

# ASWEATLIFE

Date: March 24, 2016

## SO, YOU'VE FALLEN IN LOVE WITH A FITNESS TREND. EMILY HUTCHINS



Fitness trends ... the good, the bad and the ugly are all out there. However, it's all in how you use them. Just like anything in life, moderation is always best. At the same time, in the industry of fitness, there are thousands of choices – where, what and how to workout. At the end of the day, it should be about the “why” of working out.

### **Why do we workout?**

We workout because life is dynamic, full of change and always moving forward. We live to move and we move to feel alive. We should “overindulge” in changing our routines. Focus on not

becoming complacent with your fitness regimen and experiencing every type of workout possible, not sticking with one “trend” for every workout.

Fitness can become a burden for our bodies if we never change it up. Sticking with the same format, just because it burns a lot of calories, is not always the safest, in fact that’s a big reason why we get injured. Our bodies are three-dimensional beings and meant to move in all planes of motion, so why just run? Why just cycle or only do yoga? Change it up and experience it all! Not sure what to do or how to get this done? Invest in a couple of sessions with a trainer who can help develop the right program for you.

### **Why do you train?**

How do you want to feel in 20-30 years? You probably want to be healthy, feel good and move well, right? I hope so. Sticking with one trend isn’t necessarily going to get that done.

Life is dynamic, train for it. Don’t focus on the now, focus on your longevity and what is the best training plan of attack for you and your goals and how you want to feel in 20-30 years.