

Tips on healthy eating and living

The right way to start a cardio and weight training programme

By Manuela Nemes

Whether you’ve hit your fitness groove or are just getting started, make sure you’re doing it right with these quick tips.

Power up your cardio by listening to your favourite music; the faster the beat, the higher your training intensity will be.

Cross-train by swapping a new activity for one to two of your regular weekly workouts; try a new class like boot camp to burn more calories and build muscle in just one hour.

When using the indoor cardiovascular machines,

go for sprints to alternate intensity; switch in between cardio machines to avoid boredom and to challenge different muscle groups.

Alternate indoor cardiovascular exercise with outdoor activities like jogging or power walking on the beach, swimming, beach volleyball, biking or any fun activity that will burn calories, without stressing about it.

Don’t overdo it

If you haven’t been active lately, start from square one even if you were a high school athlete. Jumping into vigorous exercise without gradually building up to it puts you at risk of injury.

Increase exercise level gradually

Start with what you can do and steadily increase time, frequency, and intensity, in that order, increasing total weekly time by no more than 10 per cent per week. As your fitness level improves, aim for 30 minutes, five days a week. Be patient regular exercise pays off, but too much too soon can backfire quickly.

Warm up before working out

For most people, five to ten minutes of low-to-moderate intensity cardio activity is enough. The warmup helps your transition from rest to movement, gradually increasing body temperature, heart rate, and blood pressure to support

the physiologic challenge of the vigorous workout ahead. A proper warmup also helps reduce post-exercise muscle stiffness and improves exercise performance.

Don’t get hung up on heart rate

It’s just a number. Target heart rate training is a great way to boost your level of fitness, but it’s not the perfect method for everyone. Instead listen to your body and go for the rate of perceived exertion.

Pace yourself based on how you feel

If you can talk comfortably — or slightly uncomfortably — you’re exercising at the right intensity. If you can’t

talk comfortably at all, slow down — regardless of heart rate.

Target training zone charts offer an approximate range at best. Target zone is influenced by fitness level, health status, certain medications, and genetic limitations.

Don’t stop suddenly after a vigorous workout

A sudden stop causes blood to pool in the feet and legs, reducing blood flow to the heart and other organs. As a result, you could get dizzy and fall or experience a life-threatening cardiac arrhythmia.

Cool down gradually

Keep your feet moving! Performing five to ten minutes

of low-to-moderate intensity activity after moderate-to-vigorous exercise keeps blood from pooling, flushes metabolic waste from the muscles, and gradually returns circulation to pre-exercise levels.

Don’t be a weekend warrior

Waiting until Saturday to break a sweat won’t help you reach your fitness goals. Instead try to do as much as you can more regularly.

Exercise regularly throughout the week

Make physical activity part of your everyday life, whether it’s walking on your lunch break or on the beach after dinner with your family. Regular exercise makes a difference.



Stretching the gluteal muscles.



Exercises to strengthen the core muscles.



Fitness trainer Manuela Nemes in full stretch.

Strength Training for the Cardio Lover

Weight training exercise doesn’t have to be fast, intense movement that makes you sweat profusely. The longer and faster you exercise doesn’t always mean better results. While it is true that cardio-respiratory fitness is essential in improving the health of your heart, lungs, and circulatory system; you must not forget the

importance of muscular strength and its ability to maximize your workout to make you look and feel better. Using resistance speeds up your metabolism, which helps your body keep working when you are at rest. It also increases your bone strength, reduces injury risk, and improves your physical appearance. Cardio exercises are an excellent way to burn fat, but put your running shoes

aside a few days out of the week and focus on strengthening your muscular system.

It is best to split your strength training workouts to isolate your upper body and lower body on different days. For general fitness goals you can start by weight training 3 times a week for an hour. Start with 3 sets of 3 exercises of one or two big muscle groups like legs, back and chest. You can perform 12-

15 repetitions. The following sessions you can train the small muscle groups like shoulders, biceps, triceps which are always assisting the big ones. Train abdominals and lower back at the end of the session but if your focus is on core you can even train it separately. Try to have a day rest in between sessions if you can. And same as cardio, be consistent if you want to see results!

HSA gets support for premature babies

The Health Services Authority (HSA) recently received a generous donation of a new Infant Warmer, which was presented to the Neonatal Intensive Care Unit by Rotary Sunrise and the Genesis Trust. The device, which works to deliver an optimal thermo-neutral environment to prevent premature babies from cold or heat stress, is a great addition to the unit. It contains ceramic heater elements and golden reflectors which provide even heat distribution over the entire bed as well as a fully integrated heated conductive gel mattress to keep the baby warm at all times.

The donation was motivated by Paul and Emma Drake, who had an infant that required support in the Neonatal Intensive Care Unit. The couple was so impressed and moved by the level of care given to their premature baby that they wanted to give something back. Rotary Sunrise and Genesis Trust coordinated the effort to raise the funds to purchase the equipment.

However, it was Mr



The first baby to benefit from the Drager Infant Warmer, Jermaine Bridges Jr., along with (from l to r) Dr Greg Hoeksema – Medical Director, HSA, Kerry Bennett-Reed, Staff NICU Nurse, Kim Remizowski – Rotary Sunrise member and past Community Service Director, Shannon Hydes, NICU Nurse Manager, Andrea Bryan, President Rotary Sunrise, Paul Drake, Managing Director Genesis Trust and Rotary Sunrise member, Dr Marilyn McIntyre, Pediatrician, and Adrian Royston, representative of the Triathlon Association.

Drake, Managing Director of GenesisTrust & Corporate Services Ltd. and member of Rotary Sunrise who pulled it all together. “Rotary Sunrise provided about 50 per cent

of the money needed to buy this equipment, and Genesis Trust matched it,” explained Mr Drake. The final money needed came from the Triathlon Association. Proceeds from

the Genesis Trust Duathalon -- \$2000 -- were donated to complete the necessary funding. We are happy to see our efforts make this a reality for the HSA and future preemie patients,”

he continued.

Dr Greg Hoeksema, Medical Director at the HSA stated: “We have been challenged this year to provide all of our own capital

funding, so ongoing support from private individuals and service clubs have proved vital in our ability to purchase new equipment. Through efforts like this, combined with the hard work of our staff, we are now taking care of more NICU babies than we ever previously could.

“This equipment, which measures a baby’s central and peripheral temperature, gives you an early warning of thermal instability or possible cold stress by observing the measured values on the digital display. This is vital when taking care of premature babies as one of the major problems is that their brains have not developed enough to control their body temperatures. As the brain eventually develops, so will its capability to understand its own feedback to warm or cool and maintain a core body temperature,” added Dr Hoeksema.

The machine is already being used to care for premature newborns in the Neonatal Intensive Care Unit at the Health Services Authority.