

FAQ's

Getting Started on Your Personal Exercise Journey

Healthy at Work Webinar Series June 29, 2016

- 1. In one of your earlier slides you touched on the topic of goal setting and accountability. What are your thoughts on the new “fad” of fitness trackers such as Fitbit etc?**

Fitness Trackers play a great role for a lot of people. We have clients who have seen great success with using them. They can be a great resource in a few ways. One is for food journaling; they can be great with that, and with tracking calories through the day. Some people just love the feedback that you get from them. You can set goals and track your progress towards that goal. The sales numbers for these products speak for themselves. They can play a huge role for a lot of people out there. There is definitely a place for them. I think there is a legitimate benefit and we have definitely seen people get results from fitness trackers or apps.

- 2. If you are on an established exercise plan, how often, or should you, change up that plan?**

There is no magic number on how often you should change up your exercise plan but I do want to give you a general guideline when we say change up your exercise plan. Making some minor modifications every 4-8 weeks is definitely a good idea. That's not a magic number – that's going to vary person to person, but some things to look at are “am I getting bored?” or “are my results plateauing?” That could be from a strength perspective or a weight loss perspective – whatever you measuring in terms of your goals. But 4-8 weeks is a good guideline for most people.