

# **Top 10 Ways to Improve Your Exercise Workout**

## **1. Change the Mode or Intensity of Your Training**

Do you do the same workout every time? Does it seem you aren't progressing? If you change the kind of exercises you do and vary the intensity, you can avoid conditioning plateaus. Your body will be challenged to adapt to new movements and new intensity requirements. Have fun and be creative.

## **2. Hire a Personal Trainer**

A certified personal trainer will design and coach you through routines that address your workout needs. A trainer will keep you progressing rather than getting stuck in a rut and will often introduce new kinds of exercises to challenge your muscles. A trainer will also ensure you are getting a balanced workout.

## **3. Eat Properly and Stay Hydrated**

You need to fuel your engine to get the most out of your workout. Your body will be burning fuel and then needs nutrients to build muscle and repair damaged tissue. Don't starve your muscles before or after a workout. Get an appropriate amount of hydration so you are not dehydrated.

## **4. Emphasize Quality over Quantity**

Should you work out more often to get more results? In fact, more intense workouts performed less often can produce greater results. Between workouts, your body needs rest and recovery time to repair damaged muscle tissue. You also want to avoid injury that may occur if you don't get that recovery time.

## **5. Incorporate Mind-Body Training**

Mind-body fitness activities such as yoga and tai chi have been associated with benefits such as improved muscular strength, flexibility, balance and coordination. You may also feel more mental acuity and self-efficacy.

## **6. Exercise at the Right Time for your Body**

We each have a favorite time to exercise, when we feel like we are working with our body's natural energy level rather than against it. Often we get trapped into exercising when our schedule allows and it feels like a chore. Make an effort to find the time of day when you have the most energy and can put in the best workout.

## **7. Get a Workout Partner**

Being accountable to an exercise partner can help ensure you show up for your workout even when feeling a bit under the weather or under stress. This simple social prod can be a great motivator. You may also fall into a natural competition with your exercise partner, each pushing themselves to higher performance.

## **8. Emphasize Breathing**

When you are doing strength training, you can get the most out of each lift by taking full breaths: breathe out when exerting, breathe in on the release. I think of this as "blowing the weights up." Learn to take full, complete breaths when doing cardiovascular exercise. This will help you get the most oxygen possible to your muscles and improve your workout performance.

## **9. Use a Heart-Rate Monitor**

Are you working hard or hardly working? A heart-rate monitor will tell the tale. Learn to use target heart rate for achieving the best workout in your training zone.

## **10. Listen to Music**

Need a burst of energy or something to relieve the boredom? Music can help you pick up the pace, or provide entertainment enough to make the workout less of a grind.