



expert advice

Starting from scratch

Getting started

Regular gym goer

Over 50 and active

take care of your body

Take care of your body | Think positive

If you're not a very active person, getting started with exercise can seem a bit daunting. Take a look at these tips from personal trainer, Frank Mangena, to help you take those first steps.

Contemplating exercise? Try giving it a new name. How about 'active living', 'fun walk' or 'activity day'?

You need your heart and lungs to transport blood and oxygen to your muscles and brain. And you need a slow pumping heart at rest to improve efficiency.

You also need to use your muscles to perform fundamental everyday movements in life. Try lifting your children, carrying shopping or even standing without them! Endurance and stamina is necessary to continue to walk or carry shopping without becoming tired.

Being flexible is also critical - it improves your range of movement at a joint - like knees and hips.

