

PRACTICAL TIPS FOR THE NEW YEAR

1 For moderate activity a person is required to do approximately 70,000 steps per day. Keep in mind that generally people are doing much less due to a sedentary lifestyle and sit down jobs. Get up and get moving!

2 Commercial breaks should be used to get up and move around. In each half an hour show there is 8 minutes of adverts. For an hour program you are getting 16 minutes that you could be doing something to burn extra calories. Get up and say hi to the dog, walk up and down the hallway, run around and chase the kids... use the opportunity and do some incidental exercise.

3 Stress less and burn more. Perform regular high to moderate exercise and regulate stimulants like coffee. Make sure you eat healthy foods and don't forget to have a laugh every now and then. When you feel a little stressed try yoga, pilates, tai-chi, or even just squeeze all your muscles from head to toe... try it and watch the stress disappear.

4 Make sure that you are taking sleep seriously. Get into a routine by getting up around the same time each morning and going to bed at the same time each night. Try not to have stimulants 3-4 hours before bed and stay away from the alcohol around bed time. Just by eating too much you will get less sleep so eat smaller meals at night time. Write things down before you sleep so that they are clear from your mind and don't stay up all night thinking about stresses. Most importantly just go to sleep when you are tired. The body works in cycles of 60-90 minutes, so sleep now or you'll have to wait 1 ½ hours before you doze off again.

5 Drink plenty of water each day. A general rule of thumb is 300ml per 10kg of body weight that you carry. For an 80kg person they should be having roughly 2.4lt of water each day. With each coffee or stimulant make sure you have an extra glass of water just to balance out the body from what you lose.

PUSH_ all the right buttons and good luck in the New Year