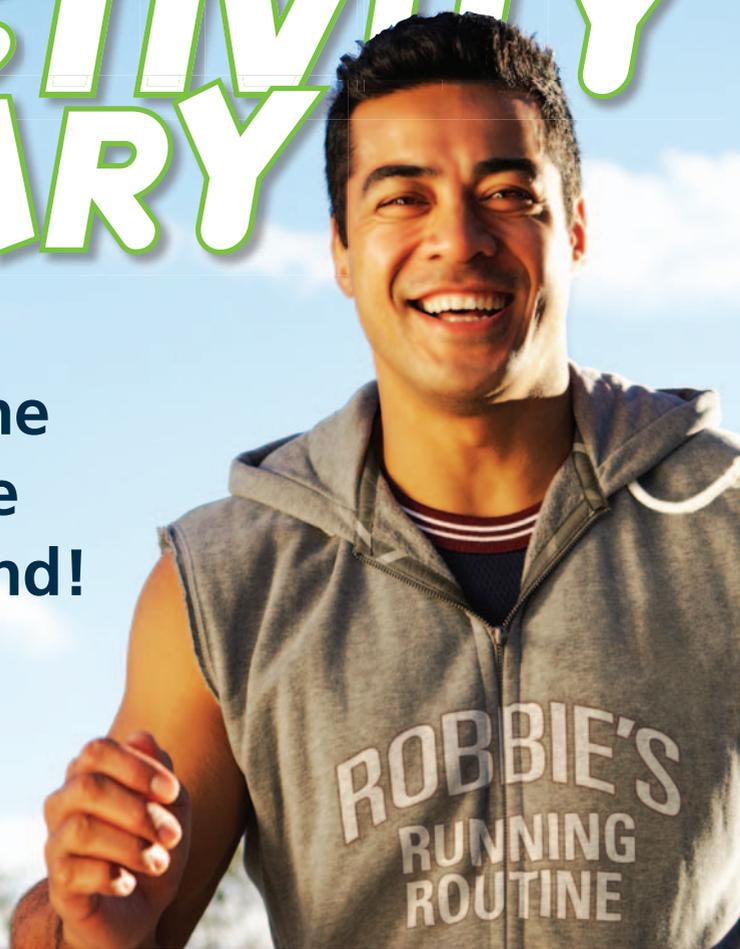


PUSH  **PLAY** *Nation*

ACTIVITY DIARY

Get with the
programme
New Zealand!



**YOUR OWN 12-MONTH DIARY WITH
FREE IDEAS, PROGRAMMES AND ENCOURAGEMENT!**



WELCOME

to your very own Push Play Nation Activity Diary!

For the next 12 months this will be your very own personal trainer – giving you heaps of great ideas and encouragement and most importantly helping you to get organised.

Whether you choose to follow Maggie's Walking Programme, Robbie's Running Routine, Mike's Workday Workout, Tawera's Game Plan, Petra's Family Fit or a combo of them all – you'll find something to suit your lifestyle and fitness level and there are plenty of ideas to keep you going.

You can even have a personalised programme created for you at www.activesmart.co.nz which will take into account your fitness level and any health conditions you may have. If you're not sure if you're up to our programmes check them out with your doctor first.

As well as the physical activity you do, we encourage you to keep a record of how you're feeling. Physical activity helps you sleep better, gives you more energy and improves your mood – what more motivation could you need!

Thanks for joining Push Play Nation!



Deb Hurdle
Manager Push Play, SPARC

A big thanks to the team at ACC's ActiveSmart who developed the walking, running and cycling plans with the help of some of NZ's top fitness trainers.



ABOUT ME

My name:

My phone number:

My activity buddy's phone number:

Why I want to get more active:

- Lower my stress levels
- Feel happier
- Because I'm getting married/going to my school reunion
- To keep up with my kids
- Sleep better
- To get fit for sport again next year
- To lose some weight
- To get out of the house!

Ways I'll make the time to get active:

- Set my alarm earlier
- Prioritise
- Do it with the kids
- Put it in my diary
- Do it at lunchtime
- Do snacking – lots of small amounts
- Cut out one TV programme

I hereby declare that I'm going to wear my wristband everyday to remind myself how important getting active is for me.

Signature:

Consult your physician or other health care professional before starting these or any other fitness programmes, particularly if you or your family have a history of high blood pressure or heart disease. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately. SPARC takes no responsibility for any injury incurred while taking part in any of the activities profiled in these programmes.

