

Personal Training

Tip of the Month

YOUR BODY IS SMARTER THAN YOU

Your body is able to adapt to your workout routine, so if you are doing the same thing every time you come to the gym, your body becomes very good at what you're doing. That's good, right? Yes, it's great if you are training for a treadmill endurance competition, or an abdominal machine efficiency test; however, for most people that are coming to the gym to lose or maintain weight and tone their muscles, this is **NOT** the best scenario, and it is often the reason why many women hit a "plateau" after following a workout program.

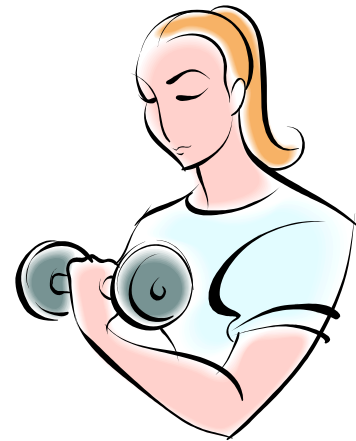


Why?

Your body is naturally designed to become accustomed to your environment. So by following the same routine, your body finds the most efficient way to metabolize your energy stores and utilize your muscles, resulting in minimized results. When you change your routine, your muscles get "confused". This confusion forces your muscles to respond by working harder, which **MAXIMIZES RESULTS**.

What Should You Do?

DO SOMETHING DIFFERENT! If you normally come to the gym and walk an hour on the treadmill, switch to 40 minutes on the treadmill and 20 minutes using weight machines. If you use the elliptical every visit, trade one day a week for the bike and another day for the treadmill. If you always use the weight machines, try using free weights, bands, or the cable machine. If you already, do a combination of machines and cardio, ask us how you can change your routine in other ways!



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