



STOCKXCHNG

Have dog, will walk

A study by the University of NSW has found dog owners walk 18 minutes per week more than non-dog owners, however are still less likely than non-owners to get the amount of physical activity recommended for health benefits. The study also found that if all dog owners walked their canines regularly, the potential healthcare cost savings could amount to \$175 million.

Fact:

A recent study from the University of Technology in Brisbane shows that exercise is effective in relieving somatic and psychological symptoms including depression and anxiety in middle-aged women. These findings are promising news for women who are interested in using non-pharmacological interventions for relieving menopausal symptoms. No significant relationship was seen, however, between vasomotor (relating to the nerves and muscles that cause the blood vessels to constrict or dilate) symptoms, sexual function and exercise.

FAVOURING FREE WEIGHTS

Machine weights certainly have their place for developing maximum strength, but consider using free-weights for the many additional advantages they offer. Free-weights develop functional strength, improve balance, coordination and posture as well as challenge the core. A major bonus is their superior fat-burning advantages; just think how many more calories you burn picking up a set of dumbbells, standing up and completing an exercise compared to just sitting down and moving a pin.



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Q&A

with online personal trainer
Sue Heintze
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I'm confused about the combination and ratio of cardio and weight training I should be doing for maximum results. Can you help?

It is difficult to provide a hard and fast answer to your question. It is important to understand that everyone is an individual and uniquely different in their genetic makeup, so what suits one person may well not suit another. It will also depend a great deal on your training experience. A more experienced trainer can handle a bigger workload than a beginner, who needs to take it slightly easier.

Different body types respond better to different methods and amounts of training too. An ectomorph, for example (those who are thin with narrow hips and shoulders and find it difficult to gain weight) would be well advised to perform more weight training and minimal cardio. An endomorph (those with a soft body, maybe pear shaped, naturally higher in body fat, find it difficult to lose weight) would require both weight training and usually plenty of longer duration cardio.

The tricky part in each instance is to balance your training with correct nutrition, and ensuring you get enough rest and recovery to allow your muscle growth and fat burning. Remember, we all need to build and/or maintain muscle if we want to change our body shape or maintain a lean, defined and 'toned' look.

Generally speaking, a combination of between three-to-four weight training sessions and three-to-six cardio sessions per week is optimal. To fuel your training adequately, you need to eat quality complex carbohydrates (but not too many – find a balance!). To build and maintain muscle, and to control your appetite, consume lean protein at every meal. When training, more rest/sleep is required than if you were sedentary.