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# Fight the festive flab

Start getting back into shape after Christmas over-indulgence

The best way to prevent weight gain over the Christmas break is to avoid overeating. However, getting out for a brisk walk or jog around the park can help, especially if you need to clear the cobwebs from the night before. Try to add the following exercises while you are out, to help burn up more energy and keep some tone in the major muscle groups. Each exercise is designed to be done on a park bench, so walk or jog from bench to bench, performing a different exercise on each bench.

## Park Bench Knee Drives

Find a sturdy park bench or low wall. Place one foot on the wall, with the inside edge of your foot pointing forwards. Keeping your knee aligned over the middle of your foot, and your hips horizontal, step up onto the bench and lift your opposite knee up. Return to the floor at a controlled speed and repeat. Perform 1-2 sets of 5-20 reps on each leg.



## 2

### Lateral Step Ups

Standing side on to the bench, place your nearest foot on the bench and step up sideways so that you are standing on the bench. Then lower yourself to the floor at a controlled speed. Ensure that the knee of your working leg is aligned over the middle of your foot, and try to keep your hips level throughout. Perform 1-2 sets of 5-10 reps on each leg.



## 45-degree Press Ups

Using the back of a bench for support, assume the press up position at an angle of approximately 35 to 45 degrees. Set your hands wide so that at the bottom of the press up position, your hands are directly beneath your elbows. Perform 1-2 sets of 5-20 reps.



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