

ACHIEVE YOUR BODY GOALS WITH SIMPLE ROUTINES THIS YEAR

By Aunéen Nakatudde

throughout the day."

He says the exercises should incorporate strength training, aerobics and stability. He explains that strength training

workouts involve using your muscles against a force or weight to improve their strength, power, and endurance; while aerobics or cardio make your heart beat faster and cause you to breathe harder, conditioning your heart and lungs and increasing endurance.

Additionally, Dr Vigilant says stability and balance exercises improve your ability to resist forces that can make you fall and help in the promotion of body parts co-ordination. Eddie Gombya, a fitness coach says working out three to four times a week is ideal and reckons that the morning hours are the best to do exercises.

We bring you the simple exercises you can incorporate into your daily routine so you can achieve your 2026 body goals.

STRETCHES

One of the simplest ways to glide into the day and start it well is by doing stretches. Gombya reveals that stretches are easy to execute since they require little strength. "You can do them by lying flat on the floor and stretching your body out. You can also stand up tall and stretch as if you are reaching for the sky," he



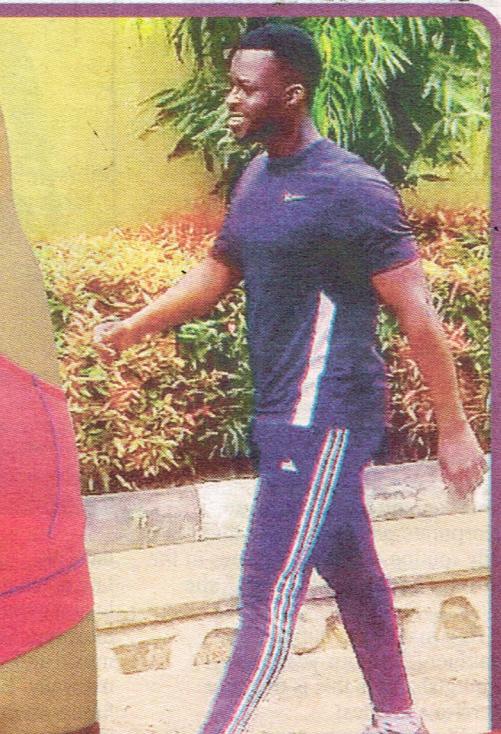
Ken Stober on his way to work crossing over a bridge between Bugolobi and Kitintale

put one leg behind you as if you are kneeling and pull the other one forward. He states that lunges help strengthen the hip muscles and, as a result, help you move more easily throughout the day.

WALKS

It is very easy to wake up and lie in bed for a while. However, Dr Medad Elion, a medical doctor

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Walking (above) and stretching are ways one can exercise

Open the windows, go outside and check your surroundings.

He observes that walking helps improve the immune system and opens up the body so blood can flow more freely. This helps transport oxygen around the body, making it feel more energised. To take it further, he says you can use an app that counts your steps. The recommended number is between 7,000 and 10,000 steps a day.

JOGS

Some people find jogging fun and if you are one of them, do not hesitate to use it as a fitness regimen. You can jog at home or outside. Gombya reveals that you can start at a slow pace and then increase gradually. "For faster, more intense results, you can run up a hill and then descend it," he says. "That way, you will have worked your body adequately."