

Ten Design Tips: Exercise More!

by Design Expert: Ramona Braganza



Hollywood's Personal Trainer, Ramona Braganza reveals tips on making choices that help you **Exercise More** no matter how little time or space you have in your life. Ramona's philosophy is to live life from the inside out, live a life of moderation, and make fitness a way of life.

Ten Tips from Ramona Braganza:

Overall, think of a workout like any other experience. It's enhanced when you engage all your senses. Sight, Sound, Smell, Touch, and Taste can motivate you to Exercise More!

1. Bring in **Natural Light** whenever you can. It does wonders for your energy level. If you can't bring it inside, go outside for part of the workout. If you can't get natural light, **add mirrors** along one wall to help expand a space visually, bounce light in the space, and to help you check your form when doing weight exercises.
2. Consider your artificial light sources, too. **Make sure you have enough light** to keep you upbeat and energetic and that the light source is flattering to your skin tone, too. Go with a full spectrum light or if you're using compact fluorescents that are energy efficient, be sure to check that they give off a warm color.



3. When choosing colors for your home gym, **use colors that make you feel energized or relaxed.** I prefer energized and this palette brings me alive:



4. **Add inspiration** through photos, quotes, artwork, or even clothing that's a fitness goal to your space to keep you going!

5. **Play music whenever you can.** Using your choice of earbuds, an ipod dock, or a speaker system, incorporate sound that caters to your activity and attitude. Find great playlists from friends or go online to fitness websites for current playlist suggestions. I've found some great ones at Shape, Fitness Magazine, and IntheGym.net.

6. It's equally important to **block out sounds** that are distracting like cell phones, and buffer jarring sounds like weights dropping onto the floor. Try closing the gym door, turning off your cell phone, and adding rubber mats or floor tiles to your exercise space.

7. Think about how you want your home gym to smell. **Try adding a scent** that compliments the colors on your walls and keep the space light, airy, and fresh. Pair orange hues on the wall with a refreshing citrus mist scent in the space. Use an ocean inspired scent if you're into blues in your space. Or try greens and smell of fresh cut flowers or grass. Also, make sure you have good air circulation and heating as needed.

8. Start small when it comes to **equipment** and build up according to your needs and budget.



Start Here: At a minimum, begin with some free weights and a bench. If you're not ready for a bench, you can use a Stability Ball, instead. If you can work in a pull-up bar that fits in a doorway, all the better.

Step Up: Cardio equipment is important, but can vary. You can get a great cardio workout using a jump rope, stairs, jogging outdoors or even jogging in place. If you want to purchase a machine, go with a treadmill, bike, or elliptical machine.

The Splurge: If you have both the space and budget, consider a functional trainer. They use pulleys, cables, and a weight stack for resistance. I use this often with my clients for a diverse workout.

9. **Stay dry, healthy, and hydrated.** Keep your favorite colorful towels on hand to maintain your cool, have some healthy snacks like fruits and nuts around, and always make sure you keep lots of water in the room itself.

10. **Avoid boredom by rewarding yourself at milestones.** Buy yourself new workout clothes (more form fitting as you get in shape), equipment, or even try changing the colours of the walls in your gym. Keep it exciting!