A BIG THANKS TO OUR SPONSORS



Push Play Nation deal!

Check out www.sparc.org.nz and participating Avantiplus or Avanti Authorised dealers for special product deals during September and October.



Visit www.activesmart.co.nz

You can create your own free personalised running, walking or cycling programme and nutritional plan.



MAKE IT WORK FOR YOU

Get stretching

We've got all the warm up and cool down stretches you need to stay injury-free on pages 18 and 19 – make sure you do them every time.

Fill out your diary!

Planning is really going to help you to get active, so remember to fill out what you're going to do well ahead of time. We've included a space for you to record your plan and what you actually did – that'll help you get a picture of the stuff that's getting in your way.

Enter the big prize draw

Win some great prizes to keep you going from Avanti, Rebel Sport, Canterbury and Sanitarium. Just put your name in the draw at www.sparc.org.nz or by calling **0800 ACTIVE (228 483)**.

Wear your wristband and you could win!

During October our Push Play Nation spotters will be out and about looking for active people wearing Push Play wristbands. Make sure you're wearing yours and you could win some brilliant spot prizes.



“ For me, running is the best way to get out for a while and completely forget everything that’s back there waiting to get done! It’s just me (and maybe a mate or two), a good rhythm and our beautiful landscape going by. Remember to wear good shoes, drink plenty of water – and have fun! ”



Here are plans for beginner and intermediate runners – both developed by a couple of NZ’s top fitness trainers.

BEGINNER: If you’ve had less than 2 years running experience, no health problems but a low level of fitness.

INTERMEDIATE: If you’ve got 3-5 years experience, no health problems and an average level of fitness.

You can also create your own free tailor-made running programme at www.activesmart.co.nz

Day 1 – Beginner: 20 minute run on the flat (very easy) / **Intermediate:** 35 minute run on the flat (moderate)

This programme is about setting realistic targets, so don’t bust a gut today, just start with a slow run.

Day 2 – Beginner: Rest / **Intermediate:** Rest

Day 3 – Beginner: 20 minute run on the flat (very easy) / **Intermediate:** 35 minute run on the flat (moderate)

Running is great for your body. Good, rhythmic breathing helps to lengthen the spine and improve both the uptake and transport of oxygen around the body, leaving you feeling energised.

Day 4 – Beginner: Rest / **Intermediate:** Rest

Day 5 – Beginner: Rest / **Intermediate:** Rest

Day 6 – Beginner: 20 minute run on the flat (very easy) / **Intermediate:** 35 minute run over easy hills (somewhat hard)

Get a mate or two involved, preferably ones that are a little stronger and fitter than you so they’ll push you a little harder.

Day 7 – Beginner: Rest / **Intermediate:** Rest

Day 8 – Beginner: 20 minute run on the flat (very easy) / **Intermediate:** 35 minute run on the flat (moderate)

Running on softer surfaces like grass, sand or dirt tracks are easier on the joints yet make you work harder.

Day 9 – Beginner: Rest / **Intermediate:** Rest

Day 10 – Beginner: 20 minute run on the flat (easy) / **Intermediate:** 35 minute run over easy hills (moderate)

Always take the time to warm up (walk the first 5 minutes), cool down and stretch.

Day 11 – Beginner: Rest / **Intermediate:** Rest

Day 12 – Beginner: Rest / **Intermediate:** Rest

Day 13 – Beginner: 20 minute run on the flat (easy) / **Intermediate:** 40 minute run on the flat (somewhat hard)

It’s hard to get motivated to run after work sometimes, so why don’t you set the alarm earlier in the morning and get out before the day starts?

Day 14 – Beginner: Rest / **Intermediate:** Rest

Day 15 – Beginner: Rest / **Intermediate:** Rest

Day 16 – Beginner: 25 minute run on the flat (easy) / **Intermediate:** 40 minute run over easy hills (somewhat hard)

Running is great for your cardiovascular system, your heart will be loving the attention it’s getting.

Day 17 – Beginner: Rest / **Intermediate:** Rest

Day 18 – Beginner: 25 minute run on the flat (easy) / **Intermediate:** 40 minute run on the flat (somewhat hard)

Prioritise your activity, by putting it in your diary. If you’ve got time to watch TV, you’ve got time for your body.

