

## **“Season” Up Your Workout**

This is the time of year everything gets a little bit of color. Just like the change of season adding inspiring color to the leaves on the trees, your workout should also get a splash of color. Having the same exercise program can sabotage our motivation to work out. A change is needed to get us back into shape. Here are some tips you can do this month to season up your workout.

### **1. Fire up with a friend**

Working out with a friend can give a little more enjoyment to the everyday routine. It can bring some challenges and safety to an exercise that was becoming a little dull. Toss around a medicine ball with a buddy, try adding it to your sit ups or using it to strengthen up your upper body.

Working out with a friend can also be used to push each other through the times (that would have been quitting times) when done alone. Stretching can also be assisted with a partner. If you can't find a buddy on your own we can help. (buddy box)

### **2. Rake up your program**

If you have done the same 8 machines and same cardio machine for over a year, I would say its time for a new program. Take your program to the fitness desk. Sign up for a new program or just ask us for suggestions. We can give you a whole new program or just add some new machines to your other favorites. A review of your current program may do your body some good. Putting yourself through the same motions can send your results to a plateau, have us give you a different machine to work your biceps or triceps or any muscle group.

### **3. Trick or Treat**

Trick your body for the treat of weight loss and muscular strength. Using the Swiss ball for your simple strength exercises can improve your core. Take the chest press to the ball, try balancing on the ball while using correct form achieving the chest press with proper weighted dumbbells. The chest press is one of many exercises that can be performed to challenge your body on the Swiss ball. Ask the trainers desk for more ideas. You can also trick your body by changing up your redundant cardio routine. Avoid hitting quick start and use a program on your favorite cardio machine. Try running through the woods, climbing the alpine trail, or using the interval program.

### **4. Fall into classes**

A great way to season up your workout is by adding group fitness classes. Grab a class list and try something that fits you. With all of HealthPoint Fitness's choices for group classes it would be hard not to find one you enjoy. Get energized in BODYPUMP, BODYSTEP or BODYFLOW, challenge yourself with P3, get wound up in BLT/Abs, start off easy in 20-20-20 or Easy Does It, go for a spin in a cycling class. Already into group fitness classes? Take one you have been hesitant to try.

**Even the best of us get bored doing the same old workout. Changing it up a bit puts some excitement and challenge back into your routine. Don't be caught falling out shape this season.**

**Contributed by Jessica Hartzold, Fitness Staff at HPF – Cape.**