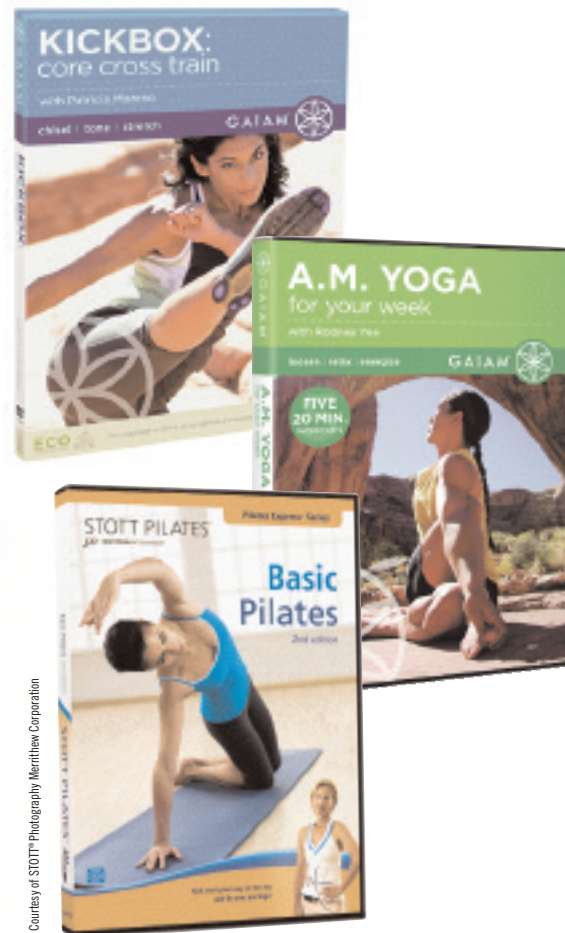


VideoStar

Grab the DVD and pop it in the player. You're in for one kick-ass workout. Here are 25 tips for training at home.

By Lisa Hannam



Courtesy of STOTT® Photography Merrithew Corporation

Could you imagine a gym that's open 24 hours a day seven days a week, a personal trainer you don't have to book an appointment for, and it's mere steps from your front door and your bed? You may think you'd need the celebrity status of Madonna or Matthew McConaughey for this kind of fitness luxury (and their bodies would be nice, too), but it's really not much more than 20 bucks and your DVD player – or if you're tech savvy, your iPod. But home workouts can easily be sidelined by domestic distractions, from family, housework and, well, a messy living room. To help you out, *beyond fitness* went to four trainers and a video maker for tips on making your at-home DVD a killer workout.

PICK THE PERFECT ROOM

1 “Atmosphere is a key factor in motivation,” says Regina, Sask.-based personal trainer and registered nurse Tracy Hagan, Can-Fit Pro & SPRA, NWS, PTS, FIS, ACE-PT. Make sure your room of choice is comfortable, with natural light, and has lots of space.

2 **Roll up the rugs** and avoid the windows, suggests trainer and elementary school teacher Janice Forand, B.Phys.Ed, Can-Fit-Pro (FIS, PTS, NWS, OAS, PFS), who is based in Windsor, NS. “An even floor surface, like hardwood, is great for working out as it has a natural ‘give’ if you are jumping.” Concrete can be hard on the body after a while, she says. While a fresh breeze can cool you off after a workout, Forand also suggests asking yourself how you'll feel in front of a window, a view your neighbours can see. “Do you really feel at ease?”

3 **Go for a duty-free zone**, suggests Tim Hawke, TK BMS Solutions, who trains clients on fitness, yoga and nutrition in Vancouver, BC. Ideally, go for “a space where you are not faced with the many to do's around the house like the laundry and the dishes.”

4 **Reach for the ceiling** and make sure you have the height you need for cardio. Whitby, Ont.-based trainer Theresa Holdsworth, BA, Can-Fit-Pro PRO Trainer (PTS, FIS, PFS, RAB), says, “If you are using a step you will have to factor in the step height.”

