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FITNESS UPDATE

with **RACHEL LEMAN**

FROM MISS MOTIVATOR



SPRING CLEAN YOUR HEALTH ROUTINES

Hooray it's Spring! Spring is often a time when many people decide it's time to "get back into it".

I am an advocate for everything in moderation and taking

small actions each day towards your overall health and fitness, but there are moments in time when things just slide a little off track and for many people this can be during the winter months. The days are shorter, the bed or lounge is warm and cosy and sometimes before you know it healthy eating and your regular exercise plan just disappears off the radar.

So, this month – let us Spring clean your health routines!

Here are some tips to help you assess where you are, where you want to be, what you want to keep and what you need to leave behind as you move forward with your health and fitness.

The first thing to do is to take stock of where things are at now. Are you happy with things or do some parts of your health goals and routines feel out of alignment?

Areas to consider are exercise, nutrition, and fun. Yes fun, but we will get to that later.

As far as exercise goes there are a few things to think about:

• Frequency • Duration • Intensity

Are you currently doing enough exercise? A good guide for healthy adults is 30 minutes a day consisting of a combination of moderate and vigorous activities and including strength exercise (lifting weights) at least twice a week.

If yes, do you enjoy it, is it working for you, are you getting results, is it challenging, is it fun? Does it make your body and mind feel good?

If you answered no, it might be time to change up the routine, get outdoors, try a new class or a new sport. When considering this, be sure to consider a well-rounded weekly program that will provide you with what you need.

Do not forget to consider your current stress level and all that is happening in your life at the moment. You feel a little fatigued or overwhelmed by the current level of busyness in your week and adding another high intensity session to your week would not be helpful. If you feel your body and mind need to slow down a little, consider adding mindful movement such as Yoga, Tia – chi, or meditation into your weekly routine.

When it comes to nutrition try focusing on what you can add to the menu that will have you feeling more energised, and I'm not talking about more coffee, red bull or pre workout! Keep it simple. Often, we focus on all the things we can't have – this only has us wanting it even more. Leading to overeating in

many cases.

So, when thinking of what you might need to add consider if you are currently eating enough vegetables, fruit, complex carbohydrates and protein and healthy fats to sustain a healthy body and mind. If the answer is no, start with trying to add some veggies to each meal.

If it's helpful, try keeping a food diary for a couple of days to get a really good idea of what you are using as fuel – is it enough or too much, is it balanced, or do you need to enlist the help of a dietician or nutritionist to help you get things on track?

An important part of creating healthy routines is the magic ingredient – FUN! Are you doing anything fun in your regular routine? If not, start now, life is all about having fun, so have a think about what you love to do, what makes your heart full, and get out there and do it!

At Miss Motivator we specialise in women's only training in a safe, nurturing, and supportive environment. We help women create healthy behaviours and routines for optimum health and fitness. We offer a gym facility including a range of classes and personal training options, outdoor bootcamps and pre and postnatal exercise.

If you're interested in finding out more, contact the team at Miss Motivator Women's Health and Fitness Centre at 2 Blackbutt Rd, Port Macquarie or give Rachel a call on 0438 388 552.