



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Cardio or Lift First?

Goal: You want to lose weight.

If weight loss is your goal, weights before cardio is your best bet. Doing weights first leads to a more elevated heart rate, which means a bigger calorie burn for your cardio buck. All while having more energy to lift heavier weights, which increases your metabolic lean muscle mass.

Goal: You want to look lean.

Split your cardio and strength training to separate days. In the pursuit of a lean and athletic physique, you need to be able to perform at both types of exercise at 100 percent. When you split up the focus of an individual workout session, you split the amount of energy you can dedicate to each activity. However, if you do an all-out weight training session on Monday and then an interval cardio session on Tuesday, your body is able to recover overnight so it can perform at its peak during the Tuesday workout.

Goal: You're training for a race.

Do your cardio first. Whichever muscle you worked out first sees the most benefit. In this case, if you're cycling or running first, the muscles needed to excel for a faster race will be stronger. Basically, order your workout by prioritizing your goal.

Goal: You just want to be healthy.

When your goal isn't about peak performance or maximum weight loss, you have a lot of leeway. In fact, when exercise is moderate—say working out three times a week doing both strength training and cardio—exercise order doesn't affect your results. Which means if you prefer to hit the weight room before your spin class, go right ahead. After all, the best workout is the one you actually do.

Basically, if your primary goal is to increase your aerobic endurance or lose body fat, then you should perform cardio first. If your primary goal is to increase muscular strength, then do strength training first. To get the most out of your workout, perform the exercise that is most important to your goals first, when you are not fatigued.

The bottom line... Do what works for your body, but if you need a place to start: Tackle strength, then cardio.

FEBURARY 11, 2019

REGULAR CARDIO, WHETHER IT'S JOGGING, CYCLING, SWIMMING, OR BRISK WALKING, WILL MAKE YOUR HEART STRONGER. IT ALSO HELPS WITH BLOOD PRESSURE AND CHOLESTEROL, AND CAN EVEN HELP WARD OFF SOME CANCERS.

CARDIO IS KING WHEN IT COMES TO YOUR HEART, BUT STRENGTH TRAINING DOES WONDERS FOR YOUR BONES AND JOINTS.

LIFT - YOUR MUSCLES BURN CALORIES EVEN WHEN YOU'RE NOT WORKING OUT. SO, THE MORE MUSCLES YOU HAVE, THE MORE CALORIES YOU'LL BURN. IF YOU WORK OUT WITH WEIGHTS OFTEN, YOU'LL ALSO LOSE FAT AND LOOK SLIMMER.

**THE HARD PART
ISN'T GETTING
YOUR BODY IN
SHAPE.**

**THE HARD PART
IS GETTING YOUR
MIND IN SHAPE.**

Month of Love



Self-love is not the same as being narcissistic or selfish. Rather, it means having a positive regard for your own well-being and happiness. When we adopt an attitude of self-love we have higher levels of self-esteem, we're less critical and harsh with ourselves when we make mistakes, and we're able to celebrate our positive qualities and accept our negative ones. In addition, a major benefit to learning to loving ourselves is that we are more likely to have fulfilling and healthy intimate relationships.

During the month of February, and on Valentine's Day, don't forget to celebrate loving yourself. Here are some examples for making February the month for cultivating self-love:

1. Learn to be compassionate with yourself. For many, it's more natural to be compassionate towards friends and family than it is towards ourselves. Work on eliminating critical and harsh self-talk. Imagining what you would say to a friend in the same situation should help with developing skills for positive self-talk.
2. Enjoy time alone. Whether it be taking a walk in the park, going out for a nice meal, or seeing a great movie, learning to enjoy your own company and doing activities you enjoy when you're alone is crucial for cultivating self-love.
3. Make a list of the characteristics you like about yourself. Too often, we get caught up with only thinking about what it is we don't like about ourselves and what we wish we could change. For most of us, recognizing and appreciating our positive qualities takes effort and practice. Set aside time to read this list daily.
4. Celebrate your accomplishments. No matter how big or small our successes or accomplishments are, it's important to feel worthy of celebrating them. Celebrating our accomplishments reinforces our acknowledgement and integration of our positive qualities.
5. Allow yourself to ask for help when needed. We all need help when life gets challenging and when we feel overwhelmed. Most of life's challenges can't be tackled alone. Allowing yourself to seek help from a trusted friend or professional reflects self-love. Asking for help is an important way to take care of ourselves.



