

EVERYBODY INFORMED

Community Resource
&
Fitness Newsletter

perfect exercise form, no trainer required

“Only when we leave our comfort zone do we ever grow as individuals.”

While reaching your desired fitness state often requires leaving your physical, and sometimes psychological "comfort zone" while exercising, there are times when being uncomfortable holds us back. Too often those beginning new workout routines limit themselves and the exercises they do because they worry about using proper and form and hurting themselves. Below we discuss developing a comfort zone within your body when you are working.

While EveryBodyFIT strives to create an "environment of success" by providing external motivation, education, and accountability, our ultimate goal is to develop in each of us a body awareness, internal drive, and overall confidence that can enhance any particular aspect of our lives.

This includes having the confidence to safely and effectively perform a wide variety of exercises without always needing the guidance of a personal trainer. This can be accomplished by following these

5 Keys to Perfect Form

1. Comfortable & Safe - before beginning the exercise, make sure you are comfortably in position, safe from losing your balance, and operating the exercise equipment correctly to avoid injury. If on a machine, check out the

picture to make sure you are in the correct position.

2. Posture - train the way you want to live, stand, and sit. If you train with bad posture, you will walk and stand with bad posture. Whether seated or standing, keep your chest up, neck neutral, and your shoulders back, down, and relaxed.

3. Breath - learn to control your breath. Although there are some exceptions, the rule of thumb is to *exhale with exertion*. Just make sure you **DO NOT HOLD YOUR BREATH** while performing any resistance exercise. This causes your blood pressure to rise and limits the oxygen required for energy recovery.

“We want to see our community attempt new movements, and not be held back being unsure how to perform new or unfamiliar exercises.

Do not let the worry of poor form stop you from experimenting with different exercises. Keep these tips in mind when attempting any machines or exercises, and before long, you’ll be finding new ways to keep “your body guessing,” and your workouts fresh and challenging.”

4. Feel it in the correct muscle - “Work your body, not the machine.” Before performing any exercise, you should be aware of why you are performing the movement, i.e. what muscle are you attempting to work? Keep this in mind as you perform the movement to improve the “mind to muscle link.” If you aren’t feeling a stretch, fatigue or light “burn” in the muscle(s) you are working, you are probably doing the movement incorrectly.

5. Minimize momentum - When performing any physical activity, momentum often equates to lack of control, and therefore, increased chance for injury. Attempt to control the cadence of your movement as you concentrate on the muscle you are attempting to work.

Summary. To challenge your body in different ways, it is important to periodically change the exercises in your workout. Therefore, we want to see our community attempt new movements, and not be held back being unsure how to perform new or unfamiliar exercises.

Do not let the worry of poor form stop you from experimenting with different exercises. Keep these tips in mind when attempting any machines or exercises, and before long, you’ll be finding new ways to keep “your body guessing,” and your workouts fresh and challenging.

If you need further guidance applying these ideas to your program, contact EveryBodyFIT to schedule a consultation.