



exercise club

Who needs fancy gyms, asks David Bishop of Dunedin. He's discovered an exercise programme with added benefits – painting.

Says David: "My Christmas holidays consist, usually, of spreading large quantities of your product [Resene paint] across various walls around my house. In December I was overweight and not feeling very well after a fairly stressful year at work. A couple of weeks after Christmas I had a healthy tan, felt really fit and had lost 5kg in weight... I have been a member of the Resene Fitness Club for about 20 years now but only realised it quite recently." **H**

here's how it works

Exercise 1 (strengthens arms and back muscles): Scrape old loose paint off walls preparing to paint.

Exercise 2 (loosens shoulder muscles): Stir paint vigorously with a stick using, alternating, left and right hands.

Exercise 3 (builds arm and leg muscles, creates abs): Paint up and down, left and right, along the edges of the selected area.

Exercise 4 (assists development of chest and neck muscles): Apply main body of paint using a roller while flexing arm and leg muscles.

 Resene Knock Out

 Resene Float

 Resene Boogie Wonderland