



"FUNdamentals in FUNctional FITness"

Commonly Asked "Questions"

Q: "I haven't exercised in years...isn't too late to start now?"

A: NO...it's never too late to get started! In fact, a person who has not done much for a lengthy period of time is more apt to see quick results!

Q: "How much do you think I need to exercise?"

A: Always remember to "listen to your body & do what it says". If you exercise one day and you are feeling it the next day...that is your body telling you to take a day of rest. If you have been exercising every day and are not seeing any further improvements...that is your body telling you it is time to "raise the bar" or increase the challenge of what you are doing.

Q: "What can I do to increase the challenge?"

A: Follow the "FITT" recipe.

Step 1 (F) - A bit more in terms of how "frequently" you exercise. (Example: instead of 2 times a week, do it 3 times a week and so on).

Step 2 (I) - Increase the "intensity" at which you are doing your activity(s), or how hard it is you are working. (Example: take bigger step...move your arms up above your head instead of keeping them by your sides, etc.)

Step 3 (T) - Add to the "time" you are investing each time you exercise. (Example: If you are doing a 15 minute walk, up it to a 20 minute walk. If you are doing a 30-minute class, add a 10 minute walk. **ADD UP THE MINUTES**)

Step 4 (T) - Try a new "type" of activity that will both spark your interest and challenge your body. (Example: If you go for a walk everyday to get in some cardio, your body may have adapted. Dance in your kitchen or do an exercise video instead. If you are using resistance bands to develop strength, try using dumb bells or even bags of rice or cans of soup to make your muscles work a bit differently.

NOTE: Make changes one-at-a-time in an effort to avoid injury.

Q: "How do I stick with my exercise program?"

A: Most people who drop out of their exercise program do so because they are not having enough fun. It's not enough to have someone tell you how "good it is for you". If this were true...everyone would be doing it. We develop, and hold on to, healthy habits

because they give us feelings of comfort and satisfaction in return. SO...have variety and most important...have fun!

Q: "If I don't use it, do I really lose it?"

A: Definitely. Without regular exercise, muscle is lost at a rate of ½ to 1 pound per year. Function of the lungs reduces, and the risk of developing lifestyle-related illnesses such as type II diabetes and heart disease also increases.

Q: "How much water do I really need to drink in a day?"

A: That depends largely on your nutritional habits. If you eat lots of fruits and vegetables, you are getting some hydration from these foods. Therefore, you may not need more than 4-6 eight ounce glasses of water AND you can include any teas that you drink as well. The thoughts on water consumption seem to change over time, but a good rule of thumb is to drink water when you have beverage choices, and to avoid thirst. If you get thirsty it is likely that your body is already somewhat dehydrated.

Q: "What do I wear?"

A: Simple...whatever you are comfortable in! Quite simply, be sure your shoes are supportive and your clothing is not binding.

Q: "Is there any time that I should NOT exercise?"

A: DO NOT exercise when you have an injury or if you are sick and/or running a temperature. Above all...stop exercising instantly if you experience any of the following:

- tightness of pain in the chest
- shortness of breath
- nausea, dizziness or feelings of light headedness
- feelings of extreme fatigue or weakness
- visual impairments such as seeing spots, floaters, etc.

Q: "Does it matter when I inhale or when I exhale?"

A: Ideally...exhale on the exertion/effort (where it seems the hardest) and inhale on the release. More importantly...never hold your breath. Think of the inhale as the "fuel" for the next contraction.

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