

20 minutes TO GOOD HEALTH



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Health Canada recommends 30 to 60 minutes of physical activity most days of the week. Combine this 20-minute workout with other strength, endurance and flexibility activities in small blocks of time for optimum benefits. Keep an ongoing record of your activities as a motivational tool. You'll find everything you need at www.winnipeginmotion.ca/resources.

- **Muscular Strength:** use resistance (weight) to build muscles and strengthen bones 2-4 days per week. Leave a day of rest between workouts.
- **Cardiovascular Endurance:** break a sweat 4-7 times per week. Try skipping, cycling, brisk walking, jogging, shoveling the walk and swimming. Walk to work, walk your kids to school and cycle to do errands.
- **Flexibility:** stretch 4-7 days a week to keep your muscles and joints loose, relaxed and tension-free. Try yoga, tai chi or pilates. Stretch during commercials of your favourite TV show.

Tips for your workout

This 20-minute workout can be done at home using weights, soup cans or elastic exercise bands for resistance. To achieve the maximum benefit from each exercise and to avoid injury, follow the instructions closely. Consult an exercise or health professional if you have questions or concerns.

Start with some light movement to get your muscles warmed up and blood flowing.

Before each exercise engage your core muscles by contracting your abdominal and back muscles. Breathe normally throughout the movement. Don't hold your breath.

Choose the weight or exercise band that will allow you to do 12-20 repetitions comfortably.

Begin with one set of each exercise. As you build strength, progress up to one to three sets of 12-20 repetitions.

Rest only 30-60 seconds between each set for maximize fitness gains.

Stretch after strength training to maintain flexibility and help muscles recover quickly.



SQUATS

- Standing with your feet shoulder-width apart, slowly bend at the knees and hips until your knees are at 90 degrees (as though you are sitting in a chair).
- Keep your chest up and your knees behind your toes.
- With your weight on your heels, slowly rise back to standing.



CHEST PRESS

- Start with arms out to the side; bend your elbows 90 degrees. Keep your palms facing the floor.
- Hold weights in your hands and press forward slowly, contracting your chest muscles.



ONE-ARM ROWS

- Stand in a straddle position or kneel on one knee. Keep your shoulders squared and your head down.
- Hold the weight in your opposite hand and pull up toward your hip.
- Keep your wrist and back straight throughout the motion.
- Repeat on other side.



LATERAL RAISE

- Stand or sit with your feet shoulder-width apart, hands by your side.
- With a slight bend in your elbow, lift your arms out to the side, away from your body. Do not lift higher than your shoulders.
- Do not lean in any direction during the movement.



ABDOMINAL CHAIR CRUNCHES

- Sit on the edge of a chair. If you prefer do this exercise on the floor or on an exercise ball.
- With hands on shoulders or in front of your body, slowly curl your upper body up and away from the ball/floor.
- Breathe out as you curl up. Keep your head and neck in line with your upper body.
- Breathe in as you lean back and return to the starting position.



BICEP CURLS

- Sit or stand with feet shoulder-width apart or narrower.
- With elbows tucked into your sides, slowly curl your hands up toward your shoulders.
- Return to starting position.



TRICEPS EXTENSION

- Hold a light weight behind your head; support your upper arm with the other hand. Or use an exercise band as shown above.
- Keep your upper arm still and slowly extend your hand toward the ceiling.
- Return to starting position.
- Repeat with weight in the other hand.



HEEL RAISES

- Stand behind a chair or near a wall for balance.
- With your feet shoulder-width apart and pointing in the same direction, slowly raise up onto the balls of your feet.
- Slowly lower yourself back to the ground.
- Take care not to arch your back.



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