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Workout Thought of The Month August 2015

If you read my newsletters regularly, you'll know that what I see in the gym gives me lots of ideas of things to write about. I find it really sad that people are using (whether they're being taught them or just not being corrected) out of date principals, when there are many more effective (and easier!) things which are available and researched now.

Today my thought is that more is not usually better. Work hard but not stupid each time you train, and you'll see results. Don't just beat yourself up until you can't do any more. You'll feel rubbish for days afterwards and recover just in time to start again - is that really what you want to get from exercise?

Working hard, to me, means working yourself to the top end of what you're able to do that day.

Working stupid, to me, means working yourself over and above what you're able to do that day. This is a fast track to injury.

I KNOW it makes logical sense that doing more will get you in shape faster or more effectively, but this is not usually true. Most of us don't recover enough from our day-to-day life, let alone between workouts. Maybe we're not eating as well as we could be, maybe we're not well enough hydrated, perhaps we haven't had enough sleep - whatever the reason, if you exercise too hard when you're not properly equipped, you're going to risk injury and you're going to feel rubbish for at least a day or two afterwards.
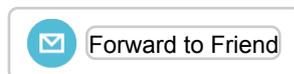
Aim to make each workout count. And that might mean a different thing each time - if you've had a really stressful day or think you might be coming down with a bug, the

right thing to do might be a yoga type workout. If you're feeling on top of the world, that's a great day to get on with it and do a hard workout. If things are going well overall, in that you're eating well and your general lifestyle is good, you should have more "on top of the world" days than "I need a rest" days. If this isn't true for you, its a sign something isn't quite right - if you'd like to chat about it, get in touch.

If you listen to your body, it will tell you what you need to do to feel great, boost your fitness and results and stay injury free - I've been using a fantastic little tool which helps you listen to your body and gives you all the information you need to decide what to do today. I'll share it with you next time.

Until next time, enjoy staying healthy!
Best wishes,

Heather