



Q: Dear Coach: I have successfully given up smoking over the past 4 months and I feel its time to begin working on my fitness. What do you recommend and where do I begin? - "Breathin' Ezy"

A: Dear Breathin' Ezy: Congratulations! You've accomplished a great feat and you have shown strength and determination to improve your health. As I often advise: I recommend seeing your local GP for a medical check-up and health clearance. Once cleared to participate in an active fitness program, you have the opportunity to enjoy some fun work-outs!

Fitness may be defined by our capacity for muscular endurance, strength and power; cardiovascular endurance / aerobic capacity; anaerobic capacity; speed and agility; elastic energy (plyometric ability); body composition; flexibility; and balance. That leaves a lot of room for participation in a range of sports, gym work, wellness programs, and outdoor activity. I recommend that if you are new to the world of sport and fitness that you give most things a go and see what you like! Your participation rate will be much higher when you do something that you love.

One of the best sports for achieving cardiovascular endurance is Triathlon - relying upon the three disciplines of swim, bike, and run. These are relatively easy participation sports inasmuch as there are few barriers - a community pool or open water for a swim, a bicycle - it can be second-hand, and the great outdoors or a treadmill for a run! Look out for the Cassowary Coast Triathlon Club events if you wish to participate with a group and meet new people.

Otherwise, your local area boasts gyms, yoga and Pilates classes, sporting groups, run groups, martial arts, dance, and the great outdoors - all perfect for developing your fitness!

Yours in health and fitness,
The Coach

Guest response - Sara Pazell, director of L'Amour Yoga Institute Pty Ltd, is a strength and conditioning coach, occupational therapist, personal trainer and group fitness instructor. She is a fellow Paradise Training trainer with Coach Tim