

## Exercise Tips

### Moving All the Time, Not Just When You Feel Like It

Exercise improves your metabolism. When you get moving several times a day it keeps that internal calorie burner amped up. Try two 15-minute cardio sessions daily, the improvement will be more noticeable than if **you** did one 30-minute session once a day.



### Push your muscles to the limit

Next time you strength (resistance) train, try not to rest more than 15 seconds after the last repetition. Instead, pick up a lighter weight and do three to five more reps. You have fast and slow twitch muscle fibers. The fast ones will tire quickly, and the slow ones can endure longer. Switching over to lighter weights and continuing to fatigue all the muscle fibers will help build strength and tone faster.

### Step aside without pain

We usually move in three directions (forward, backward and we rotate), so strengthening your hips will not always streamline your shape below the waist, but it can keep those knees from aching. See example below.

### Keep your body guessing

Switch the number of repetitions and sets you do to fool your body so that it doesn't get used to the same routine. Instead, pulse or do half time repetitions instead of the standard one-two-three set. See example below.

### Try to get off the ground

Jumping uses all the large lower body muscles...guts, hips, and thighs. Using these muscles raises your metabolism. See example below.

## **Pump that heart...extend the burn**

The more often you get your heart pumping during exercise, the longer your metabolism stays revved up afterwards. For instance, in a circuit series do one set of every exercise without rest. These movements will fatigue your muscles so your body has to work harder and use more energy (calorie burn) to recover.

## **Imagery is important too**

For example, try imaging contracting your gluts for 15 minutes a day for a few months; now combine that imagery with “live” techniques: and you’ll be able to shape your body and firm those stubborn muscles.

## **Get rich on vitamin B**

If you are combining diet and exercise (a wise move if you are serious about changing your body), be sure you consume fish with omega-3, poultry, low fat dairy products and fortified whole-grain cereals. It is easier for your body to build muscles.

## **Move a little faster in this case**

People who lift weights at a brisk pace (two second – one second lower and one second lift) saw greater strength endurance than those who took three seconds to do the same movements. Be sure to maintain good form and you’ll have more time left over to add other moves or some extra cardio to your workout and burn more calories.

## **Get on a Stability ball or Bosu**

Do a push-up on a stability ball or Bosu, your arms (especially those hard-to-change triceps) will be more challenged than if you were doing them on the floor. See below for suggestions.

## **Do a combo**

Combine resistance training with a squat or use a weighted ball when doing crunches (provided this is a level you are comfortable with, it can be more advanced). Combo work engages more muscles, increases your heart rate, burns more calories and saves time.

## Go heavy

Once a week, try lifting a weight that you don't normally lift, and try three to five repetitions. Studies show that this is a good way to build muscle and give your metabolism a boost. As in any exercise, use common sense.

## And the band plays on

Using resistance bands with weights (dumbbells for instance) will make your muscles work nearly 25% harder. See example below.

## Take a break

Give your muscles 24 to 48 hours off between strength-training (resistance work) to recover. If you are doing any kind of power exercises such as jumps (plyometric), then rest at least 72 hours so your muscles have a chance to rebuild the fibers that were used, that's when you see improvements.



## Examples:

- **And the band plays on:** Hold the end of a tube and weight in each hand and stand in the middle of the tube (or resistance band), as you move the tube with your hands up and down for bicep curls, shoulder presses and rows. Depending upon your strength and experience, different bands are easier to use than others. (Green is easier than red.)



# Lori MichielFitness

Active Adults, Former Athletes and Seniors

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- **Lie aside:** Lie on your left side, head in your left hand, with legs about 45 degrees in front of you, knees bent. Keeping your feet together with hips stacked, raise top leg about 10 inches; lower it without touching the bottom knee. Do 15 to 20 repetitions then repeat on the opposite side.
- **Keep your body guessing:** Increase your upper and lower body strength twice as much over 12 weeks. If you lift three days a week, do two sets of 10 to 12 repetitions with lighter weights on the first day, three sets of eight to 10 reps (with more resistance weight) on the second, and four sets of four to six repetition with your heaviest weight on the third.
- **Try to get off the ground:** Twice a week do three sets of 10 jump squats (knees over the ankle NOT the toes when landing). Stand with your feet shoulder width apart, arms bent at the elbow and hands clasped in front of your chest. Lower to a squat until your thighs are parallel to the floor. Jump up, pushing off the balls of your feet. Land with your knees soft (slightly bent), lower into a squat again, and repeat.
- **Get on a ball or Bosu:** Get into a push-up position with your hands about 12 inches apart on top of a stability ball or Bosu, extend your legs behind you. If you are having trouble balancing, place the ball only against a wall. Lower your chest toward the equipment, and then press up. Do two sets of as many repetitions as possible, three times a week.

*\*\*\* Keep in mind not all exercise examples will apply to your particular situation. These tips are for more active and agile adults. Be sure to warm up prior to starting and give yourself time to cool down and stretch. Many exercises require supervision to avoid injury.\*\*\**

Lori gives presentations for seniors, including workshops that demonstrate some of exercises noted above. Check out our presentations page for current topics. Email us or call 818-620-1442 to schedule Lori to speak to your group today.