

Fitness - Tips for Success!

Address neuromuscular imbalances - Many times, due to factors such as stress, trauma, or overuse, the neurological connections of muscles may become altered creating a reaction in the body, similar to that of loose battery cables in your car. When the brain sends a message for a muscle to contract, the muscle does not respond immediately, creating increased demand on other muscles to perform the desired movement. The result becomes what we know as compensation. When muscles across a joint become weakened, other muscles across that joint become tight to prevent the joint from going into a position of weakness or instability. These tightened muscles can become inflamed and cause friction in that joint, leading to pain, malfunction, and inflammation. Over time, these compensation patterns create altered alignment in the joint, leading to joint instability and abnormal wear on the joint surfaces, which can lead to arthritis. This progressive degeneration has also been correlated with aging. But if identified and properly addressed, it does not have to occur and overall performance can actually improve.

Walking two miles per day can prolong life - As little as 60 minutes of walking per week – less than 10 minutes a day, or a simple stroll around the block – was associated with significantly reduced CVD risk. In fact, among women who reported no regular vigorous exercise, women who walked at a light to moderate pace for at least 1 hour a week had half the risk of women who did not walk regularly. This effect held even when the researchers statistically controlled for factors such as smoking, diet, alcohol use, menopausal status, hormone use and family history of heart disease. The cardiovascular benefits of low levels of exercise are not fully understood. However, there is evidence that even small doses of exercise have a positive influence on metabolism and cardiovascular physiology.

Find a partner - Team inspiration can impact exercise performance (most potently under conjunctive process requirements with a moderately more capable partner) over several trials (Irwin et al., 2012).

Find a convenient facility - When fitness facilities are conveniently located near a person's home or work, he or she is more likely to adhere to the program. Specifically, when facility access is measured objectively (i.e., true access and availability of a facility), it is a consistent predictor of physical-activity behavior, such that people with greater access are more likely to be physically active than people with less access (Dishman, 1994).

Watch less TV - Researchers have found that people who lose weight and keep it off have fewer household televisions. Phelan et al. (2009) offered insights into the “habits” of successful “losers.” The authors sifted through surveys of 167 people throughout the United States who had maintained at least a 10% body fat loss for 5 years. They also surveyed currently overweight people with a history of dieting.

Movement is key - Use body-weight exercises to build strength and endurance. You don't always need a fancy exercise equipment to get your workout done. While weights and machines can certainly make you stronger, don't disregard the potency of bodyweight exercises. As you expert your own weight, you will not only look better; you will also acquire how to practice three-dimensional movement, obtain a higher kinesthetic awareness and become motivated as you execute tasks with your whole body. In contrast, most body-weight movements are closed-chain exercises, which use multiple joints as the resistance is moved away from or toward an anchored part of the body system. Closed-chain movements, which are more functional, result in greater motor unit activation and better strength performance in contrast to open-chain movements (Augustsson, Esko, Thomee, & Svantesson, 1998).

Train hard and fast - Carried out of a mixture of necessity—everyone is busy—and a wish to enhance effectiveness—research reveals it works—short, intense exercises seem all the rage nowadays. Tabata training—a method in which 20 seconds of high-intensity work are followed by 10 seconds of rest, with that sequence repeating for 4 minutes—could be regarded one of the earlier forms of high-intensity interval training workouts. Researchers have found that 6 weeks of moderate-intensity endurance training did not affect anaerobic capacity but that 6 weeks of high-intensity intermittent (20 s work, 10 s rest for 8 rounds) may improve both anaerobic and aerobic capacity simultaneously.

References:

Lee, Rexrode, Cook, Manson, and Buring (2001): As little as 60 minutes of walking per week – less than 10 minutes a day, or a simple stroll around the block – was associated with significantly reduced CVD risk.

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