

Home fitness can be fun and challenging

Many of us lead hectic lives. We are so busy with work, children, cleaning and cooking. It is not an easy task following through with our New Year's resolution to finally get fit.



MARLA ARNDT
fitness bootcamp

Getting to the gym for a much-needed workout was much easier the first few weeks of January.

As we head into February, the "honeymoon" phase of our quest to get healthier has faded. The five days a week of heading to the gym has now turned in to one or two.

The slippery slope of falling back into your inactive, unhealthy lifestyle habits is making a comeback.

The solution may be as simple as doing some of your workouts at home. Working out at home when you cannot make it to the gym will keep you on track. With some creativity and the use of proven training principles, anyone can do an effective and beneficial workout at home.

You can do a full body resistance workout including cardio by simply using your own bodyweight. No need for gym equipment.

Working out at home is convenient, safe and a great way to improve your "functional fitness." A typical at-home program doesn't need to be more than half an hour and can be as challenging as you want it to be.

Changing up the resting time between each exercise and the order you perform the exercises in will make the workouts easier or harder depending on your progression and fitness level.

The workouts will be performed as a circuit routine, which will give you great

Bodyweight exercises you can do at home

Pushups: There are many variations using different hand positions — dive bombers, diamond pushups, decline and among them.

Squat: Some variations are narrow stance, wide stance and jump squats.

Lunges: Some variations are jumping lunges, side lunges, walking lunges, single leg.

Chair dips

Planks: Some variations are side plank, leg raise, arm raise.

Crunches: Some variations are bicycle, reverse, combo.

Wall sits

Calf raises

Burpees

Mountain climbers

Jumping jacks

Jump rope

Running your stairs

cardio and conditioning benefits. Choose a variety of exercises that work out all the parts of your body.

Don't do all variations of pushups, for example. The goal is to hit all body parts

by doing a variety of upper body, lower body and core exercises

If you want a real challenge, mix cardio exercises with strength exercises. If you're just starting out, take it easy and gradually build up. Don't get discouraged, and don't overdo it.

As you get stronger, gradually add weights. Dumbbells, barbells, kettlebells, a stability ball, resistance bands and medicine balls are some good ways to do that.

Listed are some examples of bodyweight exercises that can be done at home. All you need to do is design your own program. Simply choose a variety of exercise and decide if you are going to do them by repetition, by setting a timer or both. Be creative and mix things up, by doing a minute of one exercise, then 20 reps of another, followed by 30 seconds of something else.

You can choose just five exercises and perform them back to back with no rest and then take a short rest and repeat two more times.

Learn the basic bodyweight exercise and you can create a variety of your own workout programs. The possibilities are endless. Exercising at home is convenient, fun and even becomes addictive once you try it. Don't give yourself an excuse to avoid working out. Wasn't this the year you were finally going to make that lifestyle change?

Guelph-based personal trainer Marla Arndt owns and operates Frameworks Fitness Studio. She can be reached via her website at www.frameworksfitness.com. Her column appears every other week.

horoscopes saturday

SATURDAY BIRTHDAY

This year, your actions could be, at best, provocative to some and distorted to others. Make sure you have all the facts and are not being judgmental. Often you only see situations as you would like them to be. You can be enormously resourceful; use those abilities. Realize when enough is enough. Honour what is happening within. Often you simply don't hear the same thing that others hear. Ask yourself if you are reading too much into others' words. If you are single, you meet people with ease, yet maintaining a long-term tie is challenging at best. If you are attached, the two of you need to work on mutuality and better understanding.

ARIES (March 21-April 19) — The high energy of the full moon could prove to be somewhat wayward if you're not careful. Pressure builds in a new direction. Instead of reacting, try being direct. Make plans with a child or childlike person. Be a kid again.

TAURUS (April 20-May 20) — Know that you cannot control situations, even some of the time. Events today will point to the truth of this statement. Kick back and go along for the ride. You could be stunned by another person's attitude.

GEMINI (May 21-June 20) — Listen to all the possibilities. Inevitably, you will feel like you need to squeeze them all in. Choose the most appealing; after all, this is your Saturday too. Others might be slightly flaky. Let go and rethink a decision.

