

Totally Fitness!

At Totally Tracey, people from all walks of life are catered for, taking into account your existing level of health, work/family demands, nutrition and any medical conditions that may exist. Special care is taken to ensure fitness is improved within the context of your individual situation and needs.

If your goal is to control your weight, exercise your heart, strengthen your muscles or just feel healthier, a healthy diet and regular aerobic activity will help you achieve and maintain a well toned and fit body. When you exercise the brain releases endorphins that put you in a better mood and make you feel happy. Isn't that what life is all about?

So, why not let us help you get more fun, vitality and enjoyment in your life?

Fitness - its more than worth the effort!

Researchers have found that exercise plays an important role in the maintenance of brain, nerve, and muscle function in the human body. New research suggests that exercise may delay mental deterioration with age and disease, and perhaps even promote neurogenesis (nerve cell growth).

Aerobic activity is any exercise that helps you use oxygen more efficiently. It gets your heart pumping faster, makes you sweat and quickens your breath. When you raise your heart rate your body begins to burn stored carbohydrates and fatty acids for energy.

Aerobic exercise is extremely important for maintaining healthy weight, helps burn fat calories, increases your metabolism, builds and maintains healthy bones, muscles, and joints; promotes physiological well-being, strengthens the immune system, improves sleep, increases life expectancy, and enhances lifestyle.

Starting an Exercise Program

The human body responds to exercise, no matter what its age, and the health benefits are multiple. If you are over 35 years, obese, suffering from a chronic illness or have been sedentary for some time, it is a good idea to see your doctor before embarking on any new exercise routine.

Even if you have done no activity in the past, beginning some form of activity can set you on the road to improved health.

It was once thought that the only way to gain any health benefit from exercise was to engage in vigorous physical activity for cardiovascular fitness. Anything less than strenuous exercise was seen as a waste of time. Now we know that health benefits can also be gained from regular moderate physical activity. Every little bit helps. Just finding 30 minutes a day can make a difference to your quality of life.

None of the exercises should hurt or make you feel really tired. You might feel some soreness, a slight discomfort, or a bit weary, but you should not feel pain.....in fact, in many ways, physical activity and exercise will probably make you feel better.

Muscle soreness lasting up to a few days and slight fatigue are normal after muscle-building exercises, but exhaustion, sore joints, and unpleasant muscle pulling aren't. The latter symptoms mean you are overdoing it.

Whatever exercise activities you decide on, you want to avoid exercising on a full stomach or during an illness. Always remember that if you experience shortness of breath, dizziness, pain or discomfort while exercising, stop immediately and contact your doctor.

Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities that make you sweat. Many older people tend to be low on fluid much of the time, even when not exercising.

Don't hold your breath while strength training—when using your muscles, breathe out as you lift or push, and breathe in as you relax. For example, if you are doing leg lifts, breathe out as you lift your leg, and breathe in as you lower it. It may seem strange at first, but the rule is to breathe out while your muscle is working, breathe in when it relaxes.

Avoid jerking or thrusting weights into position. That can cause injuries. Use smooth, steady movements.

Avoid "locking" the joints in your arms and legs in a tightly straightened position. When you bend forward, bend from the hips, not the waist. If you keep your back straight, you're probably bending correctly. If you let your back "hump" anywhere, you're probably bending from the waist, which is the wrong way.

For clothing, wear loose comfortable garments. Dressing in several layers according to the temperature can also keep you more comfortable, since you can gradually remove the layers as your body temperature warms up.

In terms of specific medical disorders, exercise has been shown to prevent or delay the onset of coronary artery disease, bone loss and osteoporosis, stroke, high blood pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression, and many more diseases. In some cases, it can improve health for older people who already have diseases and disabilities, if it's done on a long-term, regular basis.

● Aerobic exercise focuses on strengthening the heart, lungs, and circulatory system. Its major goal is to increase the heart rate and breathing rate. Examples of aerobic exercise include jogging, bicycling, aqua, and cycling etc.

● Strength training focuses on strengthening muscles and joints. It also improves balance and increases metabolism. Weightlifting is the most common form of strength training.

● Balance exercises are used to improve stability. They stimulate the vestibular system, which includes muscles, joints, sensory organs, the inner ear, and the brain.

● Stretching exercises improve flexibility, which helps prevent injury during other forms of

exercises and may decrease chronic pain. Stretching exercises include yoga, tai chi, and basic stretches.

The best workout routine is one that you enjoy doing because you will continue to do something you enjoy. If you vary the different types of exercise it will help keep it fun and exciting. For the best results, do some type of aerobic activity at least 3 times a week?

Be good to yourself !

Proper rest and recovery is also as important to health as exercise, otherwise the body exists in a permanently injured state and will not improve or adapt adequately to the exercise.

Doing too much exercise is not healthy for the body especially the immune system. The body needs sufficient time to rest. One should exercise every other day or 3 times a week. Over-exercising does more harm than good. For many activities, especially running, there are also significant injuries that occur with poorly regimented exercise schedules. Excessiveness of anything is unhealthy. Each person should exercise according to their personal capacity. If a person is ill, they should not participate in rigorous exercise.

Proper nutrition is as important to health as exercise. When exercising it becomes even more important to have a good balanced diet to assist the body with the recovery process following strenuous exercise.

Get Active!