

## Get stronger!

Resistance (or strength) exercise is anything that requires your muscles to move or resist weight. This includes lifting weights, using a resistance band, using your own body weight, climbing stairs, carrying a heavy load – even heavy gardening. Why do it? Because you'll increase your muscle strength and tone, which in turn protects joints, improves balance and prevents falls and injuries. Plus, the more muscle you have, the more kilojoules your body burns – even when you're not doing anything.

If you're new to strength training, try the following program to help build and maintain muscle mass:

**EXERCISES:** Eight to 10 different exercises targeting all the major muscle groups (see next page)

**REPETITIONS:** Eight to 12 reps of each exercise.

**SETS:** One to three sets for each exercise. Allow yourself a one-minute rest between sets.

**DURATION:** Between 30 and 45 minutes in total.

**FREQUENCY:** Two times per week, with at least 48 hours between each exercise session.

KATHLEEN ALLEAUME, Exercise Physiologist



### WALKING-INTENSITY GUIDE

**EASY PACE**

A gentle stroll where you can walk and talk easily (approximately 5km per hour).

**MODERATE PACE**

You're slightly out of breath and can talk but not sing (approximately 6km per hour).

**BRISK PACE**

You're breaking a sweat and unable to hold a conversation (approximately 7km per hour)

**FUN FITNESS CHALLENGE!**

How many push-ups can you do in one minute? (Adjust your position to knees if that's your level for now.)

 Australian Healthy Food Guide

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**MONDAY**

30 MINUTES OF RESISTANCE TRAINING  
**PLUS** 10 minutes of full-body stretching

**TUESDAY**

25 MINUTES OF BRISK WALKING  
**PLUS** Five mins of easy walking to warm up/cool down

**WEDNESDAY**

45 MINUTES OF MODERATE-INTENSITY WALKING WITH HILLS  
**PLUS** 10 minutes of full-body stretching

**THURSDAY**

30 MINUTES OF RESISTANCE TRAINING  
**PLUS** 10 minutes of full-body stretching

**FRIDAY**

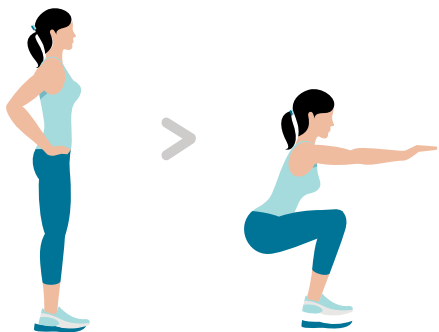
25 MINUTES OF BRISK WALKING  
**PLUS** Five mins of easy walking to warm up/cool down

**SATURDAY**

30 MINUTES OF RESISTANCE TRAINING  
**PLUS** 10 minutes of full-body stretching

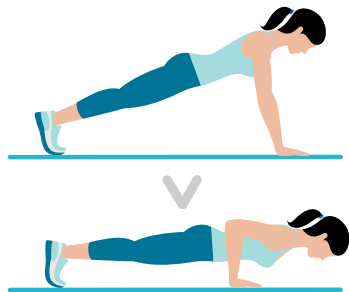
**SUNDAY**

60 MINUTES OF MODERATE-INTENSITY WALKING WITH HILLS  
**PLUS** 10 minutes of full-body stretching



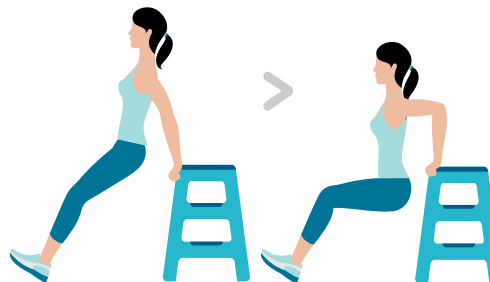
### Squats

Stand with feet hip-width apart and hands on waist. Bending your knees, lower your bottom towards the ground while raising your arms straight out in front. Work towards stopping when your thighs are parallel to the ground and your arms are level with your shoulders. Push through your heels to revert back to the starting position. Repeat eight to 12 times.



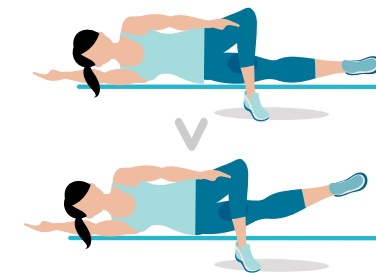
### Push-ups (floor or standing)

Start on your hands and feet (or knees) with hands slightly wider than shoulder-width apart. Slowly lower your torso to the ground, stopping when your elbows are at 90 degrees. Push back up to the starting position. Repeat eight to 12 times. For an easier option, do push-ups standing up, with your hands on a wall.



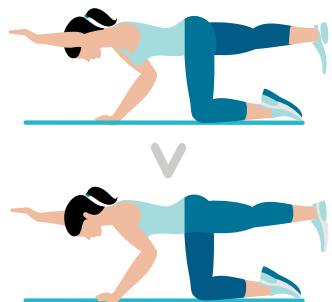
### Tricep dips

Place your hands on the seat of a sturdy chair or bench behind you. Keeping your heels on the floor, bend your elbows as you lower your bottom towards the floor. Stop when shoulders are level with your elbows. Raise yourself up again, then repeat eight to 12 times.



### Inner thigh lift

Lie on your right side with head on outstretched arm, both legs straight. Bend left knee and place left foot on the ground over and beside right knee. Slowly lift your right leg using your inner thigh muscle, rather than swinging the leg up. Lower your leg but don't touch the ground. Repeat eight to 12 times, then lie on your left side and lift your left leg eight to 12 times.



### Arm-leg raises

Starting on your hands and knees, lift your left arm and right leg in line with your back. Lower them back down to the ground, then repeat using right arm and left leg. Repeat eight to 12 times.



### One-legged toe touch

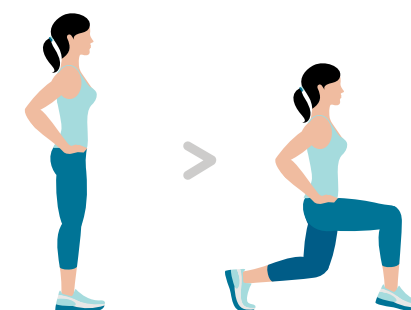
Stand on your left leg. Bend your right leg behind you. Bend your left knee slightly as you lean forward to touch your left toes with your right hand, then lift yourself back up. Repeat eight to 12 times before swapping sides.

These simple body-weight exercises form part of the home circuit in your 30-Day Reset program. This range of exercises works your core and your upper and lower body.



### Knee drives

Place hands on a sturdy chair in front of you, keeping the spine straight in a push-up position. With your arms straight, draw your belly button into your spine as you raise your right knee towards your chest, then lower it. Do the same with your left leg. Repeat eight to 12 times.



### Lunges

With feet shoulder-width apart, take a big step forward, keeping hips in line. Bend both knees to a 90-degree angle, so front knee does not go over toes. Squeeze your stomach muscles, then push up through your front heel. Swap legs and repeat. Repeat eight to 12 times on each leg.