

Client Handout



Getting More from Your Workout

Whether you are new to group exercise, or have been attending classes for years, you will want to know:

How do I get the most out of my workout?

Here are some tips from the NETA professional trainers:

Introduce yourself to the instructor.

Your first name is enough. You will also want to share your goals and concerns. Be as specific as possible and let the instructor know if you have any physical limitations. Ask the instructor which is the best class for meeting your goals.

Get to class on time.

The warm up is important because it prepares your body for more vigorous exercise and reduces the risk of injury. Getting to know the people in the class will help you to get the support you need to achieve your fitness goals.

Be ready and willing to learn.

Exercise is like learning a new language, one that you speak with your body. Some things may be easy and comfortable for you while others may make you feel awkward or silly. Enjoy all the learning that takes place and learn to laugh. Remember, no one has come to watch you exercise; they are all concentrating on their own goals.

The instructor is there to answer questions.

If you don't know how to do an exercise, ask! If you aren't experiencing the exercise the way it is being described, ask for more information or have the instructor explain it in a different way. Arrive early to meet with the instructor or stay for a few minutes after class to ask questions. If you need immediate clarification, ask during class.

If it hurts, don't do it!

Listen to your body. Not everyone's body can perform every exercise. If you are experiencing pain during an exercise, stop, ask the instructor for a modification. If your muscles are sore 24 - 48 hours after exercise (delayed onset muscle soreness), it may indicate you worked too hard. Delayed pain is not the best indication of a good workout and immediate pain can be cause for concern. You will also want to differentiate between muscle soreness and bone or joint pain. While mild muscle soreness can be expected after a workout, bone or joint pain is never good.

Stay for the cool down.

The cool down brings the body back into balance after vigorous exercise. Muscles need to be stretched and the mind needs to be calmed. Skipping the cool down can lead to muscular imbalance, injury and limit the relaxation response to exercise.

Give the instructor constructive feedback.

We all appreciate positive feedback. If you have a less than positive comment bring it directly to the instructor. Act in a positive and constructive manner. Most instructors are happy to make modifications that will meet the needs of the participants. Just remember you need to provide feedback for a change to take place.

Be responsible for your fitness program.

Evaluate your goals regularly and determine if your current instructor or class format is helping you to achieve them. If you're not experiencing the benefits you were looking for you may need to make some modifications in your exercise regimen. You may need to exercise more often or at a higher intensity. If you feel that the class or the instructor is not meeting your needs, look for a class format that would better suit you, or shop around for an instructor that motivates, inspires and helps you meet your goals.

What do I do when I go on vacation?

When you go away and can't attend your favorite group fitness classes, try adding daily activities such as walking, swimming. You can maintain your fitness level even if you decrease the duration and frequency of exercise as long as you maintain your exercise intensity. It's okay to miss a couple of workouts to just kick back and relax, but you may want to add short bouts of high intensity exercise on longer vacations, to keep your fitness at pre-vacation levels.

Enjoy!