

Do I Need to Work Out Every Day?

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If you've started a new fitness routine for the new year I'm sure you've kicked it off with at least a question or two! As a personal trainer one of the most common questions I am asked is 'How often should I be working out'? Many people are under the impression that they need to work out EVERY DAY in order to improve their physical fitness. However, this could actually sabotage your fitness results!

Although going to the gym every day is not inherently harmful, it's certainly not necessary in order to maintain and improve your physical fitness. In fact, in most cases, I recommend at least 1-2 days of total rest per week to help reduce your risk for injury and promote the longevity of your fitness routine. Keep in mind this doesn't necessarily mean you aren't active at all on these days. Light, regular movement such as walking your dog around the block, or taking time for stretching or foam rolling are great recovery techniques to help increase blood flow and reduce tension in tight muscles.

How many days you work out per week depends on your goals, among other factors such as your work schedule, family responsibilities, daily errands, or simply motivation. You need to determine what's realistic for YOU. You might *want* to work out five days a week but the real question is: What will you *actually* be able to do?" You may determine that realistically you can only manage 3 days a week, so then the task becomes getting in well-rounded workouts within those 3 days. According to CDC recommended guidelines adults need at least 150 minutes of moderate-intensity activity (walking, biking, etc) a week. You can certainly break this up into several sessions at the gym and accompany it with some brisk evening walks if you find yourself pressed at work.

Like all guidelines, you should use these as a starting point. Hitting the exact number, however, is less important than aiming to get as close as you can within your own circumstances and ability. Starting with fewer days per week, can help you better stick to your overall plan and goals. Consistency matters, don't set yourself up for failure! See ya at the gym!