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Fitness For Life Relief

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With the challenges of everyday life - from the fluctuating economy, job cut-backs, slides in the stock market and managing family life, more and more people are turning to fitness for relief. There is an abundance of research that has confirmed the positive impact exercise has on one's emotional well-being. Basically, millions of Americans have turned to their health club and exercise as a means for dealing with the stress they experience in their daily lives.

The question is, "once in the club, are you working out as productively as you could be"? It is easy for new members, or even experienced ones, to develop habits and repetitive routines that sap workout effectiveness. The New Year is a great time to evaluate your workout to make sure that you're getting the maximum benefit for your time, energy and money. You may want to consider the following common workout mistakes.

1. Start with a baseline assessment along with an appropriate program. Neglecting to take the time for an assessment is a real mistake because you have no way to gauge your progress. You also want to know if your program is working and if it isn't, then some of the variables can be adjusted - the duration or the intensity of the exercise.
2. If you are the type of person who is highly motivated and works out quickly, furiously and stressfully. Take a breath and make a point to go through your workout with a fitness staff member to make sure that you're taking as much time as you need with each exercise. If your budget allows, sign up for a few sessions with a personal trainer. A qualified trainer will help you slow down and focus on doing each exercise correctly. The point is to leave stress behind, and concentrate on your workout. You may also want to add yoga or a mind/body class to your routine. These types of workouts, which emphasize breathing and staying in the moment, are a terrific way to de-stress.
3. If you lack motivation because your routine has become dull and inefficient - it's time for a change. The world of fitness has not only gone full circle; it is in fast-forward mode. Do yourself a favor and step away from the tedious exercises learned 20 years ago in high school and say hello to modern fitness condition. Exercise evolution can be hard to keep up with - it's almost disheartening when you focus on sticking with your workouts, only to learn that your technique was dangerous and the fitness program dubbed inefficient. If you open yourself to the current findings and technologies of the fitness and health industry you will sky rocket your athleticism and max out your training. Try out new exercise classes, form your own opinion on fitness fads, buy some personal training sessions and experience the fun you can have improving your physical performance by implementing exercise toys into your program, such as fitness balls,

BOSU balance trainers, foam rollers, trampolines and wobble boards - just to mention a few. Adding spice to your training can give you the thirst to try new recreational activities, with reduced risk of injury. Going to the gym should be a time of physical conditioning for an active lifestyle rather than simply training to build muscle and lose weight. It is refreshing to see sport conditioning methods of professional athletes modified and made available to recreational athletes.

4. Whether you are a beginner or an experienced exerciser and find that you are just going through the motions - it may be time to take it up a notch. It's called a work-out for a reason and you want to be efficient by working out in your training range. The idea behind exercise is to stress the body appropriately to produce a training effect. You need to work hard enough to get those benefits. Try wearing a heart-rate monitor, or take notice of the heart-rate posters and work out accordingly. Finding a workout partner may also help you keep up the pace.

5. If you are expecting to see results in three - six weeks, you may feel discouraged when it doesn't happen on schedule. Depending on the situation, physiological changes may take three - six months, or even longer. If you make regular exercise and proper nutrition part of your lifestyle, you'll see results over time. Be sure to focus on the positive psychological benefits of exercise as well - how relaxed and accomplished you feel, and how your mood has improved after every workout. Remind yourself that just getting to the gym is important, and give yourself credit for having done so.

In 2005, resolve to make the most of your workout time by varying your routine and continue to challenge yourself. Ignite your existing fitness regime by keeping an open mind to new exercises and work out equipment.

Wishing you a Wonderful Christmas and a New Year filled with Health, Love and Laughter.

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