

Getting back on the body band wagon

Posted Monday, September 17, 2007 by Marci Robin Zitner, NewBeauty Online Editor



I was active and athletic throughout my youth—gymnastics, softball, cheerleading, volleyball, you name it. I even have a couple fuzzy varsity letters sitting in storage. But in my 20s, I've gone from athletic to pathetic. I've been pretty much sedentary; and though it hasn't made me fat, I'm definitely not in shape.

Tired of feeling lumpy and sluggish, I became inspired by some of my co-workers' fitness. Our Interactive Creative Director, Jerry, is into Krav Maga, an Israeli form of self-defense and physical training; so, after hearing him talk about it, I thought it could be right for me. I went to a class a couple weeks ago, and I gave it all I've got for about 15 minutes—that's when I couldn't even stand up anymore. I spent the rest of the hour in a chair, embarrassedly watching the more tenacious students thrive. I also spent the following week in serious pain.

I hated to admit it, but despite my salad days of athleticism, I'd gone back to being beginner. I asked Sara Dimmick, Owner and Director of Physical Equilibrium, where I went wrong and how to stay motivated, despite being a novice all over again.

"Fitness novices see the fastest results. Going from doing nothing to something will start to change your body immediately," she told me. "But you should gradually build up in total time exercising and intensity so that you don't get injured." Oops!

If your new fitness plan includes going to the gym, Dimmick also recommends investing in a trainer. "Even just one or two sessions would be good so you can learn how to properly use machines and set weights at your current strength level," she said. "Trainers will also cover form and technique so you can keep yourself safe."

I can tell you from personal, recent experience that it's easy to get discouraged when you don't feel like you know what you're doing. But Dimmick reminded me that making the effort makes a big difference. "Remember that something is better than nothing, even if it is 20 minutes per day."

Have you recently decided to change your body and go from inactive to active? Let us know how you're doing it by leaving a comment below. And for more from Sara Dimmick and information on her fitness programs, visit physeq.com.