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If you think education is expensive, wait till you see what ignorance costs you.

**If 99% of the cells in your body are going to be new within a year, how come you don't look the way you want to look ?**

- Are you still doing exercises the same way ?
- Are you still eating the same way ?
- Are you really ready to change those self-defeating behaviors ?
- or, do you simply fear change ?

Have you set short-term, measurable and achievable goals for:

- 1 month
- 3 months
- 6 months
- 1 year

Your long-term goal should always be making health the focus of your life (Life-long participation).

# The Personal Training Newsletter

The purpose of this newsletter is to provide factual information (not marketing hype) to help you **Train Smarter**.

In the last issue we talked about Exercise Myths, here are some Exercise Truths (henceforth known as The Rules) collected from successfully coaching thousands of individuals over the last 21 years.

Rule 1: Learn to use your body before you learn to use machines.

Rule 2: see rule no. 1

Rule 3: If it “hurts” in the joint as opposed to the muscle (are you able to tell the difference ?), something is wrong – STOP !

You can't “work through it” without risking mechanical wear.

Rule 4: Too much momentum limits results while increasing injury risk.

If you have to “jerk” the weights, it's too much weight – don't be a jerk ! Different rules apply to power athletes.

Rule 5: Soreness is not an indicator of exercise effectiveness.

Rule 6: Swinging a weight, cable or medicine ball while wobbling on a BOSU, balance board or Dyna Disc will NOT improve your (insert favorite) game. Looks mighty impressive though.

Rule 7: Preparing for athletics is not the same as preparing for health and fitness. Pure performance rarely has anything to do with long-term health. Why would you copy the routine of a pro athlete ? When was the last time a pro athlete had to retire at age 65 ?

Rule 8: Take a cue from nature and “reset” the length of your muscles daily. Dogs do it, cats do it. This is not the same thing as stretching, it is simply moving through your relatively full, PAIN-FREE range of motion. If this hurts, don't do it.

Every form of exercise is resistance exercise. Exercise is a continually evolving process, not a program, protocol or routine. Be prepared to change, often.

Life is pretty simple. You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it. Then you do something else. The trick is the doing something else.

Leonardo DaVinci

**If you have any questions, comments or concerns about the content of this newsletter, please contact Scott Kroclic directly @ 942-9600 ext. 637. Additionally, feel free to contact any trainer about any exercise related topic at any time. It's what we do.**