

1. How many times a week do I need to do resistance training?

A. After consulting with your physician and physical therapist, we would establish what fitness level and goals you have. To start, under guidance of a personal trainer, a program that includes two to three times a week would be a great goal. As you get stronger, we will vary the workouts, cross train and may even include pool time and aerobics. Again, many factors come into play such as fitness level, strength goals, body fat percentage and lifestyle.

Remember: you should always consult with your physician and your physical therapist to rule out any injuries or joint problems before starting an exercise program.

2. How many days a week should I do cardio?

A. After consulting with your physician, we establish what fitness level you are at. For instance it would be different for a beginner than it would for an advanced athlete. To start, 30-60 quality minutes a day for at least three to four times a week would be a great goal. Remember: always put quality above quantity with your workouts.

3. How long will it take to lose the weight?

A. Results vary with each person. If you are dedicated to your nutrition and stay consistent with your exercise program you will see the results you are looking for. Consistency is key.

Remember: it's a lifestyle change not a quick fix. No skipping meals or workouts. You have one body and you need to take care of it like you would your family. It requires top priority and your commitment, consistency and positive attitude to achieve the results you are looking for.

4. Will resistance training make me bulk up?

A. No. Many people think lifting weights or any form of resistance training will bulk them up. On the contrary adding muscle will help protect joints, minimize chronic aches and pains and (the best part) muscle burns fat thus increasing your metabolism. As your metabolism increases, you burn calories much more efficiently, will shrink in size and allow lean muscle to show through with a proper diet.

Remember: Proper nutrition is still crucial to your results. You cannot get a six pack without muscle and proper diet!