

Exercise, the Strongest Medicine Known to Mankind

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With every New Year comes the resolutions to achieve a healthy lifestyle and become more fit. We dream of being healthy and fit and start off with great intentions. The problem is that somewhere down the road our commitment to living healthy lifestyles took the back seat becoming a distant memory.

Exercise is the strongest medicine known to mankind – if we use it. Realizing exercise is one of the most important things we can do to improve our health should help us put it at the top of our list of commitments. At times, saying this is easier than getting it done. We all face roadblocks that come up and hinder us from getting to where we need to be in relationship with exercise.

Emergency Kits

We have emergency kits in the back of our cars to help you deal with unplanned situations that arise. To help us be successful in making exercise a part of our lives, we need to develop an “exercise emergency kit”. There are two easy “emergency kits” we can develop that include strategies to get us back on track.

The first is a simple strategy. Give yourself a visual reminder to do that one thing (exercise) everyday to

improve your health. Put exercise in your appointment book, place a visual reminder on your bathroom mirror, or add something on your keychain to remind you to exercise.

Second, is to develop a support team to help hold you accountable. The support team can include a friend or family member along with a personal trainer. Your personal trainer needs to understand where you have come from in relationship to exercise and where you want to go. A trainer can help you develop that “emergency kit” (plan of strategies) so you can be successful in your exercise journey.

Personal Trainers provide the following benefits:

- Helping you achieve your goals by holding you accountable. When they see you start to waiver they can reach into that “emergency kit” and get you going again.
- Physical support by developing a diversity of programs to keep you challenged and free from boredom.
- Psychological support by encouraging us and reminding us that we are successful and keep moving forward.

Personal training comes in many varieties, the hottest is group training.

When most people think of personal training they think of the traditional one trainer to one client setting. The

trend now is group training. Group training can include land, water or a mix of both. We offer a variety of programming opportunities to include:

- Super Duper Group Training. This is a very popular program that includes a diversity of challenging training opportunities mixed with excitement and fun.
- Boot Camps and Extreme Training Groups are designed to take you to the next level.
- “The Workout” is a new program developed for those needing a change, want new excitement or sports specific training (triathlons, biking, running events). “The Workout” incorporates iMett testing to let you “train smarter not harder”.

For more information on any of our personal training programs, contact the Sanford Wellness Center (605) 328-1600 or the POWER Center (605) 328-1660.



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