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Heather Smith

07967 995416

heather@fitbiztraining.co.uk

Workout of The Month March 2015

You know how at around 8 or 9 o'clock this evening, you'll be snuggled up on the sofa watching TV, you'll have had your dinner and you'll be relaxing for an hour or so before going to bed... You know how you'll be hit by a monster sugar craving at this time too?

For me, its the worst time of the day. I find myself looking in the fridge, then closing the door, looking in the cupboard, then going back to the fridge. Like I expect something sweet to have magically grown in there in the 10 seconds it took to get to the cupboard and back!



How about, for the next 3 evenings when that sugar craving strikes, you take ten minutes to do this workout, then reassess how you feel - I bet the craving will have gone, and I know you'll feel smug for the rest of the evening too! Commit to doing it for three days, and see what happens after that - if you enjoy it and it gets rid of your sugar cravings, carry on.

This is a nice low-brainpower circuit. You can do it in the living room while you're watching Corrie; you don't have to do anything special, just get off the sofa and start (although if you're freezing cold when you begin, it would be a good idea to get yourself warm first).

Do **10 reps** of each of these five exercises **three times**. Take as little rest as you can cope with. I have videos of all these exercises if you need - just ask.

Squats

Remember to keep your heels down, and to sit as if you're sitting at the very back of a seat.

Press Ups (against the back of the sofa or kneeling on the floor if you need)

Remember to keep your back straight and your chest tall.

Running on the Spot with High Knees

Lunges

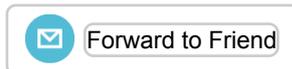
Remember to keep your front heel on the floor and to make a straight line from your head down to your back knee as you lunge down.

Plank (10 seconds)

Grow your chest tall and tuck your pelvis under your body to get the most out of this exercise

Until next time, enjoy staying healthy!

Best wishes,



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