

Get Fit, Active & Well

with Live Active Leisure



Keeping active is essential to maintaining good physical health; it also boosts your mood, reduces stress, and improves sleep quality.

Here are some great ways to stay active, maintain muscle conditioning and cardiovascular function. It will also help to pass the time and keep you motivated.

Getting the most out of a bodyweight workout

The following are some simple tips for getting the most out of bodyweight strength workouts and to change and create new challenge in old routines.

- 1.** Slow down the speed of the movement and focus on controlling the breathing. The slower it is done, the more core control is needed.
- 2.** By changing up the order you do the exercises, it can shock the body into working harder and provide more of a challenge as it will change the normal routine.
- 3.** The big temptation as you get tired during a workout is to reduce the range of movement to make it easier to complete more repetitions. Help muscles to keep as functional as possible by ensuring a full range of movement.
- 4.** Stretching before and after exercise will help with recovery. Stretches should always be taken to the point of mild discomfort and never to pain.

The exercise list below can be done as either a Tabata style or Circuit style workout.

Tabata Style: work as hard as possible for 20 seconds, rest for 10 seconds and repeat each exercise twice before moving onto the next exercise.

Circuit Style: For each exercise do 3 sets of 10 - 15 repetitions. You can either do all of these sets and repetitions on one exercise before moving onto the next exercise or do one set on each exercise for 10 -15 repetitions and repeat x 3 times round.

Wide Press Ups - Place Hands slightly wider than shoulder width apart on the floor. Support weight between hands and feet, contract and tighten core muscles. Bend elbows and control movement until chest almost touching the ground. Push hands hard into the ground to return to starting position



Narrow Press Up - Place hands inside the line of the shoulders.

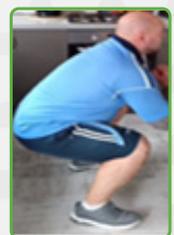
Decline Press Up - Place feet on a chair or raised platform.



Squat - Place heels around shoulder width apart. Keep the head in a neutral position by looking forward. Slowly bend the knees and lower body until in a seated position. Return to a standing position. Keep your core tight.

Pause Squat - Same technique as the squat but at the bottom of the movement pause for 3-5 seconds before returning to the start.

Jump Squat - Follow the same technique as above but aim to jump as high as possible at the top of the movement.



Tricep Dips

Sit on the edge of a chair and grip the side of the chair next to your hips. Place heels on the ground in front of you. Move forward to allow your back and hips to clear the chair. Lower your body towards the ground. Slowly push into the chair and bring yourself back to the start position.



Wide Tricep dips - Follow the same technique as above but take the hands wider apart. Work on keeping the back straight and avoid leaning forward throughout the movement

Butterfly sit ups

Lie down and bend the knees, bringing the soles of the feet together. Sit up and touch the feet with your hands. Slowly control the upper body back to the start position and repeat.



Rock Press

Use a press up position. Walk the feet in until the hips are above the line of the shoulders.

Bend the elbows, lowering your head to the floor. Pause and return to the start position.



Forearm Plank

Place forearms on the floor with elbows in line with the shoulders. Place and push the toes into the ground to raise the body up into a flat position. Keep your back as flat as possible during the plank.



Burpee

Squat down and then place the hands on the floor. Jump the feet back into a press up position and pause.

Jump the feet back into the hands to the bottom of the squat position and jump as high as you can.



Mountain Climbers

Start in a press up position. As fast as possible bring one knee up towards the chest and then back to the start position. Change leg and repeat.

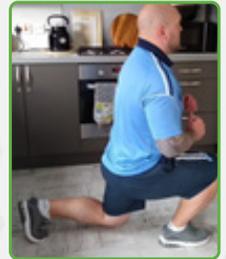


Try to keep the body as straight as possible throughout keeping the hips in line with the body.

Plyometric Lunge

Start in a lunge position with the right foot forward. Explode up and jump as high as possible, switching leg position in the air.

Land softly with the left foot forward and immediately drop into a lunge. Explode up and repeat, switching leg position at the top of each jump.



Keeping a positive mindset

Evidence suggests that there are a number of things you can do to improve your mental health and wellbeing.

Trying these things out could make you feel more positive and able to get the most out of life.

- Plan practical things
- Stay connected with others
- Talk about your worries
- Look after your body
- Continue to do things you enjoy
- Take time to relax
- Stick to a daily routine
- Look after your sleep
- Keep your mind active

Healthy Nutrition

The Eatwell Guide has 6 main guidelines to follow to help you to form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day. Being well-hydrated also improves sleep quality, cognition and mood.

Alcohol Consumption

To keep health risks from alcohol to a low level, men and women are advised not to drink more than 14 units a week on a regular basis. It's better to spread your drinking over 3 or more days if you regularly drink as much as 14 units a week and if you want to cut down, try to have several drink-free days each week.

Saturated Fats

Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease. Most people in the UK eat too much saturated fat. Saturated fats consist of things like; cakes, fatty meat, butter, coconut cream etc. The average man should have no more than 30g saturated fat a day and the average woman should no more than 20g a day.

Feel Fuller for Longer

Foods that are high in protein or fibre will make you feel fuller for longer. Beans, peas and lentils are also good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein, vitamins and minerals. Pulses, or legumes as they are sometimes called, are edible seeds that grow in pods and include foods like lentils, chickpeas, beans and peas. Other vegetable-based sources of protein include tofu, bean curd and mycoprotein; all of which are widely available in most retailers.

Benefits of Exercise

It is recommended that adults take part in 150 minutes of moderate intensity activity every week. This includes any activity that raises your heart rate, makes you breathe faster and makes you feel warmer. Going for a walk, or a cycle is a great way to stay active that doesn't require much equipment.

Breaking up your exercise throughout the week such as 30 minutes on 5 days a week or even into smaller chunks of 15 minutes twice a day will help you gain the benefits of exercise.

People who exercise regularly have a lower risk of developing various long-term health conditions and it also helps increase mood, reduces the risk of stress and can improve your sleep quality.

Move more daily

There are many ways to break up the period of time spent sitting - for example set a timer to get up and move around every 30 minutes, or at every ad break during a tv programme.

If you are phoning family or friends stand during the phone call. Doing DIY and housework also count as physical activity. Besides that, standing and moving around regularly is vital to keep your body's metabolism working fully.