

New to the Gym?

Gyms can be intimidating places to the 'nervous newbie'. After all, don't only lean, chiselled, 'body-beautifuls' go there?

In fact, nothing could be further from the truth. The typical gym is full of people with bodies of all shapes, sizes, ages and capabilities. What everyone has in common is a desire to look after themselves and to enjoy feeling better, physically and mentally, as a result of regular exercise. Gyms are great places to exercise for several reasons; everything is under one roof, there is a huge variety of equipment and services available which makes for endless exercise options, and it is ideal when the weather is bad or daylight is in short supply.

Maintaining a regular exercise program requires planning, discipline and perseverance. A personal trainer can help you start and keep exercising. They will:

- Find out about your exercise background, any medical and health issues you have, your capabilities, goals and the time you've set aside then design a programme specifically tailored for you.
- Coach you on the correct technique so that the exercise you do is safe and effective.
- Make sure your gym time is productive and that you are getting maximum results from each session in the gym.
- Motivate you during the session and keep you on track, especially on those days you find it tough!
- Monitor your progress, changing your programme regularly to keep you moving forward and constantly designing innovative and interesting exercises that keep you motivated.
- Educate and advise you on other areas related to your goals and aspirations.



FAQs

What should I wear? Comfortable clothing that doesn't restrict you, such as a T-shirt and track pants or shorts. Trainers are ideal footwear.

What should I bring? A small sweat towel and a water bottle. If you use an asthma inhaler also carry that with you.

Should I eat or drink beforehand? Don't exercise after eating a big meal or drinking alcohol. If it has been a while since your last meal, a light snack such as a piece of fruit or a protein bar will help keep blood sugar levels constant.

When is the best time to exercise? The answer to this is whenever you can fit it into your schedule and whenever you are least likely to be distracted by other events throwing you off track.

How often should I train? This depends on your lifestyle and fitness goals, but if you are starting out, even a couple of times a week will bring about benefits.

Will I get sore? We won't lie. Some people feel some local muscle soreness when they first start training – this is called DOMS or Delayed Onset of Muscle Soreness and peaks about 48 hours after exercise. As you begin to train regularly, however, this will not be an issue.

I am concerned about some health or injury issues. Your trainer or facility will carefully go through any issues you have and advise you accordingly, recommending you see your doctor or other health professional if necessary.

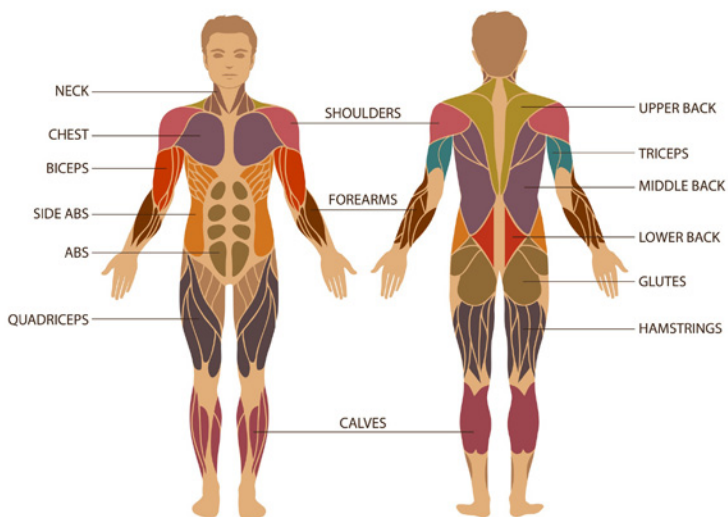
Will it make me tired? Almost certainly not. Newcomers to exercise report higher levels of energy, not less. They also feel more positive and less stressed due to production of the 'happy hormone', Serotonin.

Will it make me hungrier? Not necessarily! An added bonus most regular exercisers want to match their healthier activity levels with healthier eating habits.

For more information visit
synergyfitness.co.nz
or talk to one of our training professionals



The Human Body: Major Muscle Groups



Seek the advice of a Fitness Professional to ensure you are exercising the appropriate muscle group, in the correct sequence, with the best form and resistance to achieve your desired result.

As in every industry we have our share of jargon and phrases that are used regularly. Here are a few terms you will come across:

- Cardio** This is short for cardiovascular and is the exercise you do that makes your heart and lungs work harder, i.e. you puff more and your heart rate or pulse goes up. Typical cardio equipment, you'll use at the gym are treadmills (running machines), stationary bikes, cross trainers and rowers. Cardio is excellent for general health and fitness, improving endurance and burning calories.
- Resistance** Resistance or weight training choices you have are free weights (the small ones you can hold in your hand are dumbbells and the long bars with a weight on each end are called barbells), fixed weight machines, or your own body weight. Working with weights is not only great for improved strength, shaping and functionality but it is also an excellent way to increase your metabolism and burn more calories.
- Reps and Sets** When you weight train you will perform a certain number of repetitions of an exercise (a 'set'), have a short rest and perform another set. Most introductory programmes will comprise of one or two sets of 12-15 repetitions.
- SB** Swiss Ball – a large rubber ball, the 'bosu' is the half ball. These are used to decrease your stability when exercising, thus making the exercise more difficult.
- Intervals** This type of training is when you vary the intensity at which you work as opposed to 'steady state' training i.e. you might work hard for a short period of time at a high intensity then drop the level and recover before repeating the pattern.
- HRTZ** Heart Rate Training Zone. Your personal trainer or gym instructor can tell you more about the training zone most suitable for you.
- H.I.I.T.** High Intensity Interval Training. Also known as, or variations, of H.I.I.E. (High intensity Interval Exercise) Sprint interval Training or Tabata, this training involves repeated short periods of intense exertion, followed by brief rest periods.
- H.I.R.T.** High Energy Resistance Training. Similar to H.I.I.T. but using free weights or other equipment, or one's own bodyweight for added resistance.