



Multi-Directional Lunges
 Start exercise with feet together and arms by your sides. Take a large step forward and drop your back knee 90 degrees then step back into the starting position. Take a large step to one side with the same leg that you stepped forward with. Push off your outside leg and back up into your standing position. Take a large step backwards on a 45 degree angle, again with the same leg. Keep your front foot planted in the same position and your stepping leg aiming for the 5 o'clock position.



Diagonal Woodchop
 Stand with your feet shoulder width apart, holding your ball at shoulder height with your elbows facing forward. Squat your hips back and down into a shallow squat. Lower the ball to below the right side of your knees. As you come up, raise the ball high overhead and to your left. Complete one set of 12 reps on this side, then perform the second set in the other direction.

It may seem like a while ago that you were enjoying all the festivities of Christmas and New Year but with this being our first contact of 2015, I wanted to touch on the subject as it's one that everyone who's health and fitness conscience, thinks about. On that note, I hope you all relaxed and enjoyed some down time. I know it can be hard to maintain exercise routines at that time of year so if the wheels have started to come a bit loose don't worry. Too often we worry about what could have been instead of focusing on now and what can be, so let's make sure we're in the right head space.



Fitness expert Debbie Roy explains the value of three dimensional exercises for women in the menopause



Push Up with Rotation
 Lie on the floor with hands slightly wider than shoulder width. Push up into plank position to start. Keeping your body straight, lower your chest as close to the floor as you can. Push back up until arms are extended. Once back in plank position, shift your weight to one side, rotate your body and raise your arm. Return controlled to plank. Repeat on the other side. Continue, alternating rotation sides.

focus. So let's keep those hot flushes for the gym and give those bodies the chance to perform better every day.

By way of an introduction, the following are a few introductory examples of the kind of functional exercises that you might like to try. After you've mastered the basics, you can start to perform increasingly complex movements, working lots of muscles at once and using as many different angles and planes of motion as possible to maximise that carry over to everyday activities.

Again, I've been careful to choose exercises that either require no special equipment or equipment that can be modified depending on availability. Please be sure to seek the advice of a fitness professional if you are unsure and good luck.

Time to start working out in three dimensions

In continuing with my "goals" theme... please take a minute here to ask yourself what your goals are for this year. Mine is for us to always be progressing so let's get into it.

Last time we talked about the benefits of mobility and before that, body conditioning with both these areas of health and fitness providing relief options from symptoms of the menopause. This time we're going to come at it from a slightly different

angle (quite literally) and look at 3D training and functional fitness. When you see people working out, the majority exercise in a front-to-back movement with treadmill running and lunges being perfect examples of moves that literally keep you on the straight and narrow.

If you want full body fitness you can relate back to everyday life, start working out in

three dimensions. After all, we are three dimensional people in a three dimensional world.

Three dimensional exercises include movements that go side to side and in a rotational arc, as well as front to back and are the cornerstone of functional fitness. These exercises tend to be multi-joint, multi-muscle exercises and not only

increase strength, but are designed to train and develop your muscles, making it easier and safer to perform everyday activities. By simulating common movements you might do at home, at work or in sports, they train your muscles to work together and prepare them for daily tasks, providing strength that works when you need it most.

During the menopause, multi-planar functional training is especially beneficial as part of a comprehensive programme to improve balance, agility and muscle strength. Working the muscles from different angles and recruiting more muscle fibres will result in increased strength. By engaging more of the small stabilizing muscles, and strengthening

them, you reduce your injury risk and gain a stronger core. This will help prevent falls and with strength orientated functional exercises will slow bone loss after menopause, which lowers the risk of fractures and osteoporosis. The menopause can be a challenging time for lots of women but there is a lot of reassurance to be found in exercising this way

and knowing that day-to-day activities are less likely to be affected by any symptoms you may or may not suffer. The major key benefit from my perspective is the above mentioned; visible transfer over to everyday life. When we can see or feel results, no matter how big or small, as human beings we naturally respond to it and are more able to maintain our

Next Issue

Join me next time when I'll be taking functional fitness a step further and introducing you to

Primal Movements