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FITNESS
QUICK TIPS

From Cy-Fair Area Fitness Professionals

Written by Gail G. Collins | Select photography by Candace Cook

Getting and staying in shape involves two simple elements.
A desire to change and a good plan to achieve it.

With so many Texans having sedentary jobs and supersized portions, it's no wonder our waistlines are wider than ever. Here are few expert recommendations for getting those extra pounds off.

1 Get an Assessment

An honest assessment of capabilities, which you can receive from trainers at most gyms, will determine whether to begin with a gentle stroll, a jog, or use of an elliptical, depending on past injuries. "Try not to make dramatic changes, especially in routine or diet. Take small steps and know your boundaries, especially physical limitations," says Matt Lofland, head trainer at Orangetheory Fitness.

2 Move at Least 30 Minutes a Day

"Try to get 30 minutes of movement a day," says Langham Creek YMCA's healthy living director Charlotte Vargo. "Even if you have to break it into three 10-minute segments, you can start out walking your dog or take to the trails." If the social aspect is appealing, a regular run with friends or group classes can keep you active and accountable, which is a nice bonus.

3

Start Running & Use Apps

“We’re bred to run and walk, but running is a mental game,” says Vargo. She recommends any of the numerous gadgets and apps that encourage users to keep the heart rate up, organize effective workouts, or create running routes. “They can coach you with researched, proven methods, even if you’ve never run,” Vargo advises. Aim for manageable distance goals, stay hydrated, and work out at cooler times of the day.

4

Get into Weight Training

Weight training is vital, especially as we mature, to guard against injury and maintain a strong core, the abdominal area and lower back. “The benefits of weight training are countless and range from increasing your ability to do everyday activities to lowering your blood pressure to increasing your calorie burn,” says Trish Josephs, a certified personal trainer at Texas Fit Chicks. Begin with two to three exercises each for the upper and lower body, plus a couple of drills dedicated to the core. Execute three sets of 12 repetitions of each exercise. “You should focus on proper form and rest 30 seconds between sets.” Josephs also advises that when selecting a weight, choose one that is heavy enough to make you feel fatigued, but light enough that you don’t lose your form.

5

Take Classes You Enjoy

To fight fatigue and keep it fun, ramp up the intensity or interest. Many group classes progress through fitness levels, focusing on body areas like abs and core, or various means to move the body. For example, Langham Creek YMCA offers BODYPUMP, an adjustable, barbell-based workout of every major muscle group to motivating music. Pilates reformer classes develop and improve core strength, flexibility, posture, and alignment using traditional equipment. High intensity interval training, or HIIT, achieves high output in a short workout with plyometric drills on top of strength, power resistance, and abs or core training moves. CFM

GAIL G. COLLINS has written three books, internationally for magazines, and feels writing is the best excuse anywhere to know others better.

MORE DO'S & DON'TS

DO Drink lots of water and stay hydrated

DO Push through when it gets hard

DON'T Ruin your workout by overeating

DO Find ways to stay moving all day

DO Train your mind to enjoy exercise

DON'T Overdo it or you may end up quitting



Texas Fit Chicks, Bridgeland Cypress



Photo by Shanna Kenney

Langham Creek YMCA



Orangetheory, Cypress