

the Fit Effect

Personal Training

October 2008



Before You Start An Exercise Program

Before you start an exercise program, there are a few questions to ask yourself to determine whether you should see your doctor first.

QUESTION YOURSELF

Your first step is to ask yourself how active you want to be. This may sound like a silly question - you're probably planning on doing whatever you're capable of, whether that's a slow walk around the block or a vigorous step class. But if you're of a certain age or have certain cardiovascular risk factors, you may need to see your physician before beginning a program that involves vigorous (as opposed to moderate) aerobic activity.

Here's how exercise intensities are typically defined:

Low-to-Moderate

This is an intensity that can be sustained relatively comfortably for a long period of time (about 60 minutes). This type of exercise typically begins slowly, progresses gradually and usually isn't competitive in nature.

Vigorous

This is an intensity that is high enough to significantly raise both your heart and breathing rates, and is usually performed for about 20 minutes before fatigue sets in.

Are you planning to participate in vigorous activities and are a man over 40 or a woman over 50?

You should receive a medical exam first. The same is true for individuals of any age with two or more coronary artery disease risk factors. If you're unsure if this applies to you, check with your physician.

MORE QUESTIONS

Now that you've made it through the first questions, there are a few more to answer. A YES to any ONE of the following questions means you should talk with your doctor, by phone or in person, BEFORE you start an exercise program. Explain which questions you answered "yes" to and the activities you are planning to pursue.

- Have you been told you have a heart condition and should only participate in physical activity recommended by a doctor?
- Do you feel pain (or discomfort) in your chest when you do physical activity? When you are not participating in physical activity? While at rest, do you frequently experience fast, irregular heartbeats or very slow beats?
- Do you ever become dizzy and lose your balance, or lose consciousness? Have you fallen more than twice in the past year (no matter what the reason)?
- Do you have a bone or joint problem that could worsen as a result of physical activity? Do you have pain in your legs or buttocks when you walk?

- Do you take blood pressure or heart medications?
- Do you have any cuts or wounds on your feet that don't seem to heal?
- Have you experienced unexplained weight loss in the past six months?
- Are you aware of any reason why you should not participate in physical activity?

If you answered "no" to all of these questions, and you passed the first round of questions, you can be reasonably sure that you can safely take part in at least a moderate physical activity program.

But again, if you are a man over 40 or a woman over 50 and want to exercise more vigorously, you should check with your physician before getting started.

So, are you ready? If you are, but are unsure how to get started, consider contacting The Fit Effect.

For more information on how The Fit Effect Can Get You There, please visit our website at <http://www.TheFitEffect.net>

or contact Ray at

832-755-1949

Ray@TheFitEffect.net



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Supervised Workouts Improve Results

New research supports the benefits of hiring a qualified personal trainer to help you attain your fitness goals.

Twenty men ages 18 to 35 were placed on a 12-week resistance-training program.

Half the group trained unsupervised and maintained their own workout logs. The other half received one-on-one supervision with a certified personal trainer.

In addition to keeping track of their workouts and charting their

progress, the trainers provided spotting and advice to participants and made sure training loads were increased progressively.

Unsupervised participants made changes to their programs using the same principles and were self-motivated.

Both groups achieved significant strength gains; however, the supervised group also made significant improvements in body mass, fat mass and fat-free mass.

Researchers suggest that the trainer encouraged participants to use and tolerate greater training loads, thus eliciting greater gains than those who self-selected their training loads.

Source: *Medicine & Science in Sports & Exercise*, 2000; 32, 6, 1175

For more info:
TheFitEffect.net

Face Facts

Despite frequent warnings about the dangers of inactivity and obesity, most adults don't see their weight as a problem.

A recent survey of nearly 1,400 physicians and patients revealed the following:

- Only 39 percent of adults consider themselves overweight. The U.S. government, however, estimates more than 60 percent of adults are overweight or obese.
- Of those who said they were overweight, only about 30 percent were concerned about developing type 2 diabetes, which increases the risk of heart disease, kidney disorders and blindness. Type 2 diabetes is strongly associated with obesity and inactivity.
- According to the physicians surveyed, nearly 30 percent of patients diagnosed as overweight in the past year were 35 years old or younger.

Ray Bessette, Master Personal Trainer, Houston, Texas

Graduate of the Professional Fitness Institute, NASM, ACE, NSCA Certified, and founder of The Fit Effect, LLC

Ray Bessette is a Graduate of the Professional Fitness Institute, NASM, ACE, NSCA Certified, and founder of The Fit Effect, LLC. With over 26 years of experience in the fitness industry, Ray is committed to exceed his client's fitness goals by utilizing his education, knowledge and experience through motivation, communication and perspiration. "By listening to every client's specific needs I am able to evaluate and develop a structured program that will enable you to reach your wellness and fitness goals. Certified trainers play many roles in the client/trainer relationship. I will motivate, inspire, educate, and coach you to levels once accepted as unattainable."



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