

EXERCISE! (Or when it's OK to put your feet up)

Well, the bikini season is over and many of us want to be slightly slimmer by next year. To lose weight safely and permanently, you should start now. And exercise is essential, but sometimes it's a good idea **not** to exercise.

So when should you put your feet up instead?

1. Injury

A sprain or strain hurts. It does that so you will rest the affected limb. Exercising through the pain could just cause further damage, so don't. If you have muscle stiffness this will benefit from gentle exercise so don't use that as an excuse to do nothing. But if you have a joint injury it does need rest.

2. Illness

Working out when you have a fever is not good for you – your heart rate is already high and "sweating it out" will exhaust your body, suppress your immune system and possibly delay healing. If you must exercise, use a heart monitor keeping your heart rate at the lower end of your exercise range. You may, just for this workout, be reduced to walking speed, but that's OK if you are fighting an infection.

So make sure you are only stopped by illness or injury – inertia is not an excuse!

Best wishes,

Liz

P.S. Remember that our nutritional and life change strategies can help boost your energy

