MAY Topic – TIME!!

Last night a client asked me a question... "Is it worth exercising once a week?"  
This got me thinking.....

The right answer really depends on what benefits you are hoping to achieve from exercise. Health experts suggest doing strength training exercises 2-4 times a week, doing cardiovascular exercise 30mins everyday and stretching every day.

If you are just starting out with exercise I wouldn’t suggest going out all guns blazing or you may get hurt or simply get sick of the program. Your first step should be thinking about why you want to become more active and write down a goal that has meaning in your life. This goal will help you get up and get moving on days when you would rather not. Buddy up with someone, having a friend to workout with is not only fun but will encourage you to keep to your plan.

While it is true that some exercise is better than no exercise, you will not see the results you are working for with just one workout a week. Your body needs time to adapt to any exercise routine, usually 6 - 8 weeks, working out 3 times a week and combining resistance training with cardio training. BUT... I say doing one day a week is definitely a start... we all have extremely busy life's, and going from nothing to finding 3 days a week to exercise is hard and possibly too much too soon. From my own experience and from my clients, start with a goal that is achievable. Once this one day of exercising becomes part of your weekly routine, then you can add another day and so on...

SO what are you waiting for don't wait until January 2017!!!   
'New Year Resolutions' rarely succeed. So start that journey to becoming Fitter, Healthier and Feeling better about yourself now. YOU DESERVE IT!!

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