



Sharpen Our Skills

Fitness Tips
S.O.S. Class 12
June, 2017

What is the best exercise I can do for my body?

All exercise is beneficial I recommend doing a combination of weight training and cardio exercise. The best exercise you can do is something that you enjoy, if you don't like running then you won't continue to run. Many people purchase exercise equipment and find that they don't like using a treadmill in the basement.

When I do find an exercise that I enjoy how do I stick with it?

Find a friend to exercise with you. It's very easy to break an appointment with yourself but you don't want to let your friend down. The time goes by much faster when you have someone to talk with. My friend Julie and I walk our dogs every Sunday morning. It is a therapy session the we both enjoy.

How do I find the time?

You will always find time to do things that you enjoy. You have to schedule your work outs just like any other appointment. You find time to watch your child's soccer game, to buy groceries, and to have dinner with friends. Set the exercise appointment in your calendar when you start to workout regularly you will feel so good that you won't want to miss your sessions.

Should I exercise in the morning or the evening?

Everyone has a different internal clock. I prefer to exercise first thing in the morning that is when I have the most energy. Many people like to exercise in the evening, it really doesn't matter what time of day you work out as long as you're consistent.

Will exercise help me to lose weight?

Exercise will help you to lose weight however; it's 80% diet and 20% exercise. You have to consume fewer calories to lose weight. You need to eat calorie dense, nutritious foods myfitnesspal.com is a great website to keep track of your food intake and exercise. I found some very sneaky calories in my diet when I tracked my food.



How do I get my spouse to start an exercise program?

Lead by example. When you begin to exercise regularly you will feel better, eat better, sleep better and you will have more energy. Your spouse will notice the difference and he/she will want to achieve the same results. One of my client's said his wife worked out in their basement every time he had a session with me. She saw the results he was getting and she wanted to keep up. I offer couples training and it's really fun!

What exercise DVD do you recommend?

I love to be outdoors and I believe in the healing powers of nature! I recommend walking, kayaking, bike riding, cross country skiing or any other outdoor activity. Find something you enjoy. I understand that in the winter it is hard to get outside, the High School's have free walking tracks and there are many local gyms to join. I have found that most exercise DVD's are too difficult and many people are injured from doing the exercises improperly or working out beyond their fitness level. I spoke to a physical therapist who said that one program in particular was causing numerous injuries, when it was first introduced.

How do I prevent the soreness that comes with exercise?

Don't push yourself too hard you should be able to hold a conversation while you're exercising. This is where your work out buddy comes in handy. If you are completely out of breath and you can't talk while exercising then you are working too hard. Pace yourself and work out regularly. My daughter was on a competitive gymnastic team, through Huron Valley and the team took three week breaks, three or four times per year. The first week back to practice my daughter could barely walk she was so sore. You need to keep moving to prevent the soreness and drink lots of water after your work out

Should I hire a professional to help me exercise?

Absolutely! I would love to help you reach your fitness goals I have been training clients of all ages for 10 years. I will push you to achieve results but not so hard that you can't lift your arm to brush your teeth the next day. I would love to help each of you, please contact me.

Nancy McDaniel is an Elite certified personal trainer and her business Formula for Fitness has helped many people reach their fitness goals. Call her at (248) 787-2853 or check out her website at www.f3pt.com