Day 19 – Beginner: Rest / **Intermediate:** Rest

Day 20 – Beginner: Rest / **Intermediate:** Rest

Day 21 – Beginner: 25 minute run on the flat (easy) / **Intermediate:** 50 minute run over moderate hills (somewhat hard)

Running is the simplest and most effective form of exercise for burning calories because it’s entirely weight-bearing, requiring more energy output than if you were seated or supported by water.

Day 22 – Beginner: Rest / **Intermediate:** Rest

Day 23 – Beginner: 25 minute run on the flat (easy) / **Intermediate:** 40 minute run over easy hills (somewhat hard)

Run Forrest run! Find a local park or reserve and run through it. Your legs will enjoy the opportunity to get off the hard footpaths.

Day 24 – Beginner: Rest / **Intermediate:** Rest

Day 25 – Beginner: 25 minute run on the flat (easy) / **Intermediate:** 45 minute run on the flat (somewhat hard)

If you’ve been running in old, worn-out shoes it’s time to start saving for some new ones. Your body will thank you for it.

Day 26 – Beginner: Rest / **Intermediate:** Rest

Day 27 – Beginner: Rest / **Intermediate:** Rest

Day 28 – Beginner: 25 minute run over easy hills (moderate) / **Intermediate:** 55 minute run over moderate hills (hard)

Studies have shown that aerobic capacity starts to decline from age 25, so you need to really keep active to keep your lung capacity up.

Day 29 – Beginner: 30 minute run on the flat (moderate) / **Intermediate:** 50 minute run over easy hills (hard)

Weight-bearing activity like brisk walking or running enhances your bone density and helps you avoid osteoporosis.

Day 30 – Beginner: Rest / **Intermediate:** Rest

Day 31 – Beginner: 30 minute run over easy hills (moderate) / **Intermediate:** 50 minute run on the flat (hard)

Congratulations, you did it! Now is a good time to move through to the intermediate programme or push through into something new altogether – the triathlon season isn’t far away!

“ I do lots of activity, but walking is one of my favourites – especially when I do it with friends and get to do my other favourite activity at the same time – talking! Keep your fluids up and enjoy! ”

Below are the plans for beginner and intermediate walkers – both developed by a couple of NZ's top fitness trainers.

BEGINNER: If you've had less than 2 years walking experience, no health problems but a low level of fitness.

INTERMEDIATE: If you've got 3-5 years experience, no health problems and an average level of fitness.

You can also create your own free tailor-made walking programme at www.activesmart.co.nz

Day 1 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 35 minute walk on the flat (moderate)

You're off! Walking is essential to human health. It helps burn calories, uses oxygen and increases enzyme activity – all good things!

Day 2 – Beginner: Rest / **Intermediate:** Rest

Day 3 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 35 minute walk on the flat (moderate)

To do your body good you need to walk strongly enough to get nice and warm. If you're walking with a friend you should still be able to have a conversation without too much difficulty.

Day 4 – Beginner: Rest / **Intermediate:** Rest

Day 5 – Beginner: Rest / **Intermediate:** Rest

Day 6 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 35 minute walk over easy hills (somewhat hard)

Breathe. Good, rhythmic breathing helps to lengthen the spine and improve both the uptake and transport of oxygen around your body, leaving you feeling energised.

Day 7 – Beginner: Rest / **Intermediate:** Rest

Day 8 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 35 minute walk on the flat (moderate)

Make sure you start off slow and build up the pace. Warm muscles mean less likelihood of pulled muscles!

Day 9 – Beginner: Rest / **Intermediate:** Rest

Day 10 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 35 minute walk over easy hills (somewhat hard)

Double your motivation – walk with a friend. The fun should be in the journey, not the destination!

Day 11 – Beginner: Rest / **Intermediate:** Rest

Day 12 – Beginner: Rest / **Intermediate:** Rest

Day 13 – Beginner: 20 minute walk on the flat (very easy) / **Intermediate:** 40 minute walk on the flat (somewhat hard)

The earlier in the day you do your activity, the more likely it is to get done. Set your alarm half an hour earlier and get out there rain or shine.

Day 14 – Beginner: Rest / **Intermediate:** Rest

Day 15 – Beginner: Rest / **Intermediate:** Rest

Day 16 – Beginner: 25 minute walk on the flat (easy) / **Intermediate:** 40 minute walk over easy hills (somewhat hard)

The correct intensity is one of the keys to fitness and health success. You should be breathing moderately hard, but still able to speak. Walk with a purpose, not at window shopping speed!

