

Eleven Clever Ways to a Summer Dream Body



Getting fit quickly is possible using suggestions from our experts.

Perth, WA, 17 September 2014 – Summer is around the corner in Australia, and many women are curious how to adopt a 'summer body' quickly and efficiently.

Michelle Monks, Gym Manager at Warwick Women's Centre, says if women follow most, if not all, of the eleven best suggestions their staff offered, they'll be on track to a beach-worthy physique.

"We worked out some tips that are worthy," she says. "The obvious ones are eating right and keeping active, and those are very important all year long. But there are several more things to accelerate weight loss in time for beach season."

Monks recommends working out at higher intensity levels: skipping rope, jumping jacks or running in place. She and her staff also advocate balancing your workouts with a combination of strength training and cardio.

"This is a super effective workout," Monks says. "At Warwick Women's Workout, we offer a circuit that combines both regimens into one. When done this way, it helps build endurance, energy and works your larger muscle sets."

Rowing is also a great way to work several muscle groups at the same time. Rowing machines are effective when used in a gym setting, but rowing a boat or paddling a canoe or kayak will also suffice.

If one is strength training, the WWW fitness team agrees that the exercises with the best results are deadlifts, pull-ups and bench presses.

Monks says, "We invite women of all ages to try our fitness community. However, during the days when you can't visit the gym, you can continue with your fitness regime and get some of the same results at home. You can do sit ups, squats and push-ups as easily in your home."

Hiring a personal health coach is helpful as well. These health and fitness experts help keep track goals, address and correct their clients' fitness weaknesses, offer nutritional advice and much more.

One might not think of it, but sleep cycles are important to fitness health. "Your circadian rhythm inside your body helps regulate wakefulness and sleepiness," Monks says. "If you keep track of your body's personal clock, find the time that you have the most energy and use that time to exercise. Exercising when you're already exhausted is essentially futile."

Sleep heals, too, she says. Getting adequate rest helps the body reset for a new day. A good night of rest will regulate metabolism, appetite and keep moods stable.

"You should also say no to a big, carb-heavy dinner," Monks says. "Your body metabolises better earlier in the day. The last thing you want is a plate of pasta sitting in your belly overnight. Carbs can convert to fat unless they're burned off immediately. So try a salad or even a light soup instead for dinner."

"Hopefully some of these suggestions will mobilise our friends to kickstart their healthy summer bodies!"

At Warwick Women's Workout, our exclusive women's fitness facility located in Perth, WA, our staff are happy to give advice on keeping healthy. Contact Michelle Monks and join us in better health. View our web page at <http://www.warwickwomensworkout.com.au> or contact us at (08) 9342 9028.

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