



Change is Good When It Comes to Your Fitness

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In my last segment, I wrote on The Law of Accommodation. I must admit that it was a little heavy on the academic side of things. So, first, I hope that you read it. Second, and most importantly, I hope that you read enough that you understand the principle that I was trying to explain. Simply put, I am telling you that if you continue to do the same program day after day, week after week, you're not going to make progress. Your body adapts to the stress or stimuli that you place upon it after 4 to 6 weeks. Then, you must do something different if you want to continue to make progress. Well, human bodies, yours and mine, do not like change. Therefore, if you do the same exercise with the same weight in the same manner for the same 3 x 10, you will not make progress. In fact, you may backslide in your quest where the amount of energy invested is in a greater amount than the amount of benefits.

You, as an individual interested in your own health and fitness, must make changes in your program. Change may be made in the weight used, the number of repetitions, the number of sets, the exercise itself, the frequency you do the exercise, or in the equipment you use.

If you really want to make progress in your health and fitness but you are stuck in a rut or have reached a plateau, please see a personal trainer here at Mt. Hood Athletic Club. We can help you make your gym experience come alive again!