

10 Things you could be doing to sabotage your exercise program!

Have you wondered why you are not seeing results from your exercise program? Make sure to check off your fitness routine the following ten things which might prevent you from seeing your goals

- 1. Stretching as a warm-up.** The purpose of the warm-up is to warm the body and take the body through a full range of motion. Static stretching or holding stretches should be done at the end of the workout once your body is fully warm. Are you guilty of going to straight to the gym to the mats to stretch?
- 2. Not changing intensity.** I was talking with a gym rat last week who told me that he hasn't seen results in 10 years! Really? Well it's no wonder. Every time I see him, he's using the same 10 lb. dumbbells for all exercises. Are you one that doesn't increase the intensity? You have to continuously take your body beyond its normal capacity to see results.
- 3. Not changing exercises.** P90X gets the idea. You have to create muscle confusion in order to continue to get gains in the gym. The means mixing up your exercise selection, the order and the rest between exercises.
- 4. Not listening to motivating music.** Research shows that music may yield long-term benefits to exercisers such as exercise adherence and heightened sports performance, through a superior quantity and quality of training. Make your playlist now!
- 5. Going alone.** Research shows that exercising with family or friends, in groups classes or with personal trainers increases exercise adherence. Let your family and friends know how important your goals are and get them going with you!
- 6. Not taking it outdoors.** Research shows that exercise adherence is higher among people who take exercise outdoors. Outdoor exercisers report greater satisfaction and enjoyment with exercise. Come join us for yoga in the Park one Saturday per month from April-September.
- 7. Avoiding strength training.** Early research emphasized cardio vascular training. Over the last few years, more and more evidence is mounting for the importance of strength training, especially in context of aging gracefully, boosting metabolism and keeping an ideal body weight.
- 8. Doing long continuous state cardio.** If you want to lose body fat, you don't have to stay on the treadmill for one hour! You can lose up to 9x more doing high intensity interval training (HIIT). Rather, think 10-20 min. of total cardio work, alternating intensity every 30 seconds to one min. from low-moderate to high intensity.
- 9. Avoiding supplementation with protein and creatine.** If you want to gain lean muscle mass you have to feed your body quality protein. Start using a combined whey and casein protein before and after your workout.

10. Skipping the post-workout meal. Your muscles are primed and ready to soak up nutrients after a depleting workout. Don't skip out on post workout carbohydrates and protein, even if you are following a low carbohydrate diet.