

# Fitness news

BY Kelly Baker.

## WORK OUT TO WAKE UP

THINK YOU'RE TOO TIRED TO EXERCISE? THINK AGAIN.

**I**t might seem counterintuitive to exert yourself physically when you're already totally spent, but research shows that a workout is one of the most effective energy boosters in existence. Why?

For one thing, exercise triggers nervous and hormonal responses that stimulate and wake up the body, says exercise scientist Dr Sarah Morante.

It also increases our metabolic rate in order to provide energy for muscular activity and increases endorphins, the body's feel-good chemicals.

Exercise relieves muscle tension and stress by raising levels of the mood-enhancing chemicals serotonin and dopamine. This in turn reduces depression, anxiety and fatigue, says accredited practising dietitian and exercise physiologist Caitlin Reid, author of *Health & The City* (Longueville Books).

Research shows that a short burst of exercise has the potential to actually reverse the physiological and psychological symptoms of inactivity and fatigue. And the best part is that the energy-boosting effects will still be with you long after you've finished exercising, says

Sophie Scott, author of *Live A Longer Life* (ABC Books).

### TRY:

- A 15-minute walk before or after dinner.
- Energetic skipping during the ad breaks in front of the TV.
- A power walk at lunchtime every day.
- Cleaning while wearing ankle weights.
- Hanging out the washing (and squatting between items).
- Always taking the stairs.
- Squeezing your butt – hard and often.
- Swapping your chair for an exercise ball.
- Mowing the lawn.
- Fidgeting, wriggling, moving about. It all counts.



PHOTOGRAPHY: GETTY IMAGES

[ 19km ]

The distance you need to walk each week if you want to significantly improve your fitness and lower your risk of heart disease.

Source: Scientists from Duke University Medical School in North Carolina, USA.