

Fitness routine

Monday	One hour of yoga
Tuesday	One hour of gym, followed by a 3.5km to 5km run home
Wednesday	One hour of gym, followed by a 3.5km to 5km run home
Thursday	One hour of yoga
Friday	One hour of gym, followed by a 3.5km to 5km run home
Saturday	One hour of yoga
Sunday	Rest day

NOTE: If her back is acting up and she has to lay off doing anything too strenuous, she does an hour of swimming instead.

Source: CHERYL MILES ST GRAPHICS