

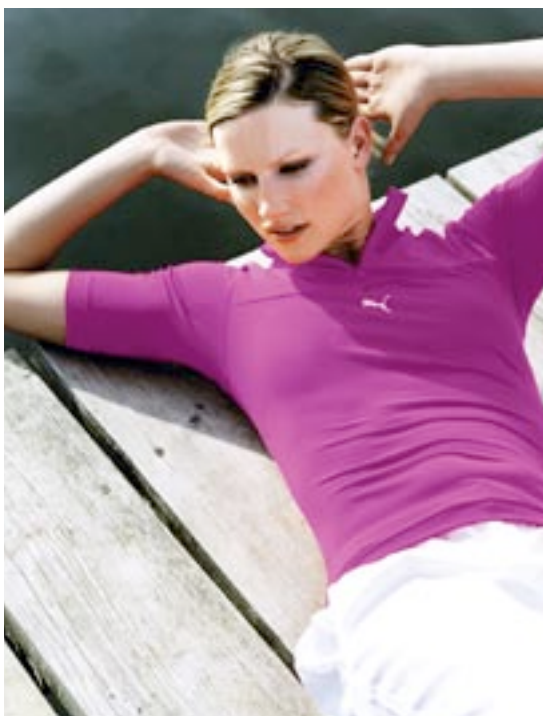
# fitnessq&a

BY DONNA JONES

## Q Which exercise is the best for reducing high blood pressure?

Aerobic activity such as walking and digging in the garden is the best way to prevent and manage blood pressure as it increases breathing and heart rate. Do at least 30 minutes of aerobic activity daily. Also try:

- More vigorous activity such as running, swimming and cycling for extra benefits.
- Light strength training – a circuit is perfect for an aerobic effect. Avoid holding your breath.
- Yoga and Tai Chi have been shown to lower blood pressure.
- A visit to your doctor – always consult your GP before starting a new exercise program.



WHY NOT TRY...

WII FIT

Nintendo's new Wii Fit video game is designed to make you healthier. The pack includes a wireless board, which works with the standard Wii console, plus fitness-related games.

**HOW** Stand on the board to follow a range of on-screen workouts, including resistance training, aerobics, balance exercises and yoga.

**BENEFITS** Helps you to develop strength, improve aerobic fitness, core stability and flexibility, and burn kJs. The console offers you feedback – it can register if you are putting more pressure on one foot, for instance – and tracks progress.

**COST** About \$149.95.

**STOCKISTS** All major retailers.

DRINK THIS?



DO THIS

25min x ice-skating

EAT THIS?

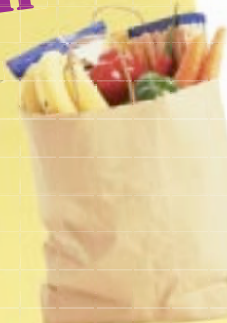


DO THIS

25min x stationary bike

## QUICK TIP

Turn shopping into an aerobic workout: to the furthest parking space, walk briskly around the aisles, carry a few bags.



## » SHAPE UP AT HOME

### JOG ON THE SPOT

Don't want to run in the cold? Try some cardio at home.

**IT WORKS** Heart and lungs, as well as legs and butt.

**IT BURNS** Up to 40kJ per minute.

**HOW TO DO IT** To warm up, walk on the spot for 2 minutes, lifting knees up high and pumping the arms. Take it into a light jog on the spot for 1 minute, feet just coming

off the ground. Increase speed for 1 minute, pumping the arms, then take knees up high, aiming for hip height for 15-60 seconds. **HOW MANY?** Repeat 1-2 times, do some resistance exercises instead.

