

Exercise REALITY check.

With New Year Resolutions often about weight loss, I thought it was a good time to review our beliefs and understanding of exercise. If you are working out and not seeing results you may have some misguided ideas about exercise. Knowledge is power and a deeper understanding of exercise will help you achieve the results you are looking for.

1. Exercise doesn't allow you to eat whatever you want.

Walking a couple blocks doesn't allow you to eat a donut. Participating in a class once or even twice a week doesn't mean you can have ice cream for a nighttime snack. Don't justify your food choices because you "worked out today". Find other ways to reward yourself for your efforts. If weight loss is your goal you have to be conscious of what you put in your mouth or you'll be fighting a losing battle. This brings me to the next reality.

2. You are not burning as many calories as you think.

Estimations for calorie burn tend to be inflated, so you are better off taking a conservative approach and assume you are burning less than what the machines or fitness trackers tell you.

3. Exercise is hard

Exercise is hard because it is work. In order to get stronger and fitter, exercise has to challenge you. You have to work out of your comfort zone elevating your heart rate, getting the muscles to work to fatigue to improve your heart, lungs and muscles. The same exercise will get easier as you get stronger, which leads me to the next reality.

4. You have to work harder as you get stronger.

It's a little confusing because as exercise gets easier with a given routine, you have to make it harder to continually challenge yourself to prevent a fitness plateau. Keep building on previous accomplishments and change up your workouts every 6-8 weeks. As your body gets efficient with any given exercise it doesn't burn as many calories and weight loss can come to a halt, so you have to progress your exercise as you get stronger.

So there it is...hope this helps you with any of your exercise related New Year's Resolutions. Feel free to contact me with any questions at focus1onfitness@gmail.com