

Personal Training by Robert J. Bovee

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Make the Most Out of Your Workouts

Are you making the most of your exercise time? If the time you have for exercise is limited, you would probably like to get the maximum possible benefits from that time. The following questions will help you evaluate your exercise program and decide whether you would like to make some changes to maximize your health and fitness benefits.

What are your health and fitness goals? Goals can change over time, so it's a good idea to re-examine your goals every few months. You can adjust your exercise program accordingly. For example, if you are feeling tight from running every day, maybe it's time to add some stretching, a Pilates or Yoga class to your schedule.

If you are not sure what kind of exercise will help you reach your goals, you may wish to work with a personal trainer. Most personal trainers are willing to work with you a few sessions to be sure your exercise program matches your goals, and that you are performing all of the exercises safely and correctly.

If your exercise time is limited, be sure that you are addressing the most important goals first. Make the most out of your time. For example, if weight loss is your most important goal, be sure most of your activities are good calorie burners.

Don't forget that exercise has great psychological benefits. Would you like to feel less stressed, more focused? Regular moderate-intensity exercise can increase your energy level while reducing feelings of stress.

A great exercise program is worthless if you don't do the exercise! When changing your program, make sure you are realistic and think about the factors that could interfere with your attendance. What kinds of challenges have kept you from exercising in the past? Is there anything you can do to stick to your exercise program over the next few months?

A well-rounded fitness program that includes aerobic exercise, stretching and strength training helps increase metabolism, improve psychological well-being, prevent obesity and cardiovascular diseases and slow the decline of strength and flexibility that occurs with aging.

Variety can also help prevent injury. Overuse injury is most likely to occur when you perform the same motions over and over, or increase your exercise volume too quickly.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.