

Get fit fast!

If you want to firm up and increase your overall fitness, take heed of our holistic health experts' advice. Charmaine Yabsley reports.



INCORPORATE INTERVALS

"Try high intensity interval training," says Julia Lawson. "Just three 10-minute sessions a week of 30 seconds of all-out effort, followed by 30 seconds of recovery will tone your muscles, torch fat, and improve your cardiovascular system. Try sprints, cycling, boxing or burpees; just make sure you give your 30 seconds of effort everything you've got!"

MIX IT UP

"To improve fitness fast, you need to do a combination of things," says Erica King. "Complete three or four high intensity workouts for 45 minutes per session: these could involve a circuit class, HIIT classes, spin cycle sprints, or run intervals. The purpose is to increase your heart rate for short bursts to burn calories, while improving your cardio fitness. Additionally, complete three strength sessions, around 45 to 60 minutes in length, working on your core to tone and develop muscle. These workouts can be done in your lounge room, outdoors, or at the gym. Use an app to track your calories, and manage what you're eating and control portion sizes. Drink two litres of water to ensure your body is hydrated and to help eliminate toxins while plumping up the skin."

THINK QUALITY

"Keep workouts short, dynamic and on-purpose," says Mark Moon. "The biggest mistake people make is to just meander through their workouts, taking longer than they need to, and not having an objective in mind. Spend 30 minutes a day, five to six days a week, alternating between strength, cardio and recovery days, and you'll quickly whip your body into great shape. Creating movement and doing exercise everyday will keep you more active and mobile. I recommend the following weekly workout schedule: Day 1: Upper body, Day 2: Cardio, Day 3: Yoga, Day 4: Lower body, Day 5: Cardio and Core, Day 6: Full body, and Day 7: Day off."

WORK YOUR WAY UP

"To improve fitness and endurance rapidly, start with 10 minutes of actual natural body weight exercise routine with a 30 second break in between," says Carlos Elysee. "I recommend: 1 minute push ups, 1 minute sit ups, 1 minute jump squats, 1 minute plank, 1 minute star jumps, 1 minute alternating lunges, 1 minute crunches, 1 minute leg raises, and 1 minute burpees. That's it: 10 minutes of actual exercise guaranteed to make you sweat, fatigue your muscles, but build fitness, strength and conditioning as well."

JUST DO WHAT YOU CAN

"Try shorter interval training for end-of-day workouts," says Ali Cavill. "A 30-minute workout that incorporates fast, intense exercise alongside gentler movements, such as core and strength conditioning, is just as effective as a 60-minute run, plus it's not as daunting after a day at work."

BE TECH-SAVVY

"There are some great apps, tools and technology to keep track of your workout goals," adds Cavill. "Use them as calendar reminders, step counters, social media challenges, and heart rate monitors."

WORK OUT SMARTER

"High intensity interval training (HIIT) is the best way to burn fat and get fit fast," says Rebecca Strachan. "Work in short intervals, such as 30 seconds all-out work and then 30 seconds recovery. Your aerobic and anaerobic capacity will expand and you will ignite the 'after-burn' effect that can last up to 24 hours after you train."

TAKE A BREAK

"High intensity working intervals coupled with appropriate periods of rest is a sure-fire way to improve overall fitness and maximise time

MEET OUR EXPERTS



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“Use apps as calendar reminders, step counters, social media challenges, sleep trackers and heart rate monitors to keep track of your fitness goals.”

efficiency,” says Ben Sharpe. “By keeping working intervals short and intense, the body is put under the stress it needs to adapt and improve. Get creative: think body-weight movements, light weights, cycling, and swimming.”

DO SOMETHING YOU ENJOY

“Finding a physical activity that you enjoy, such as walking or dancing, will keep you motivated,” says Sarah Guptill. “Find an activity you love and you are well on your way to becoming your best self.”

BE CONSISTENT

“Set a goal, then create a plan - or consult with a personal trainer to get one - and stay consistent in your pursuit of improvement,” says Amanda Fisher. “By staying committed, your fitness will improve extremely quickly. It also means you form a new habit, and because habits become second nature it is easier for you to maintain your new level of fitness.”

PRACTISE PILATES

“For a quick at-home fix, try a Pilates side plank,” says Gemma Sadler. “Sit with your legs folded on top of each other, knees slightly bent, top foot in front of your bottom foot. Place your bottom hand flat on the ground a few inches higher than, and in line with, your shoulder to stabilise your shoulder joint. Use your core stomach muscles to lift your side off the ground keeping your belly button drawn in and your spine straight and in line with your head and feet with your Latissimus Dorsi engaged to support your bottom arm. Your opposite arm can either be drawn into your side or elevated symmetrically. Hold the pose for 30 to 60 seconds, change sides, and repeat.”

SPEED IT UP

“My favourite way to improve fitness fast is with a speed session called 30-20-10,” says Sally Lynch. “This can be incorporated into a normal run, or on a treadmill. My favourite is soft sand. Start by warming up with a gentle run for 1km. The second step involves jogging for 30 seconds, running at a normal pace for 20 seconds, then sprinting explosively for 10 seconds. Immediately repeat five more times, maintaining the intensity. Rest for

two minutes. Then repeat step 2. Begin with three rounds and work your way up to four. Jog slowly for 1km to cool down.”


WALK AND WORK IT

“Try a two-tiered approach,” Nadia Norman. “Get out and walk as much as you can, as often as you can. Try and build up to 10,000 steps. The second tier is to do short, sharp bursts of exercise that include big compound movements, such as squats, push-ups, lunges, jumping and crawling. A great way to do this is to use an EMOM (Every Minute on the Minute) style of training. Pick three or four exercises: try doing 10 squats, 10 push-ups, a 10-metre crawl, and 10 crunches. At the start of each minute, perform the first set of exercises. Rest until the top of the next minute, then do the second set of exercises. Repeat 3 or 4 times.”

CUT THE CRAP

Ben Lucas says, “If it comes in a packet, leave it on the shelf. Eat fresh fruit, vegetables, meat, fish, and legumes. And drink! Most of us are chronically dehydrated. Cut soft drink, coffee and caffeinated beverages. Aim for two litres of water daily, plus one litre for every hour of exercise.”

SURPRISE YOUR BODY

“The body adjusts to any one movement pattern, so the best thing you can do to get fit in a particular sport is to train in various ways, using the same movement patterns as the sport to strengthen the muscles,” says Edwina Griffin. “This means doing resistance training which incorporates the same or similar movements to the sport but with more loading and/or incorporating the movement in different sports. Swap running on soft sand with grass or concrete, depending on what you are competing on, or running in deep water to increase resistance. This will create good core work and reduce the chance of injury. It also means weight training which targets the muscles used for the sport, using similar movement pattern to the sport in your weight training. Repetition of the movement patterns also strengthens the neural pathways and enables the body to become more efficient.” 

MEET OUR EXPERTS



Ali Cavill, health and fitness coach and owner of Fit Fantastic.



Gemma Sadler, owner of Dynamic Pilates. www.dynamicpilates.com.au



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