

151 fresh recipes & ideas

Woolworths 

good taste

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best-ever
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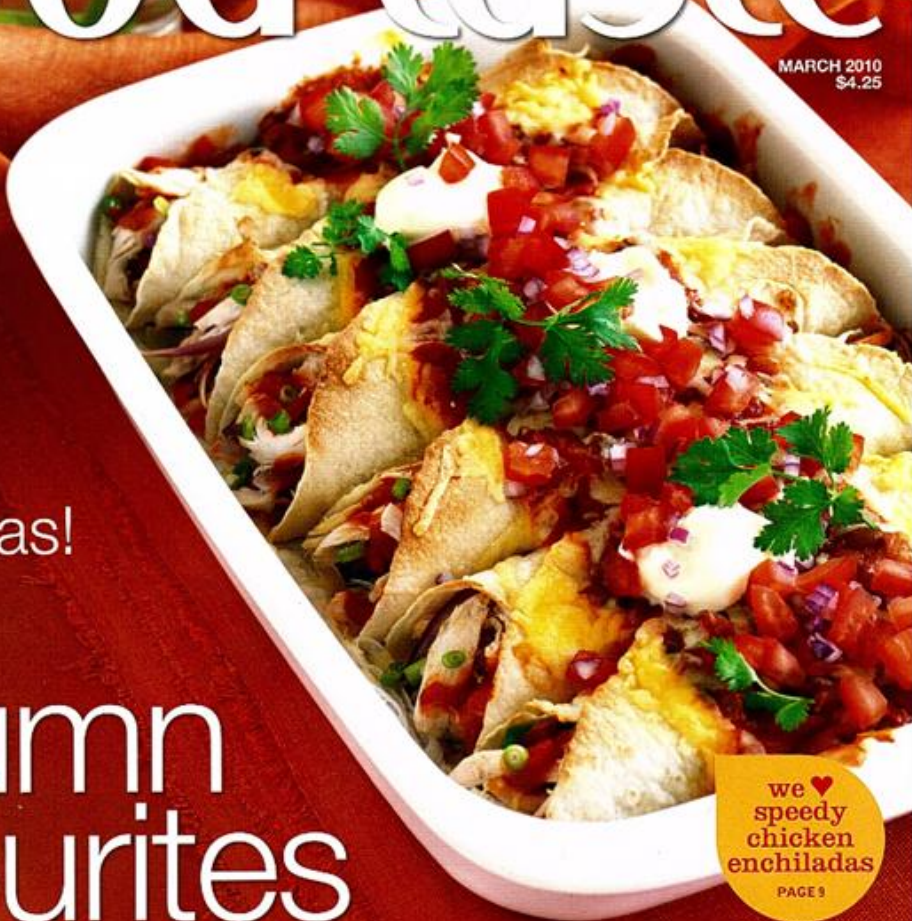
top new dishes of the season

dinner in a dash

* Asian * Curries * Kebabs
* Pastas * Salads * Seafood

42 zippy recipes
dinners to go

we ♥
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Fitness in the fast lane



Don't have time to exercise? Here's the simplest way to get fit minus the workout: incidental activity. So, next time you're in a queue at the post office or brushing your teeth, follow fitness expert **Donna Jones'** top tips to get fit fast.

Ever answered an email while on the phone or brushed your teeth as you packed your bag? The more time poor we are, with overflowing to-do lists and the kids jam-packed extracurricular schedules, the more we have to master the art of multi-tasking. No wonder it's hard to slot in some time for ourselves to do, say, some exercise.

If you're struggling to make time to go for that walk, take that yoga class or lift some weights, why not use your multi-tasking skills to add a little exercise as you go about your day? Sneaking in some moves – such as squats while you talk on the phone and sit-ups during the ad breaks of TV shows – means you get the benefits of some extra

exercise without taxing your already overloaded schedule.

While mini bouts of exercise won't replace a regular workout routine, incidental exercise still has a lot to offer. You'll notice benefits such as improved health, toning, flexibility, core stability, extra kilojoule burning, and a better mood. Get started with these easy, multi-tasking exercises.



When you're watching television
 Try remote control sit-ups

Why Sit-ups strengthen your abdominal muscles.
How During the ad breaks, lie on your back with your knees bent and your feet towards the TV. Hold the remote control in one hand and support your head with the other. As you sit up, point the remote control between your legs. Hold and change the channel as many times as you can before lowering down and repeating.

When you're sitting in traffic
 Try seatbelt braces

Why This exercise works your deep abdominal muscles.
How Sit upright and tense your stomach muscles as you draw your navel in, feeling the seatbelt loosen across your stomach. Hold, breathing normally, for 10-30 seconds. Repeat five times with one-minute rests between repetitions.

When you're brushing your teeth
 Try bathroom squats

Why Squatting strengthens your thighs and buttocks.
How Standing with your feet shoulder-width apart, bend your knees, keeping your back upright. Lower as far as you can while keeping your knees in line with your toes. Return to standing. Repeat 10-15 times or until you finish brushing those pearly whites.



When you're cleaning the house
 Try circuit training

Why This is a whole body workout that really burns kilojoules.
How Listen to motivational music as you clean. Increase the pace and jog or climb stairs, if you have them, in between chores. Include more vigorous tasks, such as scrubbing, to boost your burn.

When you're cooking dinner
 Try kitchen bench push-ups

Why This exercise works your chest, triceps and shoulders.
How Stand away from the bench slightly. Place your hands on the bench, shoulder-width apart. Keeping your body in a straight line, bend your elbows to lower your chest towards the bench, then push up. Repeat, in three sets, with 10 repetitions per set.



When you're at the kids sports practice
 Try park bench step-ups

Why Step-ups work your buttocks and legs, and you'll burn kilojoules while you're doing them, too.
How Step up and then down from the bench 10 times, leading with your right foot. Repeat 10 times leading with your left foot. Take a walk around the oval, then do another set. Do three to five sets on each side, walking around the oval or courts between each set.

When you're in a queue at the movies, ATM, or post office
 Try one-legged balances

Why As well as working your leg muscles, this exercise improves your core stability.
How Lift one leg slightly off the ground in front of you, keeping your hips level. Brace your stomach muscles to help keep your balance – make sure you don't lean to one side. Hold the position for as long as you can, then switch legs.

WORDS DONNA JONES ILLUSTRATIONS KAT CHADWICK