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Health news

The living room WORK-OUT



Buy it!
Weightless Warrior by Tiffany Hall (Hardie Grant Books, \$34.95)

THE BIGGEST LOSER TRAINER AND PROSKINS SLIM AMBASSADOR, TIFFINY HALL, TRANSFORMS EVERYDAY HOUSEHOLD ITEMS INTO YOUR VERY OWN GYM!



PHONE FAT BLAST

Having a marathon conversation on the phone with a pal you haven't seen in yonks? Don't just sit on the couch! Add an aerobic element to your chatter by grabbing the cordless phone and walking laps up and down the hallway as you talk. Just one hour of walking while chatting to your mate burns off around 630 kilojoules – that's equal to one chocolate Tim Tam!



VACUUM CARDIO

Knock out two birds with one stone by working on your fitness while giving the house a good old spring clean. House-cleaning activities like vacuuming, mopping, cleaning windows and just about anything that gets your heart pumping are a great cardio work-out. If you want to amp up the impact, try loading a backpack with books and strap it onto your back for added resistance while you vacuum – just 30 minutes of this busts about 840 kilojoules!

LETTERBOX LAPS

Eagerly awaiting a mail delivery from the postie? Make a mini cardio circuit out of your daily mail collection by jogging 12 laps from your front door to the letterbox as quickly as you can – all the better if there are steps involved! Keeping this up at a good pace will see you melt away around 693 kilojoules – which is about how much is in one roll of tuna sushi.



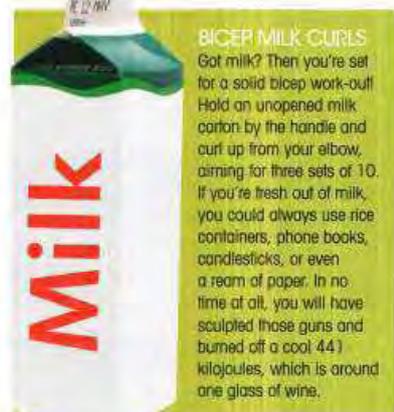
DISHES TOTAL BODY WORK-OUT

Give the dishwasher a break and wash the dishes by hand – while marching! Pop on some good tunes and walk on the spot as you scrub those dirty plates clean.



LAUNDRY BASKET LIFT

Load up dirty clothes into a laundry basket and give your arms a work-out as you take it to the washing machine by repeatedly lifting the basket up and down. Then once you've hung up the clothes, walk 10 laps around the clothesline at a brisk pace.



BICEP MILK CURLS

Got milk? Then you're set for a solid bicep work-out! Hold an unopened milk carton by the handle and curl up from your elbow, aiming for three sets of 10. If you're fresh out of milk, you could always use rice containers, phone books, candlesticks, or even a ream of paper. In no time at all, you will have sculpted those guns and burned off a cool 441 kilojoules, which is around one glass of wine.



FRIDGE PUSH-UPS

While you're in the kitchen, work on your standing push-ups by using the fridge as a springboard. Start by leaning up against the fridge with your arms in a push-up position and then push yourself away from it, and then lower in a controlled manner back towards the fridge – aim for 10 to 20 push-ups.



DINING ROOM CHAIR KICKS & DIPS

Use your dining room chair and shape those pins with some kickbacks by holding onto the back of the chair and slowly kicking one leg out at a time in a controlled fashion – aim for 50 kickbacks (25 for each leg). Then come around to the front and use the chair for some dips by placing your hands on the seat and slowly raising and lowering your body weight around 30 times.



SWIVEL CHAIR CORE WORK-OUT

Grab that study swivel chair and do some homework on your abs and core muscles. Start by kneeling with the chair in front of you. Then place your hands on the edge of the seat of the chair and grip onto it. Brace your centre and slowly roll the chair out away from you as far as you can before snapping it back in. Repeat 30 times for a solid core work-out.

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