CANCER (June 21-July 22) — Curb your need to have, as you become extraordinarily demanding. Trust that you don't always have to ask. A request actually could have the reverse impact. Know that what needs to happen absolutely will occur.

LEO (July 23-Aug. 22) — You certainly feel empowered and capable of handling someone's seeming contrariness. Perhaps this person might not be getting the gist of what you are saying. Stay easy, and let this person see the genuineness of your feelings.

VIRGO (Aug. 23-Sept. 22) — If you simply feel as if you would like to do something different or more creative, then do. Make it OK not to join in.

LIBRA (Sept. 23-Oct. 22) — How you handled a changing matter might have worked in the past, but not any longer. The time has come to recognize that the impossible can and will happen if you give others half a chance.

SCORPIO (Oct. 23-Nov. 21) — Others want what they need and desire. You have little to no problem with that. Open up to possibilities that someone you respect suggests. Investigate what is happening within a key interaction.

SAGITTARIUS (Nov. 22-Dec. 21) — Ask a friend or loved one to hop in the car and join you for a day exploring a new area of your province, town or nearby countryside. You could be amazed by the ease with which you refresh.

CAPRICORN (Dec. 22-Jan. 19) — A partner challenges you, but how you accept and deal with this behaviour determines the net results. Perhaps taking the attitude that some people just have passionate opinions will work best.

AQUARIUS (Jan. 20-Feb. 18) — Your ability to be clear and direct takes you down a different path. Don't make any snap judgments, especially as it appears you see a matter very differently from someone else. Allow time for a reality check.

PISCES (Feb. 19-March 20) — Hardship is defined in many different ways, depending on the person. Don't let this work become part of your thinking, or else you could make it so. Be aware that many people have varied needs.

Visit Jacqueline Bigar at www.jacquelinebigar.com

Olivia Newton-John in a hockey musical? This could get physical

Cassandra Szklarski

TORONTO — Olivia Newton-John is set to co-star in a movie musical about Canada's favourite pastime.

The *Grease* and *Xanadu* star will play the mother of a teen hockey phenom in *Score: A Hockey Musical*, which begins shooting in Toronto next week.

Director Michael McGowan, whose screen credits include *One Week and Saint Ralph*, says he managed to land the pop singer-turned-actress by sending her the script through a network of friends and friends of friends.

She was the one that he wanted, but McGowan said Thursday he never imagined Newton-John would accept the role.

"I thought it was a long shot at best, and miraculously she read the script and wanted to do it," said McGowan, who wrote the script and lyrics but relied on the Toronto production house Silent Joe to compose the music.

"Through a couple of degrees of separation, (we) made it happen and told her that we weren't all idiots up here. Apparently she believes us and she's coming up to do the film."

Newton-John will also co-write and perform a song for the film's final credits, along with Canadian singer-songwriter Marc Jordan, who plays the hockey dad.

Toronto's Noah Reid plays Farley, a sheltered teen who transforms into a playground legend after playing shinny with the local rink rats, portrayed by musicians Dave Bidini and Hawksley Workman.

To his parents' dismay, Farley is scouted

and signed by the owner of a junior league team, played by Stephen McHattie.

He becomes an instant star but struggles with the pressures of fame and the expectation to fight on the ice.

McGowan says the coming-of-age plot is driven along by 19 songs that are woven into the dialogue, with hockey players crooning as they zip around the rink. In another scene, Farley and his parents argue through song.

"Unlike some musicals, the songs always propel the story forward," McGowan said of his take on the genre, which has a budget of \$5.3 million.

"I probably shouldn't admit this but I'm not the world's biggest musical fan... but I kind of wanted to almost take the sensibilities of something like the end dance sequence of *Slumdog Millionaire* and make a musical out of that."

He says achieving that kind of light-hearted spirit is helped immeasurably by nabbing the voice behind such '70s hits as *Hopelessly Devoted to You* and *I Honestly Love You* and the '80s anthems *Physical* and *Heart Attack*.