Day 17 – Beginner: Rest / **Intermediate:** Rest

Day 18 – Beginner: 25 minute walk on the flat (easy) / **Intermediate:** 40 minute walk on the flat (somewhat hard)

To get the most out of walking use good posture. Hold your abdominal muscles firmly and squeeze your buttock muscles as you stride out. Move your arms strongly and rhythmically across your chest.

Day 19 – Beginner: Rest / **Intermediate:** Rest

Day 20 – Beginner: Rest / **Intermediate:** Rest

Day 21 – Beginner: 25 minute walk on the flat (easy) / **Intermediate:** 50 minute walk over moderate hills (somewhat hard)

Research shows that if you have support you're more likely to stick to your routine, so find a friend, get your partner or kids out with you, or walk someone's dog.

Day 22 – Beginner: Rest / **Intermediate:** Rest

Day 23 – Beginner: 25 minute walk on the flat (easy) / **Intermediate:** 40 minute walk over easy hills (somewhat hard)

If you're walking with a pram, remember that it can put more strain on the upper back and neck muscles. Try to stand upright into the pram, rather than having your arms stretched out in front of you.

Day 24 – Beginner: Rest / **Intermediate:** Rest

Day 25 – Beginner: 25 minute walk on the flat (easy) / **Intermediate:** 45 minute walk on the flat (somewhat hard)

If you've been walking in ratty old shoes now might be a good time to think about getting some new ones. Your feet will thank you for it.

Day 26 – Beginner: Rest / **Intermediate:** Rest

Day 27 – Beginner: Rest / **Intermediate:** Rest

Day 28 – Beginner: 25 minute walk over easy hills (easy) / **Intermediate:** 55 minute walk over moderate hills (hard)

A lunchtime walk with a workmate will keep you up to date with work and keep your mind fresh for the afternoon ahead.

Day 29 – Beginner: 30 minute walk on the flat (moderate) / **Intermediate:** 50 minute walk over easy hills (hard)

Try to get into the upper end of your training 'zone'. Use 70% – 80% effort.

Day 30 – Beginner: Rest / **Intermediate:** Rest

Day 31 – Beginner: 30 minute walk over easy hills (moderate) / **Intermediate:** 50 minute walk on the flat (hard)

Walking is one of the most primal movement patterns known to humans. It helps burn calories and increases circulation. Now you're getting into the swing of things, it's a good time to think about stepping up to a new challenge like a 10km walk or start cycling in preparation for a duathlon. You can do whatever you set your sights on.



“ Sometimes it's just not possible when you're flat out working to take 30 minutes out to get active – you just have to do it in bits – we call this snacktivity. So here are a few 30-minute ideas and a few a lot shorter to fit in and around your busy schedule. You can create your own programme using the list and this diary, just make sure you keep it handy – and enjoy! ”

Hop off the bus early

Hop off the bus a couple of stops early and walk – you'll cover up to 400 metres twice a day. That's 4 km in a working week!

Lunchtime walk or jog

Get out of the office and de-stress with a head-clearing walk or run. Better still, get your workmates and start a regular activity team.

Walking meeting

Walk and talk – you can get a lot done with an active meeting. Four people or less works best.

Early bird walk

Set the alarm 30 minutes earlier in the morning and go for a walk or run before work. It's a great way to clear your head before you start the working day.

Play with the kids

As tempting as it is to head for the couch after a hard day, go and kick a ball around outside for 30 minutes with the kids. You'll benefit and they will love it.

Enter a work team

Set up a work team for indoor netball, soccer or cricket. Most cities have a lunchtime league.

Lunchtime swim

Take your togs to work and head out to the pool and swim a good dozen lengths or go aqua jogging.

Bike to work

You can go a long way and do a lot of good in 30 minutes on a bike, so maybe it's time to rethink your transport arrangements.

Weekend sport

There are dozens of sports and activity groups that are crying out for new members. Your local Regional Sports Trust can put you in touch with local clubs – call 0800 ACTIVE (228 483).

Switch off, switch on

You'll get a lot more out of a 30 minute evening walk with your partner or a friend than 30 minutes of most telly. So turn off the TV and step away from the couch.

Bush walk

This country has some beautiful walks. Take the family on a weekend walking adventure through the bush or by the sea.

Convert the boardroom

Clear the boardroom table and bring in ping pong paddles, a net and balls. See how many workmates you can tempt into a lunchtime tournament.

SNACKTIVITY – ACTIVITY SNACKS

Walk on the phone

Every time you're on the cordless or the mobile walk while you talk! Maybe the person you are talking to could do the same!

