

CHOOSING THE RIGHT ACTIVITY FOR YOU

Exercise, whether you love it or hate it - it is an essential part of a healthy lifestyle. The good news is that you don't need to exercise like an olympian to get great results. The challenge is to make sure you are doing the right type of activity to suit your goals, your level of fitness, your physical condition but probably most importantly exercise you enjoy and can maintain.

I need to make one disclaimer before going any further. When looking at a combination of exercise and good nutrition to create optimal health, to have optimal energy and be lean, exercise will contribute only 20%. The rest is good nutrition

Exercise will not compensate for poor nutrition. This is evident by people who are very active but still struggle to get lean. It is also very evident by very fit people who end up with cancer, heart disease and diabetes. I am sure you know someone like this.



So with the understanding that exercise is not the be all and end all, but that it is still crucial for optimal health, what is the best exercise for you to be doing?

The answer to this question really depends on many factors. Here are a few things to consider:

1. Make sure you choose activity that you enjoy and can maintain. If you force yourself to do something you hate, it won't last.
2. Make sure you are eating well or a lot of your efforts with activity will be wasted
3. Make sure you are doing the right type of activity for what you want to achieve. For example; to get fitter and leaner you need to do a combination of cardiovascular exercise and strength/resistance exercise. If your goal is to run a marathon, then as good a cycling is, it will not prepare you for running 42km.
4. Everyone should do some strength training in combination with cardiovascular exercise – find activities you enjoy.
5. Include some relaxation and meditative type of exercise in your weekly routine – eg; yoga, tai chi, massage, meditation etc.
6. Understand that you don't need to exercise for hours at a time. Even just 15 minutes is better than nothing.
7. Build up to 3-4 times per week of 15-45 minutes. Start with baby steps and work to your optimal effort.
8. Make sure you have adequate rest and recovery and watch for signs of overtraining – soreness, fatigue, irritability, sleep difficulties and/or injuries.
9. Exercise with your partner or a friend – this is a great way to keep motivated, enjoy the process more and improve relationships;.
10. Get some professional help if you have a serious goal or would like to fast track your results.

Don't hesitate to email me if you need more help at andrew@andrewjobling.com.au