5 **Reach out on the floor.** Moira Merrithew, co-founder and executive director of education for Stott Pilates in Toronto, says to lie on your mat and do a snow angel, stretching your arms and legs out to the sides. If you're not touching the couch, coffee table or TV stand then you've got the room you need.

6 **Room?** Who says you have to stay inside? If you're using an MP3 player, Forand says to take advantage of your back yard or pool deck.

7 **Make it your space.** “It's important to find a place out of the traffic of family and pets,” says Merrithew, who also recommends a dimmer light switch to make stretching workouts more relaxing.

KEEP YOUR KITCHEN ON STAND-BY

8 “Have a carb-protein snack about 60 to 90 minutes prior to your workout,” says Holdsworth, who reminds that you need to refuel after, within 60 minutes. “You will have more energy.”

9 **At home**, “the gym is always open,” says Forand, and “you can hydrate easily [with] water nearby in your kitchen, replenish nutrients after a workout, and record your efforts on your PC.” She also recommends keeping a calendar on the fridge.

CHOOSE THE BEST DVD WORKOUT

10 The workout likely doesn't come with a bench or squat machine, so do a bit of research and see what equipment you need, says Hagan, who recommends finding a video that includes all three: cardiovascular activity, weight training and stretching. Also, make sure your workout space is big enough for the equipment you need, if the workout requires it at all.

11 Remember that place with all the books? Grab your library card. “Try a few different types out before you buy one,” says Hagan, who adds that doing this can fight fitness boredom and incorporate cross training.

12 Hawke recommends skipping the video if you've seen the presenter on TV, the big screen or in the tabloids. “The ones where you don't know the person in the video, often they are a health/fitness expert and not a celebrity looking to extend their career,” says Hawke, who recommends videos by Stott Pilates or Gaiam.

13 Like you do when renting DVDs, read the back. “Most videos give a fitness level rating and workout duration on the back cover,” says Holdsworth.

14 Remember that even if you're working out at home, you need to progress. Merrithew suggests beginners start with an Essential Level DVD for her Stott Pilates series and work their way up to the advanced workouts.

15 Love spinning but can't seem to get to the classes? Download a spinning workout

amino VITAL

PERFORMANCE FOR TODAY. RECOVERY FOR TOMORROW.

Introducing Amiro Vital Endurance, the innovative energy and recovery drink from the world's leading recovery experts. Formulated for fast absorption to combat fatigue and reduce soreness. Endurance is designed to not only taste great, but also provide exactly what your muscles need to quickly recover from long and intense rides.

OUR PROVEN AED ENDURANCE FORMULA DELIVERS: AMINO ACIDS: ELECTROLYTES: CARBOHYDRATES:

Simply put, Endurance gives your muscles what they need—fast—so you have power for the ride today, tomorrow, and beyond. Endurance. Because you thirst for more. amino-vital.com

AMINO VITAL

ENDURANCE

GNC LiveWell Lambert

AJINOMOTO
The World's No.1 Amino Science Company

© 2008 Ajinomoto. Amiro Vital is a registered trademark of Ajinomoto U.S.A., Inc.

podcast and use your bike, recommends Forand. This won't disturb neighbours, your family or take up much space. Step and gliding disks are two other workouts Forand suggests.

16 Check the chart for the workout for you:

| | |
|-------------------------|--|
| Cardiovascular | Hi/Low Impact, Step, Interval, Martial Art based, Belly Dancing |
| Resistance Training | Stability Ball, Weights, Pilates, Tubing, Sports Conditioning, etc |
| Mind, Body, Flexibility | Yoga, Fusion |

Stay motivated

17 Plan it into your day and be SMART about it (specific, measurable, action oriented, realistic, timed), says Hagan. And by planning both long-term and short-term goals, you'll be committed.

