

GENERALLY Fit, Create a Plan

By Holly Snyder, CSCS, CPT



About me...

Moving into the New Year

SMART Fitness Goals

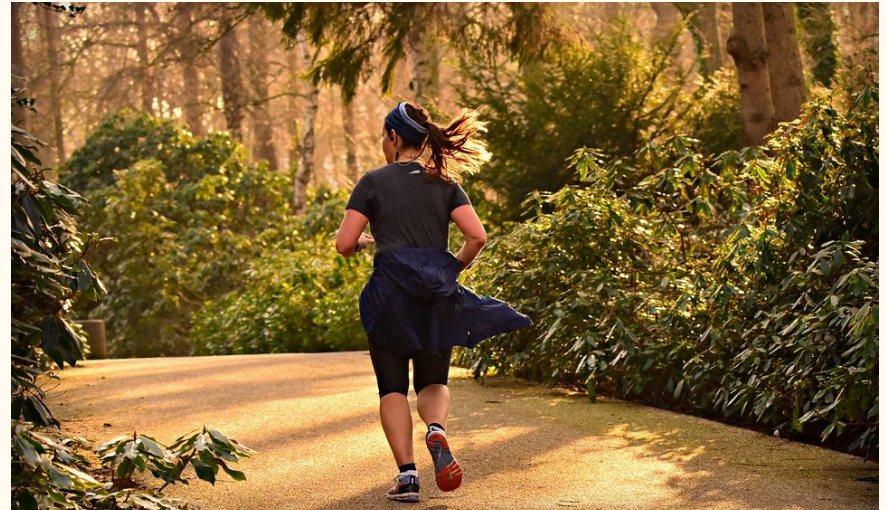
Specific

Measurable

Attainable

Relevant

Time Bound



Examples of SMART Goals

I will lose 7% of my body weight in 3 months.

Every day this week, I will eat breakfast that has whole grains, protein, and fruit/veggie. Ex: egg on bagel with grapes or peanut butter toast with bananas.

I will walk 3 days a week for 30 minutes each day.

I will walk briefly for 10 minutes every day this week.

I will spend time on Sunday preparing lunch for work on M-F.

I will attend two pilates or yoga classes each week for the month of January.

I will lose 5 pounds during the month of February.

I will meet a friend for cycling class every Saturday morning.



Types of Exercise



Find Your Sweet Spot

Do what makes you happy.

Do what feels good.

Do what your body needs.

- Weight training - circuit training, HIIT, Crossfit
 - Endurance - running, walking, swimming, biking, indoor cycling
 - Mind Body - yoga, barre, pilates, martial arts
 - Body Weight - garage gym, swing set or playground workout,
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Modifications



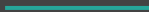
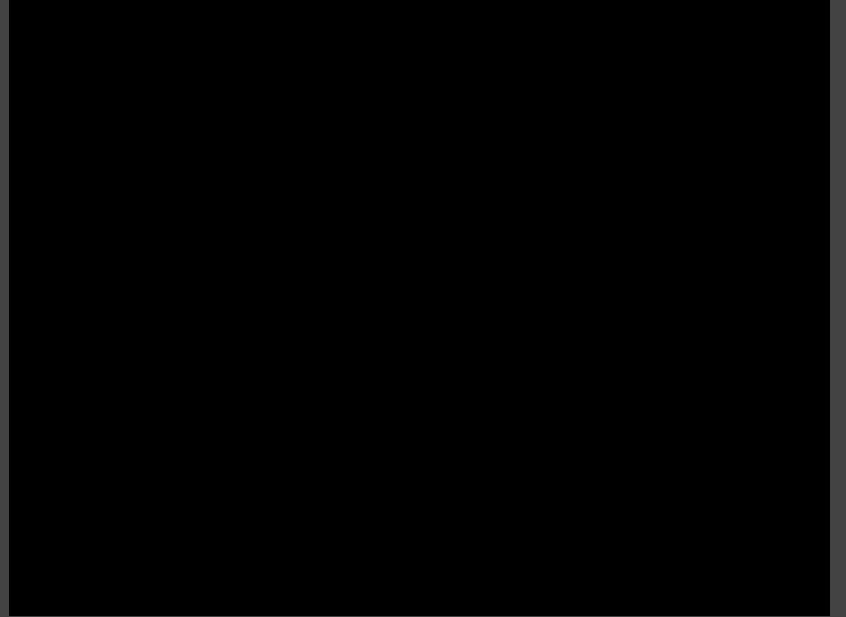
Exercise Modifications for Success

