

30 min.

THE MINIMUM AMOUNT OF EXERCISE THAT WE SHOULD GET AT LEAST FIVE TIMES A WEEK, ACCORDING TO NEW AMERICAN GUIDELINES SET FOR 2010. TRY THREE 10-MINUTE PERIODS: MORNING, LUNCHTIME AND POST-WORK.

## THE GEAR GUIDE

Not into exercising at the gym? Do your workout chez toi with these budget-friendly basics.



1. A RESISTANCE BAND HELPS YOU STRENGTHEN YOUR MUSCLES AT HOME OR ON THE GO. COFIT ULTIMATE PROGYM, \$40. 2. ADD WEIGHTS TO YOUR AEROBIC ROUTINE TO INCREASE THE INTENSITY OF YOUR WORKOUT AND BUILD MUSCLE. EVERLAST EASY GRIP WEIGHTS, \$12. 3. INCORPORATE A BALANCE BALL INTO SQUATS AND CRUNCHES TO HELP TONE YOUR CORE. GAIAM BALANCEBALL, \$43. 4. AN ECO-FRIENDLY MAT IS A MUST-HAVE FOR YOGA, PILATES AND ABDOMINAL EXERCISES. PUREARTH ECO MAT, \$38. 5. A WEIGHTED JUMP ROPE MAKES IT EASY TO BREAK A SWEAT, EVEN IN SMALL SPACES. HARBINGER BEADED ROPE, \$18.

## personal trainer

**Q:** How much water should I drink while exercising? I keep getting conflicting info.

**A:** Try to drink no more than about eight ounces of water for every 20 minutes of exercise, says Alyssa Griffin, a certified personal trainer in Calgary. "Drinking too much water can make you sick because your body doesn't sweat out the water fast enough." This is known as water intoxication, and it feels similar to excessive alcohol consumption, with blurred vision, headaches and vomiting.

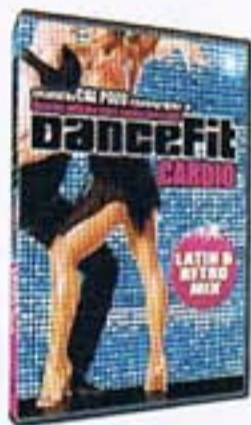
If your workouts last longer than 90 minutes, you should switch to a sports drink instead of water to replace the salts that you lose through sweating, says Griffin. If you participate in endurance sports like marathon running, you might be tempted to drink more water, but be sure to control your H<sub>2</sub>O intake carefully. Before your big day, practice drinking only one cup every 20 minutes while you train.

In Ashtanga yoga, instructors recommend drinking water before rather than during exercise. "The idea is to build heat inside your body to detoxify," explains Griffin. "Stopping to drink breaks that concentration." However, your own body is your best judge, says Griffin. If you're sweating, it's time to take a swig from your water bottle.

TEST RUN: *DanceFit Cardio: Latin & Retro Mix*

**SWEAT IT IF...** You love all things reality television (this series was created by *Dancing With the Stars* choreographer Cal Pozo). Highlights include the Latin-based hip-twisting moves (great for abdominal toning) and "Swing and Hustle Mix" segment – there's nothing like doing the Charleston in the privacy of your living room.

**SKIP IT IF...** You have trouble picking up choreography. There isn't detailed instruction, and too often the camera pans to face close-ups when you need to watch the feet to follow the moves.



89%

of you say that you're still using the same sneakers you had in college. Protect your ankles and knees by replacing your shoes as soon as you can see the insides of your soles breaking down (that's about every year for the average jogger or walker and more frequently if you're a serious runner). Go to [glow.ca/healthonline](http://glow.ca/healthonline) for some tips on taking up a new running routine and to enter to win a new pair of running shoes. These lightweight and ultra-breathable sneakers will keep you comfortable all spring and summer long.

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HEXKICK RUN,  
\$110\*

\* Contest opens March 2nd, 2009, and closes April 13, 2009. Must be a Canadian resident over the age of majority in their province or territory of residence, excluding residents of Quebec, to enter. One entry per person. Entry form and full rules at [glow.ca/healthonline](http://glow.ca/healthonline). Or, send your name, address, daytime telephone number and date of entry by regular mail to glow magazine, One Mount Pleasant Road, Toronto, ON M4Y 2Y5. Mathematical skill-testing question to be correctly answered to win. Odds of winning depend on the number of eligible entries received. No purchase necessary.