a few minutes at the end of your session. You will want to feel your muscles working but don't ignore pain – its your body saying “stop”! Always leave at least an hour after a meal before exercising and aim for easy, rhythmic movements.

Fitness is many things, such as finishing the day as fresh as you started it, feeling full of beans – not down in the dumps, but essentially fitness is a part of health – **FITNESS IS FUN.**



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