- Change the angle of your body
- Reduce the impact
- Reduce the range of motion
- Increase stability
- Reduce speed
- Reduce time or number of reps
- Reduce load/weight
- Combination of any of these



Knee Pain

Squats
Lunges
Burpees



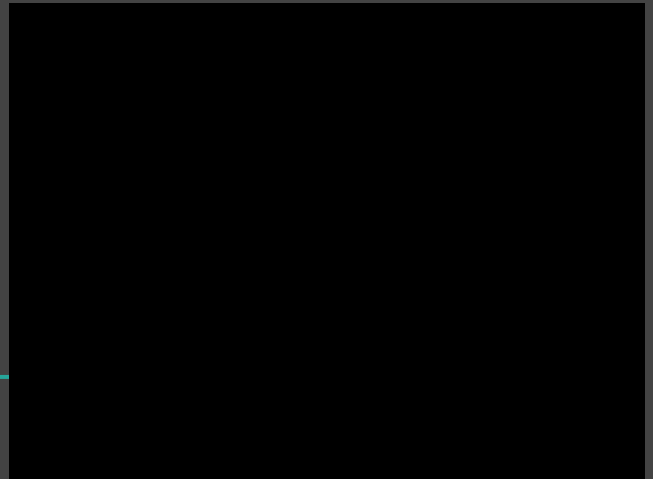
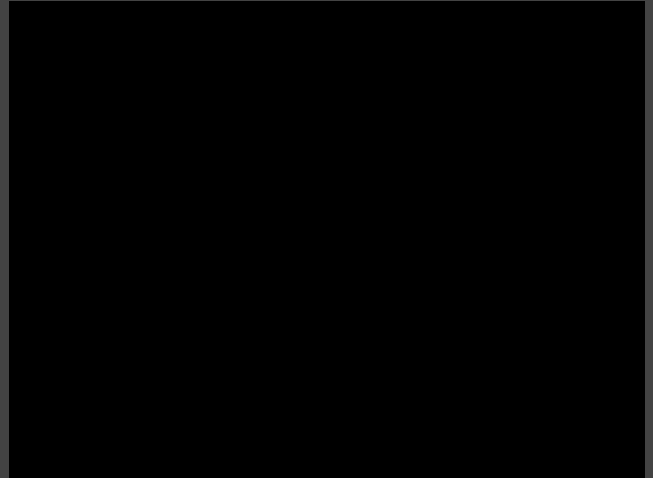
Shoulder Wrist Pain

Planks
Pushups
Overhead Work



Shin / Ankle / Foot Pain

Jumping
Mountain Climbers



Back Pain

EVERYTHING!!

- Change the angle of your body
 - Reduce the impact
 - Reduce the range of motion
 - Increase stability
 - Reduce speed
 - Reduce time or number of reps
 - Reduce load/weight
 - Combination of any of these
-

Nuggets of Truth from the Pros

Start slow and small, build steadily.

People stop because they hit a wall or stop making progress. Or get hurt. Start below, start slow.

Find a balance, you can't JUST run all the time. You can't JUST weight train.

- Muscle imbalances
- Injury
- Push too far
- Don't strengthen
- Don't stretch

Nuggets of Truth from the Pros

Constantly varied movement is the key to success and results.

Your body adapts to what you give it. If you change what you are doing, your body will be constantly left guessing/adapting.

If nothing changes, whatever routine you establish, at some point you're going to stop seeing benefit.

Rest and Recovery are SO important, especially as your body ages.

- Stimulate/Recover/Adapt
- Sleep and Nutrition
- Modalities to improve recovery - foam roller, tennis ball, stretching



SMART Share



Conclusion

Please plan to join us on Sunday, January 10 at 11amEST.

Follow up with us on January 24 at 11am EST.

Also, please don't hesitate to contact me directly with questions or request for consultation. flexlexva@gmail.com

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