Make the Most of Your Workout Routine

Posted On Jun 08, Posted by royalpalms Category Gay Fort Lauderdale

Fitting in the gym can be tough when you've got a packed schedule. Try these tips, provided by our spa and fitness director, Eston, for making the most of your workout when you're time-crunched.

Finding time to break a sweat at the gym can be hard with a busy work schedule and a full social calendar. But studies show that all it takes is 30 minutes of exercise five days a week to lower your risk for diabetes and heart disease and lengthen your lifespan. With the right planning, you can create a quick and effective workout — and reach your fitness goals in that half-hour. Your gym workouts should include about 30 minutes of aerobic exercise five days a week and some strength training about two days a week. How you put the time together is important.

You need to fitness facility, like the Royal Palms Fitness Center, that meets your needs, or chances are, you'll eventually stop going and will have wasted your time and money. The American College of Sports Medicine recommends selecting a gym that has exercise programs you are interested in such as yoga or kickboxing, qualified instructors, and programs appropriate to your age group. Your gym should also be convenient to get to and offer flexible hours that work with your schedule.

Tags: royal palms resort and spa , fitness