



# Take these simple steps and become as fit as a flea

Hello and thank you for joining me again here at Fitness Matters. Last time I looked in detail at the benefits of body conditioning, I reminded you that what works for one person might not for another and asked you to remember your goals. I'd like you to revisit your goals and ask yourself how you're getting on.

We set goals for a reason but sometimes we lose sight of them. If we're not achieving immediate results it pays to remind ourselves why we're on this journey in the first place. If your body shape, what the scales say or how you look hasn't changed, my message to you is don't panic.

The chances are, you're feeling better about yourself and that's the most important thing.

Fitness expert Debbie Roy discusses the importance of movement and mobility



develop strategies that restore function to joints and tissues and improves the quality of your movements and in turn life itself. The more variety you get into your movements, the better it's going to be for your body.

When it comes to movement the body thrives on variety and complexity, it's one of the greatest medicines we know for body and brain. Gentle exercises that promote mobility, flexibility and relaxation while at the same time decrease stiffness and soreness have numerous benefits for the menopausal woman.

Look for excuses to move throughout your day; bend, squat, reach, lunge, jump, hop, balance, walk and run whenever you get a chance. Walk over uneven surfaces for ankle

When we're not achieving the results we're after, often we focus on going more to the gym, running faster and further, or lifting more weight. My message to you today... sometimes less is more. Focus on nourishing food for your body, plenty of quality sleep, managing mental stress, quality movements and you might just find your results improve significantly.

In keeping with this, it's time to focus on a very overlooked, yet key area of physical exercise, mobility. What does it mean and how can it help? Mobility is the ability to move with ease and without restriction. Mobility is crucial for everyone wanting to live a healthy life free from restrictions, especially women in the menopause. It helps reverse the ageing process, can help



## Shoulder/back mobility

Stand in neutral spine position with a shoulder width stance, feet pointed slightly out. Hold rod using a wide overhand grip. Hang arms down in front of body so rod is in front of upper thighs. Lock elbows to completely straighten arms. Flex shoulders to raise rod

towards ceiling. Rotate shoulder blades upwards as rod moves past face and overhead. Once rod is overhead, retract shoulders and externally rotate to pull rod down and behind back. Only go as far as comfortable. Mobilise by changing direction and angles as

far as possible. Retract shoulder blades and flex shoulders to raise rod from behind body, towards ceiling. Rotate shoulder blades upwards as rod moves up past neckline to overhead. Extend shoulders to lower rod from overhead, to the starting position.

## Toy Soldiers

Stand tall in neutral spine position with your core tight. Keeping your knee straight, lift your left leg out to the front and bring your right

hand out and across, aiming for your toes. Return your left leg to the ground, taking a step forward. Repeat with your right leg and

right arm. Again take a step forward as you complete the movement. Alternate sides for 15-20 reps each side.

## Erector Spinae Roll

Roll up and down the erector spinae muscles and concentrate on rolling over areas that are particularly stiff and sensi-

tive. It is important to keep your feet and backside on the floor. This will help to limit the amount of weight being

placed on the roller. To allow more pressure to be exerted you can raise your backside off the ground.

Join me next time as we look into 3D Training - [debbie.roy@hotmail.co.uk](mailto:debbie.roy@hotmail.co.uk)

