

# Quick and Easy Ways to Get in Shape in the New Year From the Medical Spa at Nova

Getting in shape is a common resolution for the New Year; however few are able to keep with their resolutions. The Medical Spa at Nova is here with helpful tips on how you can keep your resolution to get in shape!

## **Hire a Personal Trainer or join a Group Class.**

A trainer will help you develop short and long-term goals, which creates a game plan for you, with the right exercises for your goals and fitness level.

The Medical Spa at Nova offers a variety of classes and personal training programs specifically designed to guide you towards reaching your individual short and long-term fitness goals. Classes are great because joining a group with a friend will help motivate you both, and it makes for a lot more fun!

## **Schedule Your Workout like You Would a Dentist Appointment.**

There needs to be some accountability and structure for your program to be successful. Set up a calendar, based on a realistic schedule, and use it as a tool to give you structure. If you make an appointment or have a set schedule there is greater adherence to your program. If you know you are going to be traveling or cannot go to the fitness center, discuss this with your trainer. They can provide you with functional exercises and travel equipment so that you can stay on your schedule.

## **Circuit Train.**

Your body is less likely to get comfortable with your program thus forcing it to work harder and avoiding plateaus. Circuit training does not need to involve tread mills and rowing machines, it can be as simple as alternating a couple of minutes of jump rope or step-ups with a set of a resistance exercise. Your trainer should suggest a variety of exercises that you can alternate.

## **Vary Your Level of Intensity.**

Your body gets used to the same routine very quickly. By varying your intensity (specifically cardiovascular) you'll burn more calories and improve your fitness level in a shorter amount of time.



### **FACT:**

Women lose their muscle mass at a faster rate than men when they take time away from their fitness programs. Men have more testosterone so it is easier for them to build and maintain muscle mass.

Women have much more fat on their bodies, mainly for reproduction, so their bodies are more apt to convert unused muscle to fat and much more quickly, even if they only take a week off.

## **Know Your Baseline.**

Understand how many calories your body uses in a day and how to better use the calories you take in. The MedGem RMR testing will give you your resting metabolic rate and tell you how to break down those calories into the proper nutrients. The Medical Spa at Nova offers this testing which only takes 30 minutes and is completely pain free.

Make an appointment with a trainer to have your baseline measurements taken. A trainer can tell you your percentage of body fat, your level of core strength and help you work toward our specific goals in the New Year.

