

A black and white photograph showing two women performing push-ups on a textured asphalt surface. The woman on the left has short blonde hair and is wearing a bright yellow-green sports bra. The woman on the right has dark hair tied back and is wearing a pink headband. Both are in a plank position, looking down at the ground.

Before Choosing an Exercise Program

**5 Considerations for People
Who Want to Get Healthy**

**BY THE STRENGTH STUDIO,
INC.**





What You Should Consider Before Choosing an Exercise Program

by *The Strength Studio, Inc.*

THE **STRENGTH** STUDIO

Did you know that exercise acts as a stimulus to the body and that it should be regarded in the same way as medicine?

Just like medication, exercise elicits a response from your body. That response is fairly predictable: exercise breaks the body down, putting it in a catabolic (aka break-down) state. Considerations need to be made for exercise the same way they are with medicine in order to get positive benefits.

The interesting thing is that it's not necessarily the exercise itself that gives us the positive benefits we seek — it's the rest between workouts. Through rest, your body regenerates and adapts to the previous stimulus so that it is stronger when presented with it next time. Rest puts your body in an anabolic, or build-up, state.

People are at their healthiest when their bodies alternate moderately between catabolic and anabolic states. Therefore, whenever a dose of exercise is given, rest must also be administered.

Now that we have established what is considered healthy for your body, let's take a look at the other considerations to keep in mind when choosing an exercise program:

1. What is our goal with exercise?

This is the most important question to ask. If our goal is to lose weight, we need to be cognizant of what exercise's role in weight loss is. Exercise accounts for only 10% of weight loss. The other 90% is diet. Because it accounts for such a small percentage, it is of utmost importance to choose the correct exercise to aid in weight loss.

Many exercises are steady-state activities performed multiple times per week. Two of the most popular steady-state activities are running and cycling. When performed several days per week for long durations per session or done with high intensity repetitively, your body does not have a chance to get into an anabolic state. Many individuals will find themselves

in a constant catabolic state from such activities. Eventually, to keep us with the energy demand, your body draws from fat, muscle tissue, and organ tissue indiscriminately. You do not want to ever put your body in a state that sacrifices muscle, or especially organ tissue, because this undermines good health. Although such activities will help you lose weight, the loss of muscle will have long term detrimental effects. To avoid this, you should be wary of using steady-state activity as your primary exercise and focus on muscle. When there is an energy demand for muscle growth, the body's only choice is to recruit fat tissue, preserving muscle and organ tissue.

If your exercise goal is to get stronger, then you will need to be aware of proper body mechanics, or have a trainer who is, in order to avoid injury. Many of the most commonly known exercises actually go against our body's biomechanics, putting undue stress on muscles and joints, therefore significantly increasing the risk of injury. For example, many gyms use standard equipment that do not have enough settings to accommodate a wide range of body types. Therefore, your typical leg presses, pull downs and chest presses will not account for proper body alignment and will put undue stress on the joints.

2. What kind of exercise should you do?

This depends primarily on your lifestyle. Ask yourself these questions:

How much time do you have?

Will it require a lifestyle change?

Do you have to learn a new skill?

How effective will it be?

What is the risk of injury associated with it?

Or, our favorite question — What gives you the most benefit that requires the least amount of time?

3. How much exercise do you need?

As mentioned previously, you need a balance between anabolic and catabolic states. Many popular activities (running, biking, weight training, etc.) take far more recovery time than is promoted in the media.

Ideally, your body should feel well rested and almost overly energetic before the next work out. The exact length of which will depend on how intense the exercise is. High intensity exercise performed correctly could take as little as 2 full days to as many as 14 days depending on your age,

health, and genetics. If you feel chronically tired or irritable, that's a sign of overtraining.

4. Should you work out on your own or with a trainer?

Not all trainers are made equal and there are no regulations in the industry. If your trainer tells you that you need functional training, cannot tell you why a standing lateral raise with weights is bad for your shoulders, or cannot explain glycolysis and its role in losing weight, then they do not know enough to safely or effectively apply exercise.

Just like you wouldn't want a doctor who did not know detailed information about the medication s/he is prescribing to you, you do not want an ill-informed trainer telling you to do potentially hazardous or ineffective exercises. The same goes for training yourself. Exercise is not innate and unless you have experience in the industry, you could be doing yourself more harm than good.

5. What is going to make your exercise effective?

Exercise must be effective in order not to waste your effort but how will you know that it is? If you are exercising and are losing muscle (think lack of muscle tone due to overtraining), have dark circles around your eyes, have a sagging look in your face or body, have chronic joint pain or never feel energetic, then it's either too much exercise or the type of exercise is not correct.

One way to know if a program is effective is to track progress and results. When tracking progress, you should note the dates, details of the exercise program (mileage, weight, speed, etc.), and duration. For results you should measure weight and body circumference. The reason you don't want to rely only on weighing-in is because muscle is heavier than fat, due to its density, but fat takes up more space, due to its lack of density. If you go up in weight but down in the measurement of your arm, for example, that would still be considered good progress.

At the end of the day, exercise works because it puts a demand on the muscles which then kicks in the aerobic cycle. This is especially true in slow strength training where the lack of momentum puts all the demand on the muscles! If your muscles are not consistently exposed to progressive resistance then you are doing nothing more than conditioning yourself to be skilled at that particular activity.

If you want exercise to help you get healthy, the bottom line is that your body needs to be strong. An ideal program focuses primarily on progressively strengthening the body and then complements that training with active recovery which can include non-intense and short activities such as walking, swimming, jogging, leisurely bike ride...and more.

This report was provided by The Strength Studio, Inc. ©2018, *all rights reserved*

The Strength Studio, Inc. focuses on safely building strength through the Power of 10 protocol in just two 30-minute sessions per week.

Questions or Comments?

Contact us at:
The Strength Studio, Inc.
thestrengthstudio.com
getstrong@thestrengthstudio.com

Sebastopol:
145 Pleasant Hill Avenue, Suite 103,
Sebastopol, CA 95472
(707) 829-1330

Sonoma:
10 Maple Street, Suite 200,
Sonoma, CA 95476
(707) 343-7333