

If you are not a fan of the outdoors, the sun and the heat, then head for the cool confines of the gym or set up your personal gym at home.

The stationary bicycle, treadmill and cross trainer are all aerobic, cardiovascular machines. They generally tone and build your leg muscles. A significant benefit of the stationary bicycle and the cross trainer is that they are low impact and do not cause undue stress on your joints as your feet never leave the 'ground'.

A beginner should start slow and easy on a bicycle or a treadmill.



Treadmill: Rain or shine, you can have a good brisk walk or jog.

The intensity depends on your fitness level and often I would advise you to start walking on the treadmill at a speed of 2.5 to 4km/h for 15 to 20 minutes, increasing the timing by 5 minutes every one to two weeks.



Stationary Bicycle: takes the load off your weight. Ideal for beginners.

The stationary bike takes some load off your weight because you are seated. The cross trainer adds a different dimension to the workout - it allows full range of knee movements in standing- burns more calories and is more challenging. It is similar to cycling except that you are standing instead of sitting.



Cross Trainer: burns more calories than the treadmill and bicycle.

The cross trainer is a higher intensity machine and is more suitable for those who may find the bicycle and treadmill not challenging enough. They can progress to the cross trainer and pedal at 60 to 100rpm for ten to 20 minutes.

Women are more susceptible to UTIs than men because their urethra is shorter and it's a short pathway for bacteria to get to the bladder. UTIs in men may not be so common but they can be very serious if they do occur.