"In musicals, she's obviously an icon," he says of Newton-John. "I just think she's got the sensibility to obviously pull off the role and it's a casting coup."

Shooting for *Score: A Hockey Musical* is scheduled to take place at Nathan Phillips Square, the Art Gallery of Ontario and a community arena in Toronto.

Score: A Hockey Musical is set to be released Oct. 22.

The Canadian Press

Technology holds potential for Haiti relief, Gabriel says

The Associated Press

NEW YORK — Haiti's devastating earthquake reinforced Peter Gabriel's belief that disaster relief needs to take better advantage of the digital age.

"Technology has tremendous potential," the 59-year old British singer-songwriter said in a recent interview.

"I'm a big fan of mobile (phones)," said Gabriel. "You can send money from one person to another (via cellular phone) and they cash it for water, food or medical provisions."

The Jan. 12 earthquake left an estimated 200,000 dead, as reported by the European Commission, while 250,000 people were injured and two million left homeless in the nation of nine million.

Gabriel is a techie who has been involved in different online ventures. He's one of the founders of The Elders, which he started with Nelson Mandela, Richard Branson, and others. The goal of the group is to solve global problems through their collective wisdom. Among the group's initiatives are climate change, HIV/AIDS, poverty, and resolving political conflicts throughout the world.

On the Net: <http://www.petergabriel.com/>

Increased thirst, frequent urination, changes in appetite and fatigue are some symptoms of diabetes. If this applies to you, see your doctor.

Diabetes STOP the epidemic.

CINEMA SHOWTIMES

SHOWTIMES VALID FRI., JAN. 29, 2010

GUELPH GALAXY 519-763-9188		BOOKSHELF CINEMA 519-821-3311	
<p>WHEN IN ROME (PG) 3:40, 7:15, 9:55</p> <p>EDGE OF DARKNESS (14A) 3:30, 7:10, 10:20</p> <p>TOOTH FAIRY (G) 3:15, 6:55, 9:40</p> <p>LEGION (14A) 3:35, 6:35, 9:30</p> <p>EXTRAORDINARY MEASURES (PG) 7:05, 10</p> <p>THE LOVELY BONES (PG) 3, 6:30, 10:05</p>	<p>THE BOOK OF ELI (14A) 3:25, 7, 10:15</p> <p>LEAP YEAR (PG) 9:50</p> <p>SHERLOCK HOLMES (PG) 3:05, 6:45, 10:10</p> <p>IT'S COMPLICATED (14A) 3:20, 6:40</p> <p>ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (G) 4:40</p> <p>AVATAR 3D 3:10, 6:50, 10:30</p>	<p>YOUNG VICTORIA FRI: 7:00</p> <p>THE BAD LIEUTENANT: PORT OF CALL - NEW ORLEANS FRI: 9:15</p>	<p>MUSTANG DRIVE-IN 519-824-5431</p> <p style="text-align: center;">CLOSED FOR THE SEASON</p>

Movies on the web:
www.guelphmercury.com

NIGHTLIFE

SHOWTIMES LISTINGS FOR THURSDAY IN THURSDAYS NIGHTLIFE

<p>ONTARIO FILM REVIEW BOARD CLASSIFICATIONS</p> <p>G Suitable for all</p> <p>PG Parental guidance advised</p> <p>14A Persons younger than 14 must be accompanied by an adult</p>	<p>18A Persons younger than 18 must be accompanied by an adult</p> <p>R Restricted to persons 18 or older</p>	
---	---	--

Explore www.totalwomanshow.com

Refresh

Total Woman Show

Connect

February 13 & 14, 2010
10:00 a.m. - 5:00 p.m.

Bingemans Conference Centre
425 Bingemans Centre Drive, Kitchener

<p>SHOW FEATURES</p> <ul style="list-style-type: none"> • More than 150 Exciting Exhibitors • Speakers • Workshops • Cooking Stage • Fashion Shows • Health, Wellness & Fitness Demos • Goodie Bags & Prizes 	<p>TICKETS</p> <ul style="list-style-type: none"> • \$8 per day • \$10 per weekend pass • \$6 Seniors • \$6 Students
--	---