



Get Fit. **Life Tip.**

Cookie cutter workouts aren't always beneficial

For anybody looking to get in shape or starting a new fitness regimen, magazine and online workouts are not recommended. Magazine and online workouts often state the benefits of the exercises without stressing the importance of proper form and technique. While the actual workouts provided in magazines and online may be good, lack of knowledge of proper form and technique can cause injury and create greater dysfunction throughout your body. For instance, a squat is a basic exercise and may be simple to most, but if improperly performed it could cause problems to your knee joint, ankle joint and hip joint.

Magazine and online workouts may not fully explain how to maintain good form and how to keep the core strong throughout the workout. As previously discussed your core is where all your power is generated from, therefore it is important to keep it strong throughout each exercise.

With that being said if you have any questions or are new to working out, I would encourage you to consult with a fitness professional before starting your workout.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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