

Fitness Tip of the Day: Add some variety

One thing I see every day are people coming to the AFC to workout, doing the exact same thing, in the same order, day after day.

This might work great for a week or even a month but after a while, your body catches on and it stops adapting (this means making progress). Our bodies need change to continue to progress. This could be changing exercises in the fitness room, taking a different class, using a different cardio machine or even varying how you use the equipment.

If you usually do 30 minutes of walking at 3.0 mph and a 5% incline try doing intervals of 1 minute walking at a 10% incline and 1 minute of walking a 0% incline. Don't get stuck in a rut and try new things!

The staff of the AFC is always here as well to make suggestions and show you new things to try, so come pick our brains as well.

Patrick Flynn

Fitness Director