18 Get the family involved, either by getting them to participate or leave you alone, says Forand. And work out at least twice a week on days and times you can commit to. Early morning workouts are great if you don't disturb your family – remember you need their support, she says.

19 Be realistic, warns Forand. If you're a social person, this might not be the best route for you. But to stay on track she recommends a web trainer, and even tracking your progress online. Eat well and you'll see results faster, and "results will motivate a person more than ever," says Hagan. "Learning to eat healthy and make healthy choices will be a very big part of your success."

20 "If you struggle for time, perhaps there is a room at your office that you could use for a noon workout," says Holdsworth. "You may also get others to join you."

21 Do your at-home workouts at the beginning of the week, says Merrithew. "Look at your schedule for the week and schedule (the workouts) as if there is a qualified Pilates instructor waiting for you in the flesh."

Pump up the intensity

22 If you've been doing at-home workouts and are ready to progress, here are some tips for upping the intensity.

23 "Intensity can be increased by doing harder exercises, adding instability with an exercise ball or BOSU ball and also lifting heavier weights," says Hagan.

24 Check your heart rate, says Hawke. Follow this calculation for your target heart rate: HR MAX = 220 – age x desired percentage. Try 55 to 64% for a beginner, 55 to 74% for intermediate. "Or purchase a HR monitor like Polar."

25 Holdsworth recommends the Talk Test: "The harder it is to talk, the harder your intensity is. For aerobic fitness, talking should be somewhat hard, but possible."

www.ecoideas.ca
Toll Free: 1-888-735-7258

Ecoideas
ecological ideas

**New Innovative Nutritional
Supplements from ECOIDEAS**

PANACEO ACTIVATED ZEOLITE
Unique Heavy Metal Remover & Free Radical Reducer

Designed to help maintain health and has a preventive effect against diseases caused by heavy metals, toxins, oxidative stress, air pollutants, pesticides, UV radiation and trichloroethylene. PANACEO's main ingredient is the natural volcanic mineral zeolite. Through a unique process of **ion exchange**, our **activated zeolite** has demonstrated an immense ability to trap and remove **heavy metals and heavy metals**. The basis of PANACEO's certification in Europe is a medical device (i.e. its ability to exchange free cations for heavy metals, ammonium ions and radioisotopes as well as lead, cadmium, mercury, copper and cesium. **This work up to now has not been published in any scientific journal and is not a product of heavy metal analysis and will not be certified with the possibility to trace elements and vitamins.**



panaceo sport
Redox Lactic Acid Accumulation & Balances Performance

A patented formulation specifically designed to help athletes **reduce lactic acid accumulation** (acidosis as a result of energy produced in the absence of an adequate supply of oxygen) and its consequences on athletic performance. Through a unique process of **ion exchange** and **antioxidant**, PANACEO SPORT helps reduce damage to cell membranes and biological structures by binding to neutralize free radicals. This serves to save oxygen required for energy otherwise needed to repair this damage. Energy saved by this process can extend the period in which an individual can use oxygen to produce energy thus delaying onset of lactic acid accumulation. **Overall performance is enhanced by reducing lactic acid accumulation and increasing aerobic capacity.** Panaceo Sport results have been confirmed by clinical trials, world athletes and leading sport champions.



Red Wine NP+
Full Spectrum of Antioxidants from Natural Wine

A truly innovative nutritional supplement has been synergistically formulated to provide the full benefit of **antioxidant** **red wine** - it is a **potent antioxidant** and has been clinically tested for its ability to **increase blood circulation and support a healthy cardiovascular system.** **Phytochemicals**, a patented delivery system designed to capture the **full spectrum of antioxidants** (antioxidants) of Red Wine, allows an **optimal release** of this extract for maximum bioavailability. One capsule of Red Wine nutrition protection is equal to one glass of red wine with its full spectrum of active ingredients, without the side effects of alcohol.

