



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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# fitness

COMPILED BY AIMÉE LEABON

## DID YOU KNOW

*Exercise can alleviate anger, reports a study from Germany's University of Stuttgart. Subjects who cycled after watching slides of infuriating imagery could control their moods better than when they'd only sat quietly after the slide show. Got a bee in your bonnet? Go for a brisk walk and set it free!*

## SWEAT FOR SUCCESS

Think perspiration's the pits? **Fact: the fitter you are, the sooner and the more you'll sweat.** However, studies show that all women tend to sweat less with age, which puts them at higher risk of heat exhaustion or heat stroke. **To prime your sweat response, drink an extra glass of water before you work out.** Staying hydrated ups perspiration; for the best cooling effect, avoid wiping it away.

# 60

minutes: the extra time dog owners spend walking per week than people who don't walk dogs

# I DO NEED TO EXERCISE



How 'bout a bicycle built for two?

**Wedded bliss can cause a crash in your cardio fitness, reports a recent study in the *American Journal of Epidemiology*. The research asserts that women lose their exercise mojo once they tie the knot, whereas women who remain single or get divorced experience a spike in their fitness levels. Make a gym date with your spouse—couples who play (and sweat!) together, stay together.**

### Skip a Step

**Bound up the stairs two at a time—you'll burn as much as 190 more kilojoules (about 45 cal) in 30 minutes. Take flight with this mini-workout by personal trainer Ricardo Riskalla from RawFit in Sydney.**

#### Warm Up

Climb a flight of stairs sideways for 2 minutes to wake up muscles and work your inner thighs.

#### Go for It

Run up the stairs for 8 seconds, then rest for 12. Repeat this workout for 20 minutes to ramp up weight loss.

#### Stretch Calves

Place the ball of your foot on a step; lower heel. Swap feet.

