

The Seven Deadly Sins of a Failed Exercise Program. Are You Making These Mistakes?

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Movement is life. Emotion comes from motion. In today's world, for our bodies to get the movement we need for optimal health, we must exercise. What many people do not realize is that all exercise is not created equal. There is generic exercise and there is *strategic* exercise. The difference between the two can be the difference between amazing results and mediocre or no results.

If you are not seeing the results you want, you are probably guilty of one or more of these Seven Deadly Sins: **1. Thinking you can exercise away a bad diet.** Spending hours and hours a week exercising as hard as you can will never counter the effects of poor nutrition. You may temporarily neutralize a bad diet to a certain extent with intense exercise, but ultimately that which you consume will play a more significant role in your health and fitness. **2. Lack of variety in your exercises.** Long term efficiency and familiarity of an exercise or mode of exercise is the enemy of fitness. Doing the same movement(s) and simply adding more weight or repetitions does not provide the body or spirit the stimulation it needs and wants for progress. **3. One size fits all approach.** Are you doing an exercise program from a DVD or magazine? Or are you following a program that worked for a friend? If so, you are missing the opportunity to maximize your results in the same (or less) time. No one exercise plan just like no one nutritional plan is best for everyone. With the body of knowledge available to us today, there is no reason not to have a personalized exercise program. **4. Depending on machines and isolated movements.** Walk into any health club in the world and 80% of the exercise floor is still machines. Is that because they work so well in getting you fit? Not according to

the research. Instead, it is because they are simple to use and perceived by many potential members as a high value because of their cost. In reality, the body will benefit much more from movements that integrate multiple body parts and allow you to move in 3-dimensional space. **5. Too much cardio.** Yes, too much cardio. The most current research on fat burning and building lean body mass shows that high intensity interval training is superior to hours of cardio. You get much more done in a shorter period of time. High intensity is relative to you (see number 3 above). Long walks/runs, cycling or aerobics classes are not bad - but there are better ways. **6. Lack of recovery.** If you are a super dedicated exerciser, adequate recovery is often the hardest part of your program. Taking rest days and doing restorative work is the environment your body needs to progress. Without this, your body will initially plateau and eventually lose ground on the fitness gains you've made. **7. Not enjoying the process.** How successful can you be when you are a square peg in someone else's round hole? The "process" is what you are doing. Regardless of how much you like your trainer or the facility in which you exercise, what you do for movement should be something you would enjoy doing anywhere with anyone. True fulfillment comes from wanting to do the exercises - not having to.

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Anthony Carey holds a Master's degree in biomechanics and athletic training and is the owner of Function First. He was awarded Personal Fitness Professional Magazine's 2009 Personal Trainer of the Year. Anthony has authored two best-selling books and his work has received national attention, including the New York Times, Time Magazine and Oprah's "O" Magazine. He is the inventor of the Core-Tex™.