

# **Top 10 Things People Forget to do when they Workout**

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## **Top 10 Things People Forget to do when they Workout**

When clients forget key parts of working out, it can be frustrating for you and detrimental to them. These 10 items are some of the most forgotten ones when it comes to working out, so here are some tips on helping your clients remember to include them in every workout.

### **Before the Workout**

1. Getting in the right mind-space. This is crucial, because nine times out of ten not being mentally prepared for the workout is why other items get forgotten. You can encourage your clients to add an extra five or ten minutes to the beginning of each workout for meditation to get in the right frame of mind.
2. Hydration. Drinking fluids (especially water) before a workout is one of the best things you can do to prepare. Your body will start off with a surplus and not get dehydrated ten minutes in. You can help clients remember by making this part of their pre-workout routine- get a bottle of water ready, drink one before you start working out, and refill it so you have more for during and after.
3. Stretch it out. Forgetting to stretch is one of the very worst things you can do. If a client shows up late to group class and hasn't stretched out, don't let them join until they do. It's just not safe to start in on a workout without ensuring they won't pop a hammy.
4. Warming up. Like stretching, warming up is part of the process. Forgetting to warm up can also lead to injury, so making sure clients don't skip this part is crucial. Having them plan their workout time with a specific number of minutes for each part of their pre-workout routine can help them remember.

### **The Workout Itself**

1. Mixing up the workout. Even if there is a specific discipline to their routine, different muscle groups still need to be paid attention to and cardio or aerobic exercise should be interspersed with strength straining for a well-rounded fitness plan. You can help your client plan their workout regimen to result in a well-rounded body.
2. Consistency. Working out at least 3-4 times per week is best - if they can't make it to the gym or a class that many times a week, guide them towards "homework" which can include working out at home.
3. Safety. People can get incredibly distracted and forget safety basics because they are not in the right head space, showing off, working out in an unfamiliar area, or trying something new.

Encourage them to run a safety checklist before working out to ensure that they minimize any risk of injury. If they work out alone, have them set up a check in with a friend or family member in case they get hurt while exercising.

### **After the Workout**

1. Resting. Days off from certain types of workouts are a must – muscles need time to rebuild. For clients who absolutely must work out every day, remind them to swap out designated parts of the body after hard workouts so they can recover.
2. Nutrition. A nutrition plan is always the perfect addition to a workout regimen. Suggest that your clients try new recipes for healthy foods, and tape a picture of their goal weight to the fridge along with pictures of healthy snacks.
3. Sleep. Anyone who doesn't get enough sleep isn't at their most fit. Discuss ways clients can erase their "sleep debt" and stay well rested and energized.

These tips can help your clients remember the important things. As with all advice, make sure yours is covered under your fitness trainer insurance plan.