

Don't Do This at the Gym!

Working out at the gym is a great way to keep healthy, reduce stress and meet new people! Whether you're flying solo or taking a group fitness class, there are many positive benefits. But look out! There's a few things you want to avoid when undertaking the workout mentality.

- **Don't spend hours on one cardio machine** - Cardio workouts are the center of fat loss efforts, but don't spend more than 50% of your time on them. Weight training will drain storage of glycogen, and when followed by cardio that will switch to burning fat.
- **Don't hide in the back of the class** - It's important to try to be front and center, close to the instructor. They can help you with your form on exercises more easily than if you're 'hiding'. Bad form and poor posture will negate the positive effects of your hard work. Don't be embarrassed to ask for help!
- **Don't use just fixed machines** - Fixed machines do serve a purpose in your routine, but adding dumbbell or body weight exercises will increase the benefits of your workout. Machines tend to isolate muscles, which will burn fewer calories.
- **Pay attention to your weaknesses** - Look at yourself and be the judge: if your arms are slim but your thighs could use some work, take a Spin class or do more lunges. Some extra bulge around the middle? Try ball slams or rope exercises. Don't just do the exercises that you enjoy!

