



play mates

We chat with Martha-Lourey Bird and discover how easy it is to get fit naturally.

It's the fashionable thing to do, reducing our impact on the environment has become highly popular of late. But what does exercise have to do with going green, and how does it affect the bride-to-be?

It goes without saying that keeping fit and staying healthy should be a priority for all of us, particularly those who are preparing for marriage. The benefits of regular exercise are astronomical, both physically and emotionally.

Physically, it will give you more energy, improved immunity, and hopefully help you shed any extra kilos. As a result you will notice a fitter, healthier, more toned body. Emotionally, you will also receive a renewed sense of energy and confidence which can potentially enhance your relationship with your partner, not to mention the happy hormones created by the elevated levels of endorphins.

The good news is that you don't even need a gym to get fit. Get outside into the great outdoors; enjoy your environment while helping save it by reducing your carbon footprint. Getting engaged is a great opportunity to make a long-term commitment to your partner, to your body, and to your environment.

Most of us have trouble sticking to our fitness goals. Martha suggests putting into place an adherence strategy so that we can actually realise our good intentions. We need motivation techniques

such as exercising with a partner to keep us accountable, laying out gym clothes the night before, and scheduling exercise later in the day if you know you are not a morning person! Good intentions are not enough to make your fitness dreams a reality. Tactful strategies along with a bit of motivation are what you need to make it happen. A rewards system may be appropriate, but make sure that the rewards aren't detrimental to the end goal (so instead of rewarding yourself with junk food, for example, treat yourself to a new pair of running shoes or a massage or a sleep in).

Go one step further than verbalising your goal - write it down and put it somewhere you can see it. Also write down when you want to achieve your goal by and how you're going to go about it. Your goal may be to lose 10 kilograms by your wedding day. You can decide to achieve that by walking for 30 minutes five times a week and making better food choices every day.

Martha offers a number of suggestions for the busy bride-to-be:

- > Walk or cycle instead of driving. It will burn kilojoules, save you petrol and parking dramas, and reduce your carbon footprint in a big way. Think of the benefits on a yearly scale.
- > Hand-wash your car with your partner each weekend (instead of going to the

car wash). It's exercise, and if you do it together, it's couple time. Plus, your car will look great.

- > Think of physical ways to warm up when you're cold instead of switching on the heater. You will save enormous amounts of money, and the environment will love you. With a bit of creativity, this exercise could be a lot of fun for all the lovers out there.
- > Get physical when it comes to housework. Turn your back on the dishwasher and clothes dryer. Do it the old fashioned way for a bit of extra exercise, and even better, ask your hubby or wife-to-be to help you out. Remember hubbies: there is nothing sexier than a man doing chores!
- > Schedule in time for exercise just like you would for your dress fittings, coffee dates and hair appointments.

Exercising can be a fantastic way to spend time together as a couple. Choose to be active in your recreation time - instead of going to the movies or going out for coffee, make time to cycle together or go for a walk around your neighbourhood.

Choosing to be active is usually the most environmentally friendly option. When your exercise choices have a positive impact on your health as well as on the environment, you really can't go wrong!

As the old saying goes; those who play together stay together. ♥

“Choose to be active in your recreation time – instead of the movies go for a walk together.”