

# Stay Motivated with Variety!

by

Jim Lezeau, M.S. Personal Training Director

Defined Fitness

Email: jim1@defined.com

Many of us lose our workout habits due to the boredom and monotony of old workout routines and old-school workout options. This does not have to be the case! There are a variety of ways that workouts can be fun and exciting while still offering change and progress toward goals. Here are some examples of how you can find ways to change your workout habits and keep your motivation.

## **Alter Workout Routines**

The human body has the phenomenal ability to adapt the stress of exercise. At the same time, the human body also has the phenomenal ability to respond to change. Many individuals work themselves into a rut and hit the dreaded “plateau” because they do not make changes to their exercise routine. When it comes to cardiovascular exercise, change the frequency (days per week or even times per day), time or intensity of workouts every 4-6 weeks. As an example, weight loss plateau’s come from walking for 30 minutes, 3 days per week for months (or years!) on end. To break the plateau, add extra days, add 5-10 minutes every couple weeks or increase the intensity. Changes in frequency, intensity or time will keep your body from adapting and allow you to continue making progress to your goals.

In regards to resistance training, be sure to change sets, reps, weight, your exercises as well as the order in which you complete your exercises. For increasing weight, try increasing in 5-pound increments every 3-4 weeks. Increasing weight will stimulate muscle to grow or get stronger. An example of changing exercises is substituting a lunge for a leg press or perhaps substituting a lat pull down for a seated row. Changing exercises for each muscle group allows your muscles to see resistances at different angles which will stimulate change. An example of changing your exercise order would be not always doing your shoulder press before your shoulder raise. Another example can be sometimes starting your workout routine with pushups, but other times end your routine with pushups. Your body will respond differently in each scenario. If you need help with cardiovascular programs or resistance training exercises and programs, visit with a personal trainer.

## **Partner Train**

Working out with a friends or family members not only increases accountability in your workout routine, but it also can create better workouts. With a partner, workouts routines can be higher intensity with more variety in the program design. But more importantly than program design, it is FUN! The camaraderie that a partner provides can really help with exercise quality and adherence.

## **Small Group Training**

Training in small groups is another way to increase exercise adherence, increase the intensity and quality of your workout routine and increase the fun once again. Small groups can consist of close friends, office mates, or it can be used to meet new workout partners in a gym. In addition to fun and accountability, small group training typically saves you money! Many gyms offer discounts for members who are willing to join a small class over meeting one-on-one with a trainer.

## **Try New Programming**

When it comes to exercise, there are far too many options for anyone to get bored. In addition to the options above, individuals can do: group fitness classes, boot camp classes, salsa classes, Zumba classes, striptease classes, kettlebell training, sandbag training, medicine ball training, fitball training, functional training, circuit training, speed and agility training (it’s not just for the athletes anymore!) and much more.

Using these options alone, with a partner or in a small group will help to add and keep variety in your workouts which will lead to continued motivation.