

topic YOUR.BIG.READ
def: a subject of conversation or discussion

Weekend
detours

Mix it up for best results

By **REBECCA JOSEY**

IF THERE is one thing I absolutely must have with my own training, it's variety.

I could think of nothing worse than doing the same thing day after day, week after week.

While you might be happy to jog around the block six days a week for a while, sooner or later it will get boring.

When it eventually does, unless you have other activities to turn to, your training runs the risk of becoming "that thing you tried for a while".

Mixing up your training is a must for both the mind and the body.

Mentally, you are less likely to get

stuck in a rut if you have different challenges to look forward to.

Physically, the best results are achieved when you are able to continually surprise your body.

Mixing up your training can be achieved by doing different modes of exercise such as playing sport, doing a gym class, going for a swim, a bike ride, joining an outdoor training group, doing a Pilates class or even a home training circuit.

Another very simple yet effective way of increasing variety is to use different locations.

Take a simple body weight circuit outdoors to one of the fitness stations, parks or the beach and the

change of scenery will have you forgetting you are doing the same exercises for the same muscles.

Even the simple act of taking your weekly run from the treadmill or a well-worn bike track to an off-road trail or beach track can really reinvigorate an otherwise repetitive session.

Recent research has also added strength to the link between outdoor exercise and mental and physical well-being.

Researchers from the Peninsula College of Medicine and Dentistry analysed data comparing the effects of exercising inside with the effects of the same activity in an outdoor setting.

Using the natural environment for a workout reportedly led to feelings of increased energy and positive engagement and decreased tension and negativity.

In my own experience as a trainer, most participants love training outdoors, and the greater enjoyment they get from an exercise setting, the more likely they are to continue.

■ (Bec Josey is a journalist and qualified personal trainer. Bec now supports others to get into shape for life as well as events and can be contacted at on 0424 080 321 or via perfect.fit@bigpond.com. For more information visit www.perfectfittraining.com.au)



SOMETHING NEW: A simple change in scenery can make you forget you're doing the same exercises for the same muscles.

Photo: Perfect Fit Training Solutions



WORKOUT: Try adding a dash of sand and some resistance to your next running session and you'll not only blow off some serious calories but the change of scenery will work wonders for your mind.

Photo: Perfect Fit Training Solutions

Your Chance to Win \$1,000,000



How to Enter

The Observer and APN Australian Regional Media are giving one lucky reader the chance to WIN \$1,000,000**

All you have to do is collect 6 tokens published between February 19 and April 2, 2011. Attach the 6 tokens to the entry form published in The Observer either February 19, 26, March 5, 12, 19 or 26th. You can enter as many as times as you like as long as the tokens and entry form are original.

All entries must be posted to:
"Chance to win \$1,000,000", APN Australian Regional Media, PO Box 1578 Milton QLD 4064.



You could also win...



Fujifilm 75240 FinePix Z80 14.2MP Compact Digital Camera in Gold
Bonus prize valued at \$199 RRP***

To enter to win a digital camera, simply visit our website at www.gladstoneobserver.com.au

ENTRY FORM

Your Name.....

Phone Mobile.....

Address

Email

Are you a The Observer home delivery customer?

Yes No

Please tick age: 18-25 25-40 40-60 60+

I do not wish to receive any further correspondence or marketing material.

*Full terms and conditions available on www.gladstoneobserver.com.au or newspaper front counter.
** There is one chance to win \$1 million prize for one reader from one of 13 APN dailies listed in the terms and conditions. *** There is one Fujifilm 75240 FinePix Z80 14.2MP Compact Digital Camera prize for one reader from each of the 13 APN newspaper websites listed in the terms and conditions. Deadline for entry is Friday April 8th at 10am. One contestant will be presented with 100 envelopes. Only one envelope has a \$1,000,000 card inside, 99 envelopes have a \$5000 card inside. The contestant will win the amount in the envelope that they select. The winners name will be published Wednesday April 13 in the public notices.