



Are You Getting The Most Out Of Your Workouts

Chris Deavin
myHealthCoach



This question might make you squirm, but I'm going to ask it anyway...

How effective are your workouts?

Do you regularly push yourself to the limit? Do you work to fatigue with every set?

Do you have nothing left to give when it's over?

Or would you describe your workout more like a comfortable trot? Do you coast along, breaking a respectable sweat while doing the same old routine?

Since you are spending a portion of your valuable time working out, I assume that you desire to have a healthy body. And I also assume that if you had the option to achieve that even faster, you'd say, "Yes, please!"

The following tips will show you how to exercise less while achieving quicker, more noticeable results. Sounds good, right?

Be Focused

It sounds obvious, but this crucial requirement for an effective workout is often overlooked.

Don't be one of those people who exercise their jaw muscles (from chit-chatting) more than any other muscles.

When you're lifting weights, focus on that specific muscle group.

Researchers have proven a significant increase in muscle activity when people focus on what they are doing, compared to thinking about unrelated topics.

Be Confused

Er, more specifically your muscles should be confused. Do this by changing up your routine often. This helps to avoid plateaus and to challenge your body continuously. Try new exercises at new intensities and new weights.

Be Comfortable

Not only will you be happy to put comfortable workout clothes on, but you will also be able to focus better on your workout rather than wondering if your pants will split when you squat. •





Be Pumped Up

Check this out: researchers found that personal music motivated weightlifters to complete two more repetitions on average than those who were not listening to music.

That's a great reason to listen to 80's music while you exercise.

Be Strategic

The time of day you work out makes a huge difference in your results. And no, I'm not going to say that there's a universal 'right time' to work out.

Your job is to figure out when your body is at its best and make that the time you consistently exercise. If you're not a morning person, then don't force yourself to wake up at 5am, try working out after work instead.

Be Watched

There's a benefit to working out in a group setting. Researchers saw a significant increase in strength and endurance in the people with an audience versus those training alone.





Be Nourished and Hydrated

Stay on top of your food and your hydration levels. The best results are achieved when you're drinking enough water and eating real, wholesome foods.

Be Smart

If you're not already one of my valued clients, then now is the time to become one. Working with a professional ensures that you're being challenged and are seeing results. And that's just smart, right?

It's my passion to make exercise a part of your life that you look forward to and are rewarded by. Wouldn't you like all of the healthy rewards of being fit?

Call or email me today and we will get you started on the exercise program that completely transforms your health.

*Chris, Owner, myHealthCoach
myhealthcoachuk@gmail.com*

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