

WORK-OUT RUT  
#4

## You're... yawn... bored with aerobics.

### SOLUTION:

If your routine is becoming humdrum, try dancing. It's a fun way to get fit – and you can learn some pretty funky new moves, too. "The benefits of dance are numerous, such as muscle-toning, improved posture, and cardiovascular fitness. You basically get the body of a dancer. At the same time, you improve your self-esteem, have a ball and meet new people," says Ramon Doringo, artistic coordinator of the Sydney Dance Company's dance classes. And there are so many different styles to explore, it's likely you'll find one perfect for you. "We offer a variety of classes including jazz, classical ballet, contemporary dance, hip hop, funk, and contemporary tap," he says.

Doringo recommends looking in the Yellow Pages for a reputable dance school in your local area and advises to seek a safe, open venue with plenty of room to move. Make sure it's a friendly environment and, above all, check that your instructor is qualified and experienced.

## WORK-OUT RUT #6

## You have so little motivation, you can barely turn this page.

### SOLUTION:

Again, training with a friend is a great way to get psyched. It's easier to wake up at 6 o'clock in the morning when you know you have to meet someone, than if you have to go alone. If your mates can't get their butts out of bed, it may pay to invest in a personal trainer for a month. That way you have someone encouraging you to do better. Once you're into the activity, chances are it will become a habit and you'll be addicted to the high of exercising.

Minimal motivation is all about your mental attitude. Ki yoga instructor, Janie Larmour from Sydney's En Yoga Studio, White City, advises: "You need to clarify what you want to change and why. This may seem easy, but those who fail in their quest for fitness do so because their determination isn't strong enough. You need a 'why' and it has to be powerful enough to push you."

So what is Ki yoga? "It works with the body's meridians and clears physical and emotional blockages," explains Larmour. The belief is that your will comes from your spine, which is your kidney and urinary bladder meridian. So in order to encourage motivation and willpower, it concentrates on postures that strengthen this area. You can actually go into a class feeling negative and walk out feeling completely motivated and ready to go. Within the class, if you've made your teacher aware of your goals, Ki yoga can also address your other needs, such as weight loss, weight gain, strength, relieving period problems, killing sugar cravings and reducing cellulite. Ki yoga addresses the whole self; physical, emotional, spiritual and psychological. ❌

## WORK-OUT RUT #5

## Oh no, it's getting cold outside. You hate exercising in winter. What should you do?

### SOLUTION:

You needn't sacrifice your work-out simply because the sun is not shining. Change the time that you exercise to the middle of the day when the temperature is at its highest and rug up in layers that you can easily strip off as you warm up. Alternatively, move your exercise sessions indoors. Most gyms offer six-month memberships, so you can continue to sweat it out even if there is a blizzard outside.

Melbourne-based personal trainer, Cathy Purcell from Surfcoast Spa, says: "If you loathe leaving your apartment, rent an indoor exercise machine. They work out to be surprisingly inexpensive and you can sweat it out to your favourite CD."

If you love activities such as tennis or swimming, look for inside alternatives such as squash or an enclosed aquatic centre. Training with a friend is also a great way to keep your mind off the big chill while you also catch up on gossip!

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