

Hometown Fitness Plainfield

Questionnaire

- Is there something people can start doing today to improve their health?
Yes, make themselves a priority and start moving. A 20-30 min. daily walk is better than nothing.
- How did you first begin your training?
I started in school running track and lifting weights. I loved the way lifting made me feel so I kept it up after school by regularly working out and then entering local fitness shows.
- What advice do you have for a person just beginning a new exercising program?
Don't try to do too much at once because it can be overwhelming. Start with finding an activity or class you enjoy and then add on healthier eating choices....ect.
- What's your favorite type of exercise? Movement or total activity (yoga, lifting, jogging, etc)
I love squatting and leg press.
- What are some goals for your own health and exercise?
To stay active and injury free. Since I've gotten older I focus on keeping my weight from fluctuating too much.
- Are there any quotes that have stuck with you that have helped you?
Progress not perfection and quality over quantity produces healthy lasting results.
- How important is nutrition?
Very. It really depends on the individual's health and fitness goals but it's about 75%-80%.
- What are some good diet tips to avoid junk food?
Eat Breakfast
Eat small meals throughout the day
And keep protein powder on hand to make for that sweet tooth
- What are the best exercises for fast results?
It depends on your body composition / fitness level. However squats, lunges, chest press and clean and presses would be a good starting place.

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- What would you recommend for a quick 15-20-minute workout?

A tabata or HIIT workout that includes plyo and dumbbell moves

- I have no time to exercise, what do I do?

Incorporate small changes in your normal work day. Instead of sitting in your work chair; use a stability ball keep short bands close by or in your briefcase to use while sitting at your desk, take a brisk walk around the building while on lunch, use the stairs as much as possible throughout the day, get a friend or neighbor to partner up with.

- I don't want to be a bulky body builder, will lifting weights make me one?

No, and this is a big concern for women who are new to lifting. It's important to know that women don't produce enough testosterone to naturally become big like men when lifting. Also, keeping the weight lighter with more reps (12-15) will help to keep you looking lean and sleek.

- How do I know how much weight to lift?

You should be able to lift with proper form and execute at least 8 reps.

- Should I take supplements?

You should at least take a multivitamin or a vitamin in whatever you are deficient in, i.e. per your doctor's request. If you are into lifting heavy weight or training rigorously daily you may want to supplement with L-Glutamine and BCAA's for muscle recovery.

- How long before I see my results?

Min of 4 weeks but 6 weeks you should see noticeable progress.