



## **KATHY'S HEALTH CLUB TIP OF THE MONTH: JANUARY**

### **Cross Train to Improve Overall Fitness and Reduce Injury**

After weeks of performing the same movements your body becomes efficient at those movements. While this is necessary for a competitive athlete who wants to excel in their sport, it limits the amount of overall fitness you possess and reduces the conditioning you get while training. Instead of continuing to improve, you simply maintain your level of fitness.

Cross training refers to a training routine that involves several different forms of exercise. It is an extremely effective training method for overall fitness that also reduces your risk of injury from repetitive strain or overuse.

Cross training conditions different muscle groups, develops new skill sets, and reduces boredom. It also varies the stress placed on specific muscles and the cardiovascular system because different activities use muscles in slightly different ways.

You can easily tailor cross training to your needs and interests -- mix and match your fitness classes and change your routine on a regular basis. With cross training, you can do one form of exercise each day, or more than one in a day. If you do several forms a day, you can change the order in which you do them.

Exercise can strengthen the cardiovascular system, bones, muscles and joints; improve flexibility, balance and coordination; and reduce body fat. If you want to see all of these benefits, start cross training!

*Contributing Source: About.com Sports Medicine 2007*