



Do: Ideas to keep you active

Exercise by water

Why not include some HiiT exercises during your walk/run/cycle? HiiT stands for high intensity interval training and help to improve fitness and burn body fat with intense bursts of exercise.

Here are a few exercises to get you started.

Do 5 sets of each exercise, this should take approx 20 seconds each set, with a 30 second rest inbetween each circuit.

It is recommended that you consult your doctor before starting any exercise programme especially if you have not done any exercise for a while.