Office walking circuit

Set out a walking route in and around your workplace. Measure it out so people know how many times around makes a kilometre.

Take the stairs

Don't waste time waiting for the lifts. Take the stairs. You'll feel much better for it.

Work your legs

Stand up and sit down several times when you're talking on the phone. It's great for your legs.

Abdominal squeeze

When sitting at your desk or walking around the office... suck it in. It does wonders for your posture and strengthens that hard to control area!

Walk an email or phone call

Take the opportunity to use your legs by walking around to talk to a workmate rather than emailing them.

Park further from work

Use a carpark further away from work so you can walk for a longer period of time to get to the office. It's a great way to get in the mood for work and get it out of your head at the end of the day.

Drink water

The more water you drink, the more walks to the toilet you'll get. Go to a faraway toilet and you'll get even more of a leg stretch.

Stretch

Check out pages 18 and 19 for some good stretches you can do in the office. Your workmates may look at you a little strangely but it'll limber you up for the afternoon.

Get some blood flowing

Roll your shoulders slowly at first, then speed up to one rotation per second. Keep it up for a minute and feel your neck muscles warm up and relax.



“ I love chucking a ball around, or making up games with the kids – anything that gets me outside with some fresh air and gives me a chance to hang out with mates or the family! I’ve thrown down a few ideas for sports you can play with loads of people or just a few, and some tips for keeping in shape between times too. Go to it and have fun. ”

Game of touch

You can have as few as six players to make a good game.

Soccer

Everyone can play soccer, all you need is a ball and a bit of space.

Hacky sac

Hacky is great ‘cos you can play with just a few mates or with a big group and it’s office friendly! Plus you can make all your mates jealous by showing off your cool tricks.

Backyard or beach cricket

You just need a tennis ball, a bat (or rolled up newspapers) and something for the wickets. Have a bit of fun at lunchtime and get a game going with your workmates out the back.

Vortex

You can have freestyle throws in the park with a mate or three, or play a whole game with gridiron rules.

Beach volleyball

Just grab a net and a couple of mates and head down to the beach for some fun in the sun.

Speed golf

Head off to the local golf course with mates and run between shots! This will make the game faster and of course you’ll get fitter.

Frisbee

Go to the park for some free form throwing or have a game of Ultimate Frisbee.

Shoot some hoops

Go to a local school or park and shoot some hoops by yourself or get a game of one-on-one going.

Handball

You just need a bit of concrete, some chalk and four mates. Chalk up the square and have a game.

Fishing

A great way to relax plus you’ll get a bit of a walk in getting to most fishing spots.

Invent a game

If all else fails, rustle up whatever sports equipment you can find from under the stairs and the back of the cupboards and test your creative skills. Work with what you’ve got to invent a game. Say you’ve found a rugby ball and a tennis racket, bingo you’ve got “tennisby” (or “rugnis”).

Jog

Try to get a run or a jog in early in the morning (before the family is up) or fit one in at lunchtime.

Swim

Dust off your boardies and hit the pool for 20 laps of freestyle. Swimming lengths is great all-over exercise.

Bike

Mountain biking, biking to work, bike riding with the kids – take your pick and do it.

Gym

Join a gym near work or home or turn your home into a gym using tins as weights, the stairs as a stepper etc. Think active and you’ll find there’s a lot you can do around the house.

Walk

Turn off the box and take your other half out for an evening walk around the neighbourhood. Keep it brisk and you’ll do your body a favour while you get to have a good quality catch-up.

“ Kids love doing pretty much anything active, all you have to do is make it possible. You can do the whole activity with them or set them up and leave them to it. Why not get them to fill out a diary or make a big wall chart with all of the activities they want to do for the next month. Remember it's all about having fun! ”



Dance

Gather the kids and get to the beat! Put on their favourite DVD or CD and spend a good half hour moving. Make it fun for them and do it in dress ups!

Hopscotch

You remember how to hop. Get the chalk out and get busy on the concrete creating Hopscotch. Along with chalk all you need is a couple of pebbles and keen kids. Make sure they keep well away from driveways and the road though.

Balloon volleyball

Blow up a balloon and you can play volleyball anywhere! Over the clothes-line using a net curtain as the net, or inside using a piece of string.

Home circuit

Set up activities in the backyard or in the house if it's wet. Activities like lunges up and down the hall, push-ups, sit-ups, star jumps, arm lifts with baked bean cans (full!), running on the spot and with a skipping rope! Try them in sets of 10.

