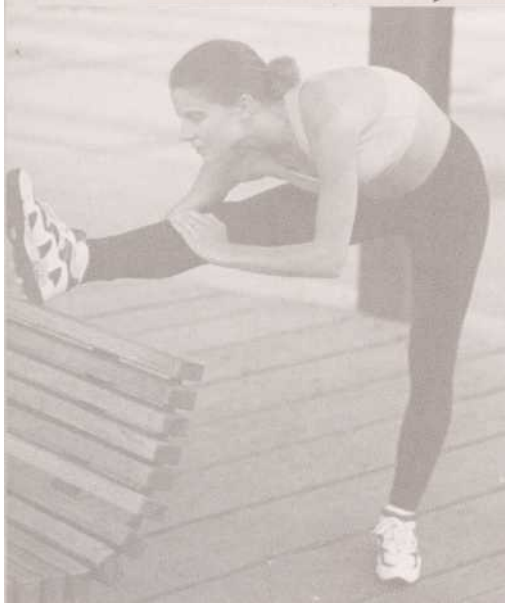


turn up the heat



By the end of the first month, if you're exercising regularly, you'll start noticing benefits. The steps that tired you when you started will now seem easy. Add something a bit more demanding - staying careful not to risk an injury that could wreck your shaping-up schedule.

Back up your exercise sessions by becoming more active: walk up escalators, jog to the shops, visit work colleagues instead of emailing them. When you need a break from wedding preparations, take a neighbour's dog for a walk and race it around the park.

running

Jog or run for 4 minutes, sprint for 1 minute and repeat four times. Vary your steps now and then, doing 20 paces with longer strides or lifting your knees high. If you can't keep up the pace, switch to walking briskly until you're ready to jog again. If you're not in a park, watch out for the roads!



skipping

Skip for 1 minute at a comfortable pace, 1 minute at a challenging pace, then 1 minute briskly. Skip fast for 30 seconds, then at a comfortable pace for 30 seconds. Vary the moves by skipping backwards or raising your knees higher. As you progress, skip fast for 45 seconds with only 15 seconds at the easier pace.

