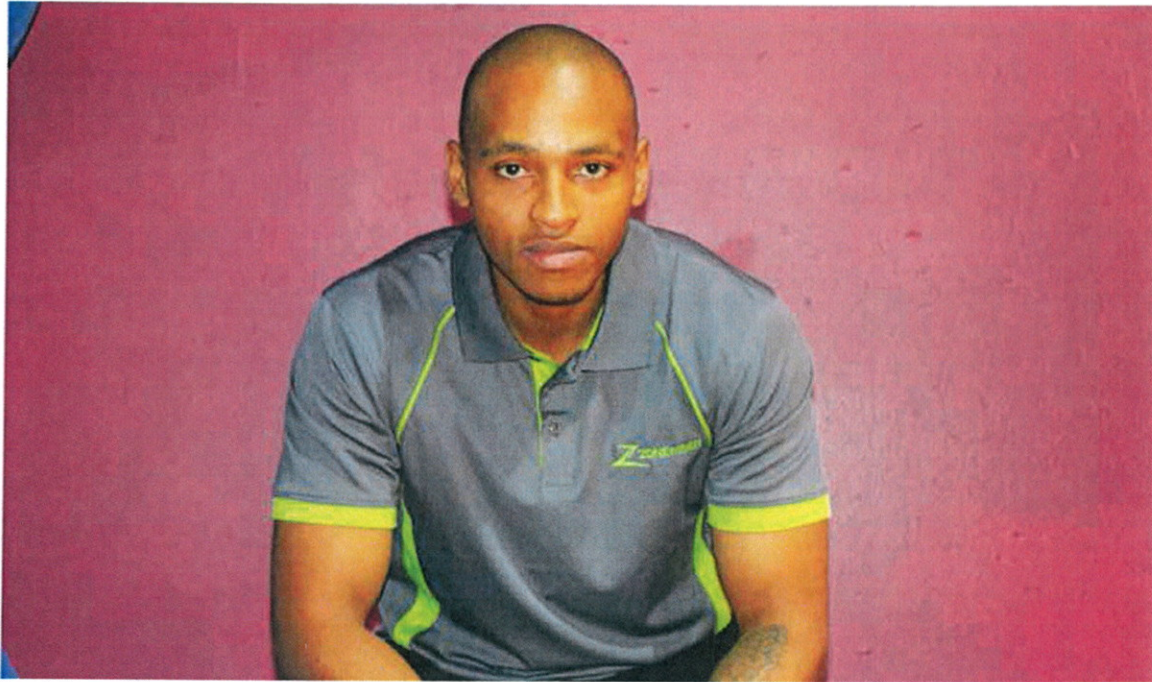


How to achieve your healthy living goals for 2018

Nonkululeko Mazibuko



ZoneFitness Fitness Manager, Mr Snethemba Mazingisa.

Health trends come and go. While some may last the whole year, others are short-lived and seasonal. With the new year having just started, many people have made it their mission to stay healthy. We spoke to ZoneFitness Fitness Manager, Mr Snethemba Mazingisa about healthy living.

What is healthy living and its importance?

Healthy Living is basically just balancing your nutrition, daily exercise and your mental health. All of these are interrelated and you cannot have one without the other. For example, if you are not eating right, you are not going to think straight and you won't exercise enough. You must find a balance between what you eat and how you exercise.

Why should people exercise?

Physical activity increases people's total energy expenditure, which can help them lose weight and it helps with cardiovascular diseases such as coronary artery disease, high blood pressure, cardiac arrest and stroke, to name a few. The more you work out, the better your chances of reducing any incidents that may happen if you do not work out. It also assist with blood circulation.

What kind of food should people eat to keep healthy?

It is not about which food you should eat or should not eat, it's all about portions. You must just have a balance in your diet. People should not cut out any kind of food. Balance your portions, because it is all about sustainable living. Be aware of how many calories you are consuming everyday, depending on your height and body weight. Most importantly, it is all about understanding the nutrition your body needs.

Can one keep fit and healthy with just eating healthy and not exercising?

We usually say you cannot out train a bad diet. Most of the people here at the gym, train very hard, but they then go back home and eat an unbalanced diet, causing all their hard work to go to waste. In order for you to see progress and be healthy you must feed your body with the correct foods and portions.

For people who cannot afford to go to the gym, what kind of exercises can they do at home?

Honestly, the gym is just another fancy place that is here to make profit. No one really needs to come to the gym to keep fit, but because people are lazy to work out alone in their homes, they come to the gym where there are other people. So the gym is just a social place. When you are

exercising at home, there are little things you can do. For example posture, the way you sit can count as functional training, you must sit up straight. This way opening your air waves and cause blood to flow much faster and smoother.

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasise core stability. One can walk, pick up things and lift things up, and all these functional exercise serve more than even going to a gym.

What is the best time of the day to exercise?

There is actually no best time of the day for exercising, it all depends from one person to the other.

How often a person can exercise?

A normal person should exercise at least three times a week for 45 minutes.

Functional fitness exercises

These are some of the exercises that can be done at home. Ms Dalekile Mtshali from Finance, demonstrated the following functional exercises. donor and save lives," she said.



1. SQUAT: Stand with feet just wider than hip width, hips stacked over knees, knees over ankle. Hinge at hips then send hips back and bend to lower body. Keep chest lifted and lower to at least 90 degrees. Rise repeat.