

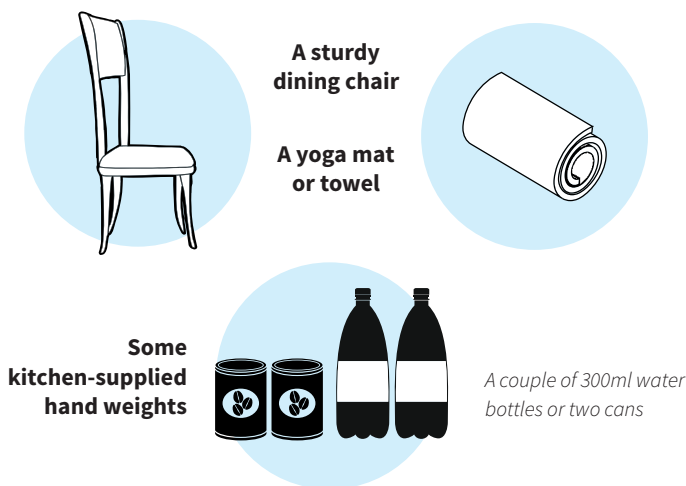
Craig's commercial break workout

Our fitness expert Craig Wise gets creative with simple exercises you can do without leaving the house.

You don't need the gym and lots of expensive equipment to get active, a few household items and a bit of imagination can get you a long way. Plus you can do it in the comfort of your own home and watch Shortland Street while you are exercising. You can try these exercises at any time of the day – and if you like watching a bit of telly, I have created a workout just for you. Little or no equipment required!

Before your favourite TV show starts, grab all the bits you will need for your workout, we can't go wasting those precious moments in the commercials having to find stuff.

Here's what you'll need for your basic workout:



THE WORKOUT

During commercial break 1

10 Stand Ups • 10 Leg Extensions (repeat twice)

During commercial break 2

8 Modified Push Ups • 8 Dips (repeat twice)

During commercial break 3

10 Curls • 10 Military Press
10 Tricep Extensions (repeat twice)

TIPS

CRAIG'S TIPS

Exercise at a moderate intensity.

If you feel your heart rate go up, your body is benefiting. Low-intensity exercise is appropriate for beginners or people who are overweight, but moderate intensity is beneficial for health and weight loss, if you are able.

Remember it is always important to select an appropriate level of physical activity for your skill and ability. If you have any injuries or concerns, then it is important to consult with your health care professional before commencing any activity.

You don't have to limit yourself to these exercises. Try walking lunges around the lounge while the adverts are on, perform arm circles or lie on your side and do some leg lifts.

They are a great way to get the whole family involved – you can even turn it into a game or challenge. When you are watching a rugby game you can do squats every time there is a line out or a scrum.

Think back to when you were younger

– you didn't exercise, you played and kept fit that way. So maybe grab a skipping rope or run up and down the stairs in your house. Remember every little bit helps.

COMMERCIAL BREAK 1**REPEAT TWICE****STAND UPS x 10**

Sit upright on the edge of a chair (or couch) with your feet shoulder-width apart. Without using your arms, press into the floor with your feet, and stand up. (Tightening your butt muscles as you rise. Keep your abdominals tight and your back straight.) Then slowly lower yourself back to the seat.

**LEG EXTENSIONS x 10**

Sit upright on your chair with your feet flat on the floor shoulder width apart. Slowly raise your legs until they are parallel to the floor, do not lock your knees at the top and then lower then back down again.

COMMERCIAL BREAK 2**REPEAT TWICE****MODIFIED PUSH UPS x 8**

Facing a sturdy dining chair (or couch), kneel on a yoga mat or towel about 60cm away from it. Cross your ankles, and place your hands shoulder-width apart on a cushion edge. Slowly bend your arms, and lower your upper body until your chest touches the couch. Hold, then press up again. If using a dining chair, brace it against a wall.

**CHAIR DIPS x 8**

Sitting on the edge of a chair (or couch), place your hands on the edge on either side of you. Move your feet out so that your butt is off the chair, and your knees are bent at a 90-degree angles. Bending your elbows so they point behind you, lower yourself as far as comfortable. Hold, then slowly press up again. If using a dining chair, brace it against a wall.

COMMERCIAL BREAK 3**REPEAT TWICE****THE CURL x 10**

Sitting upright on your dining chair with your arms tucked in at your sides holding your "weights" in each hand resting on your thighs. Slowly curl the arm bringing your weights up to your shoulder and then lower back down. Keep your back straight and your shoulders back, trying to make your arm the only part of your body moving.

**THE MILITARY PRESS x 10**

Sitting upright on your dining chair, holding your "weights" at shoulder height slowly raise your arms above your head until they are nearly straight before lowering back down again to the starting position. Keep your back straight and your shoulders back.

**TRICEP EXTENSION x 10**

Sitting upright on your dining chair, holding your "weights", put your hands behind your head with your elbows close to your ears. Straighten your arm lifting the weight up and then lowering back to the starting position. (If necessary use both hands on one "weight" to start with and then build yourself up to using each arm individually).

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.