

Transitions and Exercise

After determining the profile of the typical transitions client customer, we have developed a simple starter recommendation system to help you begin your exercise program in the safest and most effective way.

The information provided here is in no way intended to be a substitute for counseling provided by your healthcare provider. _____ and Market America disclaims any liabilities or losses in conjunction with exercises, instructions or advice contained herein. Consult your healthcare provider before beginning any exercise or fitness program.

What equipment do you need if you decide to workout at home?

Below you will find a list of equipment that you should own as well as some items that are not absolutely necessary however would aid in your workout routine as you advance.

Stability Ball
Resistance Band
Elastic Tube

This equipment can be used for a total body workout and offers a safer workout for beginner or people new to weight training.

Additional Equipment:

Various weighted dumbbells (Women: 3, 5, 8 lbs.) (Men: 10, 15, 20 lbs.)
Medicine Balls (1-10 lbs.)

Where can you get additional equipment?

A used sporting goods store is a good place to shop for your dumbbells and weights or similar equipment that does not wear down.

Performbetter.com carries fitness center quality equipment at very reasonable prices.

Since your aerobic conditioning needs will not be met with this equipment, you must also have access to a piece of aerobic equipment such as, treadmill, stair stepper, stationary bicycle, low-impact aerobics tapes, a pool or the ability to walk/jog or bike outdoors.

Note: When considering in home equipment keep in mind you get what you pay for, do your research before you make a purchase. Promises that a simple piece of equipment will change your physique are misleading. Quality workouts combined with improved eating habits will lead you to the body you want.

What should you look for if you would prefer to join a fitness center?

Don't be intimidated by other gym members. Generally, gym members have the same focus you do - to get healthy, get in shape and stay that way. If you feel in the gym that others will be looking down on you or looking at you shamefully, you are mistaken. What you are seeing are looks of respect; respect that you are taking control and making an effort. Gym members are healthy, fit and friendly and most are more than willing to offer a helping hand to a newcomer and point you in the right direction. So please do not let self defeating thoughts prevent you from achieving your fitness goals.

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A good fitness center should have flexible hours. They should offer either a trial membership period (usually 3 day period) or an option to decline membership without penalty if not fully satisfied. You will still have to pay for this time, the key is, do not let them lock you into lengthy contracts you can not get out of if you aren't satisfied with their services.

Key points or questions:

- 1.) Never sign a lifetime membership
- 2.) What is the fitness centers cancellation policy?
- 3.) Do they have ample cardio equipment?
- 4.) Do they have a variety of equipment?
- 5.) Does their fitness class schedule, have classes that work with your schedule?
- 6.) Are the classes included in your membership fee?
- 7.) Does the fitness center offer a complimentary walk through of how to use the equipment?

Hiring a personal trainer.

If you are new to weight training it would be good to hire a personal trainer for your first few workouts or at least have a trainer write your initial programs. When hiring a personal trainer be very careful to check the background of the person you are going to hire. Some of these people have acquired their certifications in less than 6 hours via an internet course. Look for a certification backed by a degree or obtained from one of the top certifying agencies such as: ACSM, NSCA, ACE, NCSF or NASM. Be aware that trainers found in the local fitness centers are not always the most highly trained, or may not even hold a certification, ask for credentials.

Key points to look for or questions to ask:

- 1.) Are you comfortable with the trainer? Doesn't matter how many certifications they have, if they make you feel uncomfortable the training will not work for you.
- 2.) Don't be afraid to interview the trainer before hiring.
 - a. Is the trainer up to date on Nutrition, Supplementation/do they know why supplementation is important and do they keep current on muscle building routines.
- 3.) Is the trainer truly concerned with making you self sufficient or making you a client for life?

Should I take classes?

Classes are a great way to keep your self motivated. They can focus on one aspect of training such as: flexibility, abdominal strength, aerobic conditioning, yoga, stepping and resistance training or the components can be combined for a total fitness class. A quality instructor will have their class labeled beginner, intermediate or advanced, or something very similar. Sometimes classes are labeled incorrectly or they use equipment/exercises you are unfamiliar with. If you have never taken a class before it would be a good idea to begin with a class that is 1 to 2 levels below your current fitness level. If you do not see beginner classes offered on the master schedule do not be afraid to ask for them.

The exercise program and putting it all together.

Diet and supplements alone will not get you the physique you want. You must make exercise a part of your weekly routine.

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For a fitness program to be safe and effective the following components must be included; a warm up/cool down, aerobic conditioning and resistance training. Some basic flexibility exercises should be added to the cool down of each workout to aid in recovery.

The American College of Sports Medicine (ACSM) defines aerobic exercise as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature." This can be any continuous rhythmic activity that keeps the heart rate elevated in the target zone for the length of the workout.

For every part of your workout it is important you follow this rule: when adding to your workout routine, only add one thing at a time. For example when adjusting a jogging/walking workout, change only one of the following per week: intensity, time or distance. This will cut down on overuse injuries and noncompliance issues.

