

Getting a Great Workout Without the Gym



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Does one need to go to the gym to get a great workout? No! A great workout can happen anywhere. Many times your intention is there to go to the gym, but you get busy. We all have times like that, but what happens is you miss one day, then another, and before you know it, you're having the conversation, "Yeah, I used to work out at the gym, but it's been a long time since I've been there".

So what are your options aside from getting into that cycle of not going? Walking, fitness videos at home or the office, exercising at your desk, are all good alternatives. Finding a fitness buddy who also finds getting to the gym challenging at times, will help you both to stay motivated, and stay on track. Inconsistency leads to failure. It takes time to develop a habit, and once you do, you're compelled to keep it up. You may actually find on days you don't work out that you miss it. In order to get to that point, however, you need to do it daily, up to a month, to make it a habit.

How can a trainer help you if you're not in the gym? A trainer can help you pick equipment that's easily portable, that doesn't take up much space, and that you can keep in your office or bring with you when traveling, like exercise bands and tubing. A trainer can give you exercises to do with the equipment, and also exercises that can be done without any equipment at all. A trainer can show you if your form is good when you work out with your fitness DVDs. Form is so important in preventing injury, so why wouldn't you want to hire a trainer at least once to check on what you're doing?

Trainers should be considered an asset both in and out of the gym. Look for a trainer that's imaginative, knowledgeable, and that knows how to adapt workouts to all kinds of situations. I just happen to know someone who fits that description (-;

Call for a free consultation!

Tami Racaniello is a Certified Personal Trainer, also certified in Mat Pilates & Yoga as well as a few other things, and is a member of a number of professional associations.

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