

Mon 23rd April 2012

## FIT IT IN

■ **Get motivated.** Pop some music in the stereo (or in your headphones if the baby is snoozing) and get bouncing to some beats. Music is proven to raise both our spirits and our heart rate. The more uplifting the tunes, the more effective the fitness.

■ **If you're pushing the vacuum or washing the floors,** team the push-and-pull movements with a lunge for each step. Ensure you keep a straight back and are locking the muscles in your thighs each time.

■ **Doing the ironing?** Well, don't just stand there. For every second item, march on the spot for the duration of the ironing, focusing on bringing your knees up and down.

■ **While you're waiting** for your kitchen appliances to do their thing – the kettle to boil, the microwave to reheat or the toaster to toast – use this time to hold simple yoga positions.

■ **Fold your washing** standing up, rather than sitting down. Leave the washing basket in one room and walk back to it each time you need to collect a pile (bonus points if you can include a stair climb in that equation). Remember, to squat each time you have to bend down to put folded clothes away in the bottom drawer.



■ **The kids are tucked in,** the dishes are done and you've earned some quality time in front of the TV. Instead of hogging the remote control, jump up each time you need to change the channel or use the ad breaks as an opportunity to do short spurts of exercise such as calf lifts, lunges or bridges.



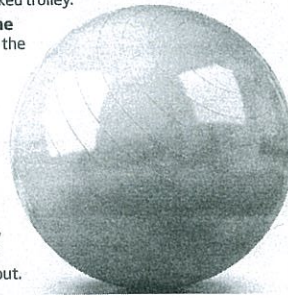
■ **Pop on a pedometer** so you keep track of how many steps you are taking each day as you do the chores and try to exceed your count each day. There are apps for this on your iPhone including Pedometer (Luminant Software Inc) and Footsteps Pedometer (Palm

Shadow Apps) which will even integrate with your iTunes library.

■ **If you catch the bus** home from work, take a few extra steps in the right direction by jumping off two or three stops ahead and walking the rest of the way home.

■ **Doing the weekly grocery shop?** Park in the back corner of the carpark so you have further to walk and further to push your freshly stocked trolley.

■ **Forget the escalator** – the stairs are your new best friend. Take the stairs whenever you have the opportunity to give your pins a workout.



## Getting fit need not be a drag

Daniel Hoy

ONE of the great challenges for any exercise class is holding our interest.

Which is why every time you turn around, it seems like a new exercise technique has hit the fitness industry.

So if you're bored with your aerobics class, or if your daily run has turned into a chore, check in each week for a rundown on some of the weird and wonderful exercise classes out there.

This week we look at Heavy Haulers, a circuit exercise class with a difference.

**WHAT:** Heavy Haulers is a circuit class performed in the carparks of three of Melbourne's major shopping centres.

The class is an all-over body workout that operates like a standard circuit class, but the exercises are different.

Instead of standard bicep curls, you do things such as dragging tyres, pulling ropes and throwing heavy bags.

**WHO:** Anyone and everyone. Classes are full of men and women of all ages. They suit people who are a bit bored with traditional exercise classes. The program focuses on losing body fat rather than kilograms, and the results speak for themselves. The average participant achieves body-fat reductions of between 10 and 15 per cent.

**WHERE:** Classes run three days a week for a month, and are held in carparks at Doncaster Shopping Centre, Chadstone and The Pines in Doncaster East.

**HOW MUCH:** \$302.50 for a month. **WHY:** Sally Galati, 53, could well be Heavy Haulers' biggest fan.

"I chose to do a Heavy Haulers program after hearing about it through a friend, and saw the great results they had achieved in a very short amount of time," she says.

"I have since completed over 40 four-week programs back to back, have lost approximately 40 per cent body fat and am the fittest I've ever been.

"I love the variety of exercises in each program and the fact that I don't really have to think about what to do.

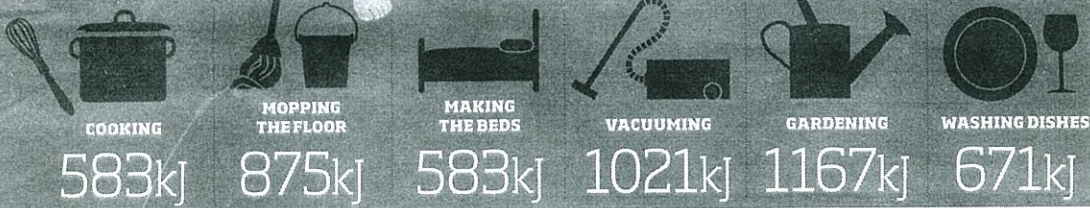
"Each program gives me the exact results that I am after, which keeps me motivated, and I'm loving it."

Heavy Haulers founder Craig Abbott says the popularity of the class is down to results, the fact they can hold sessions all year round, and the uniqueness of the program.

"Up to 70 males and females of all ages, abilities and fitness levels meet two to three times per week (for four weeks) in an undercover carpark and exercise to a highly structured interval and circuit-based program where the objective is to aim to beat your own personal efforts from the previous week's session," he says.

"The exercises are all movement-based and work fast to get you lean, strong and motivated, using objects such as ropes, tyres, throw bags and body benches.

"It's a tough workout, but this style exercise is actually very body-friendly. "People of all ages, abilities and fitness levels can train with confidence that they will get the results they are after, with minimal risk of injury as the program is totally self-paced."



## Fat people are the big losers

HEALTH warnings about Australia's obesity epidemic are falling on deaf ears, Adro Sarnelli, first winner of reality TV show *The Biggest Loser* says.

Before his *Biggest Loser* experience Sarnelli was one of the 61 per cent of Australian adults overweight or obese.

Being overweight or obese contributes to many health problems, including high blood pressure, type 2 diabetes and heart disease. These conditions can be improved by weight loss, but many people turn to medication to treat them.

Sarnelli, who now runs his own weight-loss program, believes people don't respond when they are told of the health risks associated with obesity because they take their health for granted.

"I think that we as humans lead such complacent lives, that we take our health for granted," he says.

"Even when we know that certain things we do are bad for us we still do them.

"I think that this is generally such an easy thing to do when people believe that what they are doing is nice, yummy, enjoyable."



Contrast: Adro Sarnelli before and after.

Sarnelli says low self-esteem also plays a role in many people's battle with the bulge.

"I honestly believe that this comes from a certain element of not caring about ourselves," he says.

"We have such low levels of self-respect and self-love sometimes that we are not worried

about the outcome of our actions — even if that action could result in death."

### FIVE REASONS TO LOSE WEIGHT

1. Being 10kg overweight cuts three years off your life. If you are obese, say 20kg overweight, this means you will lose seven years. Add smoking to the equation and you can kiss goodbye to 14 years.
2. Obese women have a 115 per cent greater risk of early death (between 40 and 70 years of age).
3. Obese men have an 81 per cent greater risk of early death.
4. An extra 15kg of weight increases heart rate by 17 beats a minute, or 24,480 beats a day, or a whopping 8.93 million beats a year. The average resting heart rate for men is 70 and 75 for women.
5. Being overweight increases your chances of stroke, osteoarthritis (knees, hips and lower back give way under the excess pressure), cancer, sleep apnea, gall-bladder disease and fatty liver disease.

DANIEL HOY

See: [heavyhaulers.com.au](http://heavyhaulers.com.au)