

GET FIT FOR LESS

Sometimes all you need is a simple fitness tool to whip you into shape. Here are *HealthSmart's* top ten picks under \$30



BY MAYA ZAHRAN

Dumbbells

WEIGHT TRAINING is the most effective way of burning fat. Use dumbbells or hand weights on your morning walks or incorporate them into your strength exercise routines.

"Dumbbells are generally priced per kilo, so they're economical at a beginner's level," says Melbourne-based celebrity fitness trainer and author Donna Aston.

From \$9.99 2kg



Hula hoops

IT'S PROBABLY BEEN YEARS since you've twirled a hula hoop, but this old-school favourite is an all-round super fix for the waist, thighs and abs. It provides a great cardio work-out that, over time, can increase flexibility and strengthen your back.

"They're great for core activation and fun," says Aston. "I often use them as a warm-up tool, but you can have an entire hula hoop work-out." Opt for a weighted hoop (from \$32 at hulahoops.com.au) for an extra challenge.

From \$11

From \$19.99

Exercise ball

A FITNESS BALL is a versatile piece of equipment that can be used by people of all fitness levels. It's the ideal tool for your core strength and to help correct your posture. "It's perfect for the upper and lower body, and – most importantly – trains the core," says Blake Worrall-Thompson, trainer and owner of Raw Solutions, Sydney. "A body with a strong core is like a house with a strong foundation."



From \$19.99

Yoga mats

YOGA IS EXCELLENT for core strength and flexibility, making it a must-try exercise for everyone, with yoga mats a must-have accessory. To get you started, visit our website to download a copy of key daily yoga poses. healthsmart.com.au

From \$7.99

Skipping rope

SKIPPING WITH A ROPE is a super-effective cardio work-out that strengthens the lower body, which is important for reducing your chance of injury. "The stronger your legs are, the less likely you are to injure your back," says Worrall-Thompson. "It also strengthens your calves, which work as shock absorbers when you're running. The stronger your calves, the less impact there is on the knees, hips and back."

Concentrate on skipping to a consistent rhythm for 30 seconds; once you're comfortable, increase the time. It's hard work, but as an added incentive, bear in mind it can burn up to 3000kJ per hour. To spice up the work-out, try different techniques, such as cross ropes, skipping to music, or skipping backwards.



From \$10

Balls and cones

INVESTING IN A NETBALL, soccer ball, basketball or even a rugby ball is well worth your while. Split your friends into two teams and head outside for a fun cardio work-out. How seriously you play will determine how quickly you develop your agility and speed, but even a kick about is worthwhile. Remember to pick up a pack of cones (\$10) to set the boundaries.



Frisbees

JUST LIKE HULA HOOPS, frisbees are a perennial favourite. They provide a great upper-body work-out and are perfect for a group activity.

Try a structured game such as Ultimate Frisbee (afda.com), which is played with seven people per team. You score by catching the disc within a marked field, while the other team plays the defence. Expect to pay up to \$29.99 for weighted frisbees.

From \$7.99



From \$29.99

Boxing

BOXING IS A GREAT STRENGTH-CONDITIONING work-out for the core and upper body. "I do it with almost every one of my clients," says Worrall-Thompson. "A large number of people have problems running because of their knees and don't enjoy equipment like the bike. This will be the most effective way for them to get their heart rate up and strengthen their upper torso at the same time." For those who want to give the stress-relieving work-out a go, team up with a friend and invest in a pair of boxing gloves (from \$29.99) and focus pads (from \$49.99).

If you're coming back to exercise, try the inflatable punching tower (Everlast, \$29.99); you won't need a partner or a pair of gloves, and best of all you can keep it in the corner of your room for a convenient, sporadic work-out. Teamed with regular crunches and push-ups it's a perfect all-round exercise routine.



Resistance bands

ANY EXERCISE you can do with free weights, you can do with resistance bands. These lightweight stretchy ropes add impact to your work-out. "Bands and tubing strengthen both lower and upper body," says Worrall-Thompson. "But be sure to change the exercises and the resistance."

Some bands come with body charts (from \$24.95) for exercise guidance, or hand grips for ease of use. Most body bands are available in a range of strengths and sizes for beginners or advanced users looking to boost their work-out.

From
\$19.99

Fit for free

If you want a work-out that doesn't go via the check-out, here are some ideas that won't cost you a cent

- * Use a towel for stretching and strengthening – the same way you would use a resistance band.
- * Improvise with dumbbells – use two small water bottles or drink cans.
- * Make the most of stairs or your old phone books for aerobic step-ups.
- * Put on your most comfortable shoes and clothes, and get walking.
- * Use your body weight instead of free weights: press-ups, dips and squats are all effective toning exercises.
- * Scrunch a pair of rolled-up socks to work on wrist strength – it's good for relieving tension, too. +

Work-out DVDs

EXERCISE DVDS ARE GREAT

for those who have difficulty getting to a class at the gym – be it time-poor commuters or tired new mums. They provide a guided work-out and the chance to master a routine at your own pace. "Be sure to change the DVDs every three weeks to constantly challenge the body," says Worrall-Thompson. And keep it cheap by trading old DVDs with your friends.

From
\$19.99

The best heel balm I've ever used"

(Actual customer
comment from JR - QLD)

Heel balms are too greasy and are a hassle to use. They can make your feet and floors and can even stain carpets and bedsheets. **NS-8** Heel Balm is not greasy, absorbs quickly, gives fast results and you don't even need a sock. **NS-8** gives you soft, smooth heels without the fuss.

- ✓ Naturally active formulation
- ✓ Non-greasy, non-staining
- ✓ Cream formulation for fast absorption
- ✓ Fast results and no need for socks
- ✓ Convenient pump pack
- ✓ Restores rough, cracked and thickened heels



Australia's #1
Naturally Active
Heel Balm

Feel the difference...

BEFORE



AFTER

