

# 10 ways to get summer ready

Kickstart your bikini body with these tips from **PT Anthony Goldsmith**

**W**ith summer fast approaching, a lot of my clients (and yourselves) will have holidays and other distractions, such as parties and work functions, which make it hard to maintain an exercise routine. Remember though, exercising and eating healthy are complete lifestyle changes, and if you commit to them, you'll be more than ready to pull on your swimsuit and hit the beach. On the other hand, if you're lacking in motivation, here's 10 ways to kickstart your exercise training plan...

## 1 Keep changing activities constantly

Exercise can be unappealing for many reasons, the most common being boredom. It's important to keep varying your program so you can work on different parts of your body, and boost your excitement levels. If you continually do the same type of exercises your body will become familiar with the movements, and therefore will need less calories to do it, slowing your progress and results. So don't be lazy. The more muscles you are using in an exercise, the greater the fat burning potential.

## 2 Take the stairs

It's easy to hop into a lift to get to your destination. It's habit. But by taking the stairs you'll see improvements in both muscle tone and definition on your legs, and greater cardiovascular fitness. If you work on a certain level of a building, start by walking down the stairs and slowly make it your goal to walk up them.

## 3 Spend some time at the park

I visited Disneyland recently and was amazed at how much fun people were having on the different rides, even the adults. While your local park might be a far less candy-coated experience, it's worth investigating to see if it contain a fitness station you can use to do push-ups, pull ups, squats and lunges. These exercises can be fun and challenging, especially if you use the equipment to create your own mini circuit.

## 4 Avoid lunch dates

Lazy lunches at restaurants during the working week can have a huge impact on your figure and your wallet. As the saying goes, a minute on the lips is a lifetime on the hips. Try packing your own lunch and meeting friends for a walk outside instead. This will also give you more energy for the remainder of the day and get you out of the office environment.

## 5 Give those extra kilos the boot

A lot of gyms and personal training studios offer some sort of group 'boot camp', either on a casual basis or as a four, eight or 12-week program. This can be great fun, you don't have to be in shape to participate, and you're encouraged to go at your own pace. Many gyms and personal training studios also offer

a discount on group training because they can instruct several people at once. Be careful of really big classes though, as you might not get the attention you need.

## 6 Add music to your sessions

Studies have shown that people who exercise with upbeat background music burn more calories than those who don't. Music can also improve a person's fitness session therefore ensuring long-term benefits.

## 7 Get outdoors more

Why be stuck in a sweaty, air-conditioned gym when you could be outside in the fresh air? Some people spend up to 95 per cent of their day inside. Maintain strong and healthy bones with that vitamin D hit by retaining calcium, not to mention getting a healthy, vibrant glow. Remember if you plan to exercise outdoors, stay hydrated and slip, slop, slap.

## 8 Hire a personal trainer

If you're having a hard time getting motivated or don't feel like you're getting enough out of your exercise routine, consider hiring a personal trainer. A PT can help you devise a training plan to meet your goals. Whether it's losing a few kilos, toning up your arms, or having a toned stomach, a PT can help you get there.

## 9 Walk before you run

If your choice of exercise is walking, you have lots of different options. Try walking a different path every time, or walk with a four-legged friend. Dogs are always enthusiastic, have lots of energy, can set a great pace, be a great motivator and can add an element of fun to your fitness routine.

## 10 Shop the perimeter

Have you ever noticed how fresh fruits, vegetables, milk, eggs and lean proteins can all be found in the outer area of your supermarket? Make these foods the foundation of your eating plan and the results will be extraordinary.

*Anthony Goldsmith is the owner of Performants Personal Training ([www.performants.com.au](http://www.performants.com.au)) For the past 13 years he has worked in many of Australia's leading fitness centres. He is currently teaching at Holmesglen Institute of TAFE lecturing the next generation of Personal Trainers. \**



# The Ordinary to Extraordinary Workshop for

# PERSONAL TRAINERS

1 Day Workshop

ONLY  
\$199

8 CEC's  
(Continuing Education Credits)

With the fitness industry changing in a big way, this workshop is designed to inspire Personal Trainers to progress to the next level of Professionalism and Competence. You will stand out from other Trainers as you will have a greater understanding of what you need to focus on or change to improve yourself, your business and your clients.

***If you don't look after your clients, someone else will.***

e: [anthony@performants.com.au](mailto:anthony@performants.com.au)

m: 0417 508 001

For more information visit

**[www.performants.com.au](http://www.performants.com.au)**