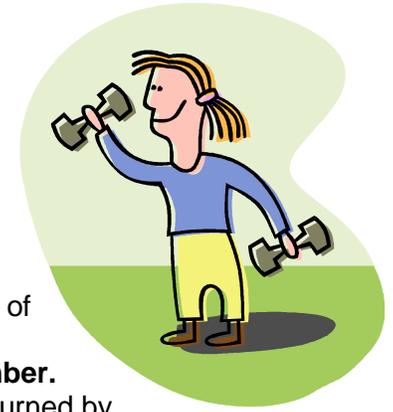




## Health Yourself Byte

### TOP 10 RULES FOR A GREAT WORKOUT

If 2012 is going to be the year that you actually start that regular exercise program, let me remind you of the **Top Ten Rules for a Great Workout** . .



1. **Don't lift too much weight.** When it comes to exercise, it's quality not quantity that counts. When working out with weights, you should be able to control the weight throughout the full range of motion rather than using momentum to complete the exercise.
2. **Watch your form on your treadmill, elliptical and/or stair climber.** Leaning on a stair climber can decrease the number of calories burned by up to 35%! Leaning on any of these pieces of equipment is hard on your wrists and back.
3. **Stretch.** Stretching helps prepare your muscles for your workout, increases your range of motion and decreases your chance of injury!
4. **Make sure you warm up.** Just as you warm up your car, YOU need to warm up before you get that heart rate to increase 100 beats a minute during your aerobic workout.
5. **Eat a good breakfast.** It provides your body the energy it needs throughout the day and jump starts your metabolism.
6. **Consume enough calories.** Don't laugh, but some people don't eat enough calories when they are trying to lose weight and put their body into a starvation mode. It's in this mode that your body actually holds onto calories instead of burning them off. Most individuals shouldn't go below 1200 calories a day.
7. **Stay hydrated.** During exercise you can lose up to 2 pounds of water weight. If you wait to drink until you're thirsty . . . you waited too long and you're already dehydrated!
8. **Watch sports drinks.** Most individuals don't need any special sport drink because they don't usually work out for over 2 hours! Also, pay attention to the added calories in many of those drinks.
9. **Don't wait too long between sets.** You'll burn more calories if you don't rest for more than 1-2 minutes between sets.
10. **Add variety.** Your body adapts to a "regular" exercise routine and may not respond as well to exercise . . . so mix it up. Try alternating your routine every 8 weeks.

**Remember . . . If they could make exercise into "pill form", it would be THE MOST prescribed medication!**



The Medical  
Center of Plano