Workout of the Week

Treadmill

Start with incline at zero and speed at a pace just out of your comfort zone (walking or jogging). Rating of Perceived Exertion (RPE)=Level 5.

- 1 Minute: Raise incline two percent every 15 seconds. RPE=5-6
- 1 Minute: Reduce the incline one percent every fifteen seconds. RPE=6-7
- 3 Minutes: Walk or jog at a moderate pace. RPE=5
- Repeat entire cycle for 30 or more minutes
- Approximate calories burned: 320 (based on 140-lb person)

Strength

Once your muscles are warm, start in on this routine by doing each of the listed ten exercise for 25 repetitions. Do the entire list four times through, to make for 100 repetitions for each exercise, and a 1000 Rep Workout in total.

- Sumo Squats
- Wide Push Ups
- Jackknife Crunches
- Jump Lunges
- Side Planks with Leg Raise (Right)
- Side Planks with Leg Raise (Left)
- Deadlifts
- Tricep Dips
- Flutterkicks
- Rows or Pulldowns



Aroma Siez

(Basil, Marjoram, Lavender, Peppermint & Cypress Essential Oil) - Perfect Essential Oil for Muscle Discomfort after Exercise
Aroma Siez Essential Oil blend is excellent for soothing muscle discomfort after exercise. A relaxing blend that is excellent for massaging away life's little discomforts. Well suited for use after exercise or at the end of a trying day, it also provides soothing comfort for the head, neck, and tired feet. At the end of the day I usually place this oil directly on back along with Panaway. (my husband is not a big fan of the smell) But, after a long day, I notice the difference on the days I do this.

5 High Fiber Snack Ideas

Sweet Potato Fries

Cut a sweet potato lengthwise and toss in oil and spices. A medium sweet potato has more potassium than a banana and five grams of fiber.

Stuffed Apple with Steel-Cut Oatmeal

Boil 1 cup of steel-cut oats in 4 cups of water. Stir in a pinch of cinnamon and nutmeg, and a drizzle of maple syrup. Then turn the heat to low while the oats cook (covered) for 20 minutes. Serve in a hollowed. If you've got time, stuff the apples with oatmeal and then bake them at 350-degrees for 10 minutes or until the apple is tender.

Mediterranean Artichokes

Strain a 6-ounce jar of artichoke hearts to remove all liquid. Top with 1 tablespoon of feta, a squeeze of lemon juice, a little olive oil, and some cracked pepper. This 6-ounce serving of the hearts has more than seven grams of fiber and a rich source of vitamin C.

Kale Chips

Preheat oven to 375. Rinse and dry 1 large bunch of kale, then remove the stems and tough center ribs. Rip the kale into large pieces, toss with a little olive oil, then sprinkle with some salt and pepper. Arrange the kale in a single layer on a large parchment-lined baking sheet (careful not to overlap). Bake until crisp, which takes about 10. Make sure you check them frequently because they burn easily.

Avocado Boat

Cut an avocado in half and twist it to separate both pieces. Remove the pit and fill up the hole with salsa and some shredded cheese. Half an Avocado contains six grams of fiber and are a fantastic source of monosaturated fats, which can help improve cholesterol levels, decrease the risk of heart disease, and benefit brain activity.

Upcoming Events

Feb 17th Meal Prep Party – Full

March 10th – Wellness Workshop @ Elite “Back, Core & Pelvic Floor”

March 22nd – 24th Weaving Wellness Retreat

*For more information on upcoming events, coaching, workshops & retreats check out
Beyondpersonaltraining.org*