



By Robin Weiss – Director of Fitness

CARDIO WORKOUT TIP: Increase Intensity

Current research suggests that varying our cardio workout pace will give us more health benefits -- such as keeping our heart, lungs, and joints young.

A recent Japanese study found that women over age 50 who did walking intervals (alternating fast and slow speeds) increased their lung capacity nearly 10% and, compared with their moderately paced peers, improved knee strength (which helped reduce pain) twice as much and lowered blood pressure 2 1/2 times as much.

Try interspersing 15 minutes of brisk walking throughout your 30 minute workout twice a week to maximize the age-defying benefits of walking. As an added benefit, alternating 3 minutes of strolling with 3 minutes at a fast, heavy breathing pace, will get you through your workout sooner.

Reference: Prevention.com 2008

STRENGTH TRAINING TIP: Good Form

I can't stress enough the importance of good form. When we perform an exercise the right way, we concentrate the stress on the muscles we're attempting to work. For example, when we do a biceps curl with proper form (keeping our elbows tucked in to our sides and lifting the weight with muscle strength rather than momentum) the full force of the exercise is targeted on our biceps. If we compromise our form, we allow other muscle groups like our shoulders or our back to support the weight.

Bad form cheats us out of a truly effective workout. Not only is bad form a waste of time spent in the gym, it could lead to debilitating injuries that can prevent us from working out for weeks on end! That's not a risk worth taking. If you're not sure how to use proper form, enlist the help of a Personal Trainer or ask your Instructor to clarify the exercise during class.

Reference: LifeScript.com 2008