4-square

Get the chalk out, draw a box with 4 squares in it and grab a ball. For a refresher on the rules check out the free Kids Action Packs at www.sparc.org.nz

Treasure hunt

Set out a treasure hunt over a wide area – through the local park if you can. Make sure you run with the kids all the way.

TV workout

It's time to get off the couch and do some sit-ups, push-ups and star jumps – kids love it. Try keeping it up for the whole ad break.

Tag

Just like the old days! You're it.

Hide and seek

Older children could help with counting. Turn one child around and get them to count to 10 and then they are off looking for their hidden playmates!

Kids soccer

Take them to the park for a bit of soccer or touch rugby. They'll improve their ball skills and you'll improve your fitness.

Elastics

All you need is a length of elastic (or old tights!) and three people (or chair substitutes) and you've got a fun active game that can be played inside and out.

Active housework

Give each child an area of the car to wet, wash and hose off. Active housework, like energetic vacuuming and window washing is a good way to Push Play and kids can do it with you.

Beach cricket

It's never too early to teach them this Kiwi favourite, and you don't need much gear.

Skipping

Get the ropes out, turn on some music and teach the kids to skip. Try criss-crosses and double jumps.

Stair climb

If you have stairs in the house use them like a stepping machine at the gym. Time yourselves to see who can keep going the longest.

Swimming

All kids love the pool. You can play chasing games with them or get them aqua jogging with you.

Family bike ride

Head out with the kids on bikes to the local park or bush track. Remember to always wear a helmet, that goes for you as well as the kids. Enjoy!

Push walk

Go for a good strenuous 30-minute walk with the Pram. Remember it can put strain on the upper back and neck muscles, so try to stand upright into the Pram. Don't have your arms stretched out in front of you.

Parent tag

Take turns getting active in the morning. One of you goes off for a morning walk or run, while the other does the kids' breakfast. The next day – swap!

Walk the kids to school

Leave the car at home and walk the children to school. Make it a daily ritual. Don't let the rain or cold days put you off – wrap up! You could also volunteer to lead a walking school bus.

Take 30 minutes just for you

Grab opportunities when they come. While the kids are in school, crèche, or at a friends do a few laps of the local pool or meet up with someone for a good walk.

Active supporter

When your child is training for cricket or softball, or virtually any sport it's your chance to give them the ultimate encouragement and practise with them.

Yoga

When the kids are safely away in bed, try a great wind-down activity like yoga. You can get an instruction book or tape from the library.

Build a fort

Kids love making stuff so let them build a fort in the living room, carrying, dragging and building all take energy and muscles. Then you can have a race to put everything away again afterwards!

Bat the ball

Tie a tennis ball to a tree with some string and get the kids to practise hitting the ball with a plastic baseball bat or tennis racket – a rolled up magazine or their hand will work as well. Join your child and take it in turns to have a hit.

Tug of war

Use an old sheet or a piece of soft rope for the kids to play tug of war at the local playground or park.

Have a tidying race

Get your kids to help you tidy by getting them to put all their toys away in a set amount of time. Set yourself a tidying goal as well and race your child to see who gets it done first!

Have a dress-up relay

Set up a race track down the hallway and place a box of dress-ups at one end and get the kids to line up at the other. Have a race to see who can put on the most clothes in a set amount of time (and take them all off again!)

Target practise

Set up a target range for the kids using old boxes, cans and anything else light and small. Get them to stand a few metres away and throw rolled up socks or ping pong balls at the targets. This is great for developing hand eye coordination.

Cycling is a great way to get some physical activity into your day – it's a good cardiovascular workout, it's a great way to enjoy the scenery and if you tackle some hills you'll be able to enjoy going down them again, fast! Just make sure your bike is roadworthy and that you've got a good helmet then get out there!



Below are the plans for beginner and intermediate cyclists – both developed by a couple of NZ's top fitness trainers.

BEGINNER: If you've had less than 2 years cycling experience, no health problems but a low level of fitness.

INTERMEDIATE: If you've got 3-5 years experience, no health problems and an average level of fitness.

You can also create your own free tailor-made cycling programme at www.activesmart.co.nz

Day 1 – Beginner: 20 minute ride on the flat (very easy) / **Intermediate:** 35 minute ride on the flat (moderate)

Just start out slow today to get used to the feeling of being back on the bike.