The second type of exercise that needs to be added to your program is resistance training. Resistance training is a term used to cover all types of weight training. Resistance training for a beginner should be done twice weekly incorporating 1 – 2 sets of exercises with 15 – 20 reps for each of the major body parts. Generally this will entail lighter weights higher reps. The equipment list provided earlier provides a much safer program for beginning resistance trainers.

See recommendations in Chapter 5 of your Transitions Journal on Aerobic Exercise and Strength Training

“No pain no gain.”

Let's clear the air on this age old misconception. Bodybuilders and athletes coined this phrase because they felt that if their workouts did not leave them in pain, they did not work hard enough to gain any benefits. It is true that during resistance training you may feel a slight burn or uncomfortable feeling in the muscle; this is a natural reaction when placing a muscle under stress. However at no time should you feel sharp pain or pain in the joints. On occasion there will be a mild soreness after the workout and even soreness 1 – 2 days after the workout. This is a normal reaction, as you workout you have a temporary build up of lactic acid, that is eventually cleared out by the recovering muscles.

Always Warm -Up

A proper warm up and cool down is as important as the actual workout. Mentally these two will prepare the body for the workout and allow the body to return to normal activity in a comfortable manor. A warm up will allow the bodies' metabolic processes a chance to catch up with the increased work load in a more proficient manner helping avoid premature fatigue. It will cause a gradual increase in muscle temperature which will help reduce the chance of injury. Simple exercises such as jumping jacks, jogging in place, stepping, high knees and stairs could be used for your warm up. A warm up should last any were from 5 – 10 minutes or a little longer depending on your starting temperature. Once your heart rate is raised sufficiently you are ready to begin your workout. A cool down will aid in the removal of lactic acid which in turn will help with muscle soreness. Also it will help the body return blood to the heart and eliminate venous pooling, which leads to the feeling of dizziness.

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Why Cool Down?

Lastly a cool down helps lower the levels of adrenaline in the bloodstream. Any adrenaline that lingers in the bloodstream after the workout can place unnecessary stress on the heart. Slow walking is a great cool down activity. The time frame for your cool down depends on how high your heart rate is elevated. Usually 5 – 10 minutes will get your pulse back down to within acceptable ranges, generally under 115 is safe.

Are you Flexible?

Flexibility is the movement or lack of movement we have in our joints. We do stretching exercises to improve or maintain these movements. The exercises done to improve our flexibility should always be done at the end of a workout after the cool down. They can be incorporated right into the cool down or done separately. Our muscles are much like rubber bands, they have elastic properties and when they are stretched they go back to their original form. If you stretch while the muscles are cold just like the rubber band they do not go back to the original form and you run the risk of having an injury. This is the reason why this type of training is done after the workout as opposed to before. For improved flexibility stretching exercises should be done everyday.

You must rest....

Recovery and rest are as important as the exercise itself. During resistance training the actual muscle building takes place during the recovery phase rather than the lifting. There should always be at least 48 hours rest between resistance workouts. Beginners as well as advanced people need time off from all types of training. Always take one complete day off from all forms of exercise a week.

Rather than starting at a place that burns you out to quickly start just a little bit lower and add something new to your routine weekly. Trying to do everything at once puts a strain on you mentally and physically.

Recommended Workout Videos:

A.M. & P.M. YOGA for beginners with Rodney Yee and Patricia Walden

HIP-HOP Cardio with Juliane Arney (Great for Beginners)

The Firm 5 – DAY ABS (This video is set up to be used for 5 consecutive days in a row. It should not be used that way, remember your abs are like all the other muscles in your body and need 48 hours rest also.)

Billy Blanks Tae Bo Series. Always start with the instructional video and learn the moves before moving to a more advanced tape in his series.

Slim in 6-Beachbody.com

Core Secrets with Gunner Peterson

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Recommended Workout Books:

Teach Yourself Visually: Weight Training By maranGraphics Development Group

The Ultimate New York Body Plan: By David Kirsch

Strength Training for Women: By Joan Pagano

Lean, Long and Strong: By Wini Linguvic

Glossary:

Lactic acid - a byproduct of anaerobic (or high-intensity) exercise that collects in the muscles and causes soreness, stiffness and fatigue.

Metabolic processes - the sum total of all the chemical reactions occurring at the cellular level.

Repetition (Rep) - number of times a given exercise is performed.

Resistance band - an excellent way to safely tone and strengthen the entire body.

Resistance tubing - allows you to perform a variety of strength exercises through a full range of motion safely.

Set - number of repetitions performed for each exercise.

Stability ball - are used to add intensity to your workout, by utilizing stabilizing muscles.

Venous pooling - blood collecting or pooling in veins of the legs or abdomen. During a workout the blood supply to the legs is increased to meet the demands of the movement.