

Your instructor brings you advice on how to burn more calories, breathe deeply and perform the perfect lunge with a little help from **fitpro** – the only magazine for group exercise instructors.

## How can I burn more calories?

Fire up your metabolism and burn more calories with a little help from exercise physiologist Dr William Sukala.

So, what is metabolism? Simply put, it's your internal calorie-burning firepit – the amount of energy your body burns to sustain itself. Your metabolism is influenced by a number of factors, such as genetics, hormones, and your body composition – particularly how much muscle you have. Muscle is very metabolically active, so the more muscle you have, the more calories you burn, even at rest.

The best way to speed up your metabolism and trim away body fat is by making healthy food choices and increasing your regular physical activity. Increase your muscle mass by adding resistance training to your routine (body weight exercises, free weights, or machines). Then stoke your 'metabolic firepit' by keeping that extra lean mass active all day through incidental activity (more time standing, even at work) and through structured exercise such as aerobic exercise. The lunge (see far right) is a great multi-joint movement to incorporate, and taxes the large muscles of the hips, thighs, and calves.

So how much exercise is enough? The American College of Sports Medicine recommends you train with resistance two or three times a week, performing eight to 10 separate exercises hitting all of the major muscle groups in the body. You should do at least one set of eight to 12 repetitions of each exercise.

As well as this, aim for regular aerobic activity. The Surgeon General recommends at least 30 minutes of big-muscle physical activity most days, such as walking, jogging, swimming or cycling.

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## JUST BREATHE!

Yoga teaches us to master our emotions through careful manipulation of our breath. Here's a simple breathing exercise you can try:

- Sit or lie comfortably, maintaining good posture and even weight distribution between the right and left sides of your body
- Close your eyes or drop your eye gaze
- Take a few deep breaths in and out then settle into your breathing
- Aim to make your exhalation longer than your inhalation – if possible, twice as long – do this for about 12 breaths
- Relax your breathing and take some time to let your breathing recover, and then bring yourself back into your day

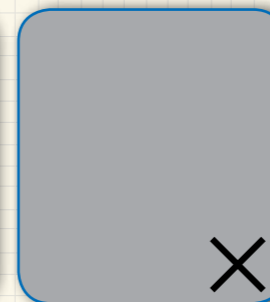
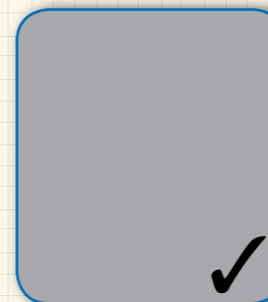
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## Perfecting the lunge

The lunge is a common move, but one that isn't always performed correctly. Here's the breakdown for getting it right. When executing a lunge, keep your chin up, make sure your feet remain hip-distance apart and your weight is spread evenly between front and back foot. Keep your chest and shoulders tall and your hips square and to the front. Your back heel should also be lifted, with your feet parallel. Drop your back knee towards the floor and keep your knees in line with your toes, pushing through the front heel. Avoid pulling your back knee forward.

### Common faults

- Feet too narrow
- Stride length too long
- Back not straight
- Front knee moving forward over the ankle
- Uneven weight distribution



### Position

- Feet hip-width apart; step forward to stride length
- Hips and shoulders even and squared to the front
- Knees slightly bent to avoid locking; keep the leg muscles working

### Performance

- Back knee moves towards the floor
- Stomach in, chest out
- Front knee stays above the ankle joint
- Return, keeping the front knee slightly bent at the top to avoid locking
- Back shin should be parallel to the floor at the bottom of the lunge

### Progression

- Add a barbell with weights
- Hold handweights as you perform the move. **fp**

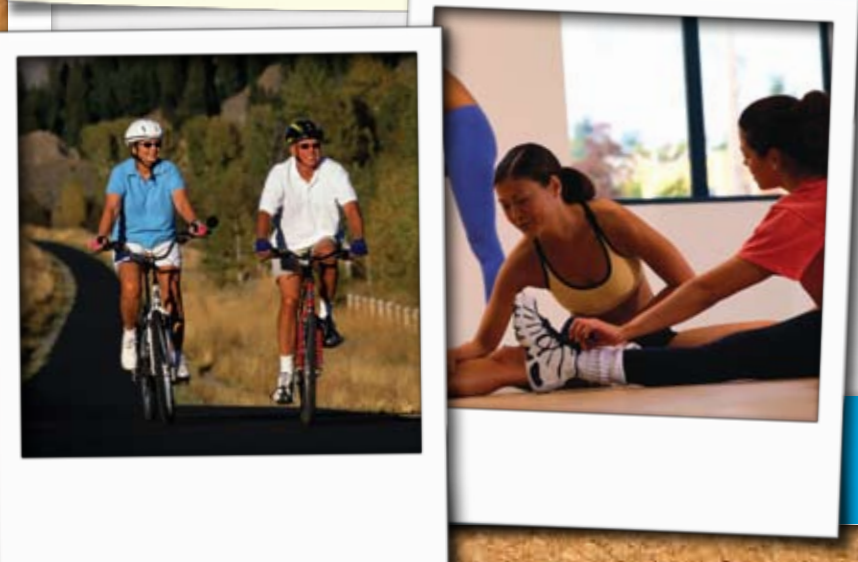
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