Day 2 – Beginner: Rest / **Intermediate:** Rest

Day 3 – Beginner: 20 minute ride on the flat (very easy) / **Intermediate:** 35 minute ride on the flat (moderate)

You've probably been using some muscles you haven't used in a while, so do some stretches before you get back on the bike today.

Day 4 – Beginner: Rest / **Intermediate:** Rest

Day 5 – Beginner: Rest / **Intermediate:** Rest

Day 6 – Beginner: 20 minute ride on the flat (very easy) / **Intermediate:** 35 minute ride over easy hills (somewhat hard)

Grab a mate or two and get them to come out with you. You'll be much more motivated with some buddies.

Day 7 – Beginner: Rest / **Intermediate:** Rest

Day 8 – Beginner: 20 minute ride on the flat (very easy) / **Intermediate:** 35 minute ride on the flat (moderate)

Remember your bike is a vehicle, so brush up on your road rules before getting out there. If you're cycling at dusk or night time make sure you've got lights and reflectors, so other vehicles can see you.

Day 9 – Beginner: Rest / **Intermediate:** Rest

Day 10 – Beginner: 20 minute ride on the flat (easy) / **Intermediate:** 35 minute ride over easy hills (moderate)

You should be starting to reap the benefits of cycling – better sleep and more energy throughout the day!

Day 11 – Beginner: Rest / **Intermediate:** Rest

Day 12 – Beginner: Rest / **Intermediate:** Rest

Day 13 – Beginner: 20 minute ride on the flat (easy) / **Intermediate:** 40 minute ride on the flat (somewhat hard)

When you pedal, move your feet in a circular motion rather than an up and down one and you'll get more power out of each push.

Day 14 – Beginner: Rest / **Intermediate:** Rest

Day 15 – Beginner: Rest / **Intermediate:** Rest

Day 16 – Beginner: 25 minute ride on the flat (easy) / **Intermediate:** 40 minute ride over easy hills (somewhat hard)

Start pushing yourself a bit harder, but don't forget to enjoy the views as you roll along!

Day 17 – Beginner: Rest / **Intermediate:** Rest

Day 18 – Beginner: 25 minute ride on the flat (easy) / **Intermediate:** 40 minute ride on the flat (somewhat hard)

It can be hard to get motivated after work sometimes, so set your alarm a little earlier in the morning and get out there at the start of the day.

Day 19 – Beginner: Rest / **Intermediate:** Rest

Day 20 – Beginner: Rest / **Intermediate:** Rest

Day 21 – Beginner: 25 minute ride on the flat (easy) / **Intermediate:** 50 minute ride over moderate hills (somewhat hard)

When you're out cycling think about the fact that you're reducing your chances of coronary heart disease, obesity, mental health problems, high blood pressure and some cancers – awesome!

Day 22 – Beginner: Rest / **Intermediate:** Rest

Day 23 – Beginner: 25 minute ride on the flat (easy) / **Intermediate:** 40 minute ride over easy hills (somewhat hard)

It takes between 21 and 30 days to form a habit so you're well on your way with this routine!

Day 24 – Beginner: Rest / **Intermediate:** Rest

Day 25 – Beginner: 25 minute ride on the flat (easy) / **Intermediate:** 45 minute ride on the flat (somewhat hard)

If you've taken a break don't give up, things can get in the way sometimes. Perhaps you've been really busy at work or you've been sick. Don't worry, just make sure you get back out there!

Day 26 – Beginner: Rest / **Intermediate:** Rest

Day 27 – Beginner: Rest / **Intermediate:** Rest

Day 28 – Beginner: 25 minute ride over easy hills (moderate) / **Intermediate:** 55 minute ride over moderate hills (hard)

Time to take on some hills today, just remember what goes up, must come down – fast!!

Day 29 – Beginner: 30 minute ride on the flat (moderate) / **Intermediate:** 50 minute ride over easy hills (hard)

Studies have shown that aerobic capacity starts to decline from age 25, so you need to keep active to keep your lung capacity up.

Day 30 – Beginner: Rest / **Intermediate:** Rest

Day 31 – Beginner: 30 minute ride over easy hills (moderate) / **Intermediate:** 50 minute ride on the flat (hard)

You've done it! Now's a great time to set yourself a new goal, get into the intermediate cycling programme or start something completely different, like running!

WARM UP

Warming up helps improve your performance and is a great step towards preventing injury. It does this by preparing the body for physical activity, preventing a rapid increase in blood pressure, improving blood flow to the heart, increasing muscle temperature and making muscles more pliable.

A GOOD WARM UP CONSISTS OF:

Aerobic exercise: Easy exercise such as walking, jogging and cycling continuously for 5-10 minutes.

Stretching: Dynamic stretching is best for warming up and involves moving your limbs through a range of motion. For examples of dynamic stretches go to the ACC ActiveSmart website, www.activesmart.co.nz

Sport-specific exercises: If you're warming up for sport, include some exercises you'll be using in your sport, such as short sprints, shuttle runs, changing direction quickly, shooting drills and defensive exercises with a partner.

Leg swings forward and back

– Holding on to something, swing your outside leg forwards and backwards at a comfortable height. Keep your trunk and lower back rigid. Alternate legs.



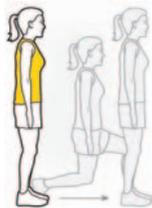
Leg swings side to side

– Holding on to something, swing one leg outwards, then across your body, pointing toes in the direction you're swinging. Minimise lower back movement. Alternate legs.



Lunge walks

– Keep your trunk upright and place your feet shoulder width apart. Lunge forward. Keep your knee in line with your foot. Your toes should stay in front of your knee. Do five each leg.



Squats – Keep your trunk upright and place your feet shoulder width apart. Stick your bottom out and bend at your hips and your knees. Keep your knees in line with your feet and your heels on the ground. Do five.



Lower leg calf raises

– From a push-up position, push one heel towards the ground then put weight on the ball of your foot and repeat. Alternate legs.



Upper body trunk rotation (mid range)

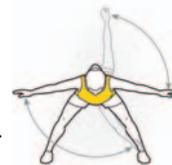
– Place your feet shoulder width apart with a straight back and slightly bent knees. Swing your arms across your body at waist height to stretch your lower back. Move your arms to shoulder height and above your head to stretch your mid and upper back.



Stretch up – Reach up high keeping one knee bent. Keep your back straight and pull in your abdominals. Do five each side.



Bend over upper body rotation – Keep your back straight. Bend your knees as you transfer your weight. Reach with your arm to your opposite foot. Do five each side.



COOL DOWN

Cooling down and stretching after exercising may reduce the risk of injuries happening. It also helps to promote flexibility. This low-intensity exercise should last for 5-15 minutes and include activity such as slow jogging and static stretching.

Long calf muscle – Place your hands on a wall with one leg to the rear. Keep your rear leg locked straight and your foot flat. Turn your rear foot slightly inwards. Bend your front leg taking a calf stretch through your rear calf.



Short calf muscle – Place your hands on a wall taking your weight through your rear leg. Turn your rear foot slightly inwards and keep your heel flat. Bend your rear knee over your rear foot.



Front thigh – Pull your heel towards your buttock. Keep your back straight and knees together in line with your hip and ankle.



Shoulder/chest – Stand with your head up, chin in and hands clasped behind your back. Pull your shoulders down and back. Press your shoulder blades together and down. Pull your stomach in to prevent arching of the lower back.



Trunk side flexors – Stand with your feet comfortably apart. Fold arms above your head. Bend to the side slowly. Stretch up with upper elbow.



Hamstrings – Place the heel of one foot on a raised surface with your toes pointing up. Bend your knee on the supporting leg and make sure your toes are pointing forward. Bend at the hips keeping your back straight.



Hip flexors – Kneel on the ground with your front knee at 90 degrees. With your back straight, tilt your pelvis back by tucking your abdomen up and in and squeezing your buttocks. Keep your head up.



Triceps stretch – Place one hand between your shoulder blades. Place the other on your elbow and use it to pull the elbow towards your midline.



Buttock Gluteals – Lie on your back with both hands around one knee. Pull your knee towards your opposite shoulder. Keep your head, shoulder and opposite leg relaxed.



Buttock Piriformis – Lie on your back and hold one knee to chest. Pull your knee and ankle towards your opposite shoulder.



APRIL

Before you start, rate your:

Sleeping Energy levels Mood
(1 = low 10 = high)

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Playing a winter sport is a great way to get active. For ideas on sports in your area call 0800 ACTIVE (228 483).

Now rate your:

Sleeping Energy levels Mood
(1 = low 10 = high)

MAY

Before you start, rate your:

Sleeping Energy levels Mood
(1 = low 10 = high)

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Don't let the cold weather keep you inside – put on your long sleeves and get out there!

Now rate your:

Sleeping Energy levels Mood
(1 = low 10 = high)



www.sparc.org.nz