

THE PITFALLS OF WEIGHT MONITORING

Repeatedly weighing yourself is one of the worst ways to measure progress when starting an exercise program.

Quite simply – most people are programmed to just give up on exercise if they don't see immediate results. And in many cases, weight reduction only occurs long after they've made lots of other really important health improvements.

This was demonstrated clearly in a study that Dr Jinger Gottschall (Penn State University) and Bryce Hastings (Les Mills International) undertook on a group who were struggling to establish an exercise habit. They wanted to see if they could get them hooked on exercise over a six-month period.

After lots of tests, the study participants embarked on an exercise plan. They started slowly, gradually increasing the frequency and duration of their training until they were doing the recommended mix of cardio, strength and flexibility exercise by the end of week 6. They kept this up for six months, at which point the tests were repeated.

As you'd expect, **six months of regular exercise transformed their health.** They reduced all of their indicators for heart disease and, most importantly, they felt awesome!

Their cholesterol, triglycerides and fat mass all reduced significantly. The women improved their cardiovascular fitness by a massive 49.6%, and the men by 63.%. By the end of the study it's estimated they had delayed the onset of cardiovascular disease by 3.8 years due to the six month program.

But what would their bathroom scales have told them after six months?

Men: you only lost 10¼pounds (4.7kg); Women: you only lost 6¼pounds (3.1kg).

Had all the other tests not been performed, some would have seen this as a complete failure and thought, "Why did I bother?"

This is why **weight loss is an unreliable measure of progress** – it doesn't measure what's happening to so many other really important health factors.

One in every three deaths in the US is caused by cardiovascular disease. Following a regular

exercise regime can massively reduce your risk of this and a whole host of other diseases, regardless of whether you lose weight.

So, how do people know whether their exercise program has them on the right track if they're not monitoring their weight?

The waistband on their trousers won't be as tight, they won't puff as much when walking up a hill, and they'll feel great.

One day they might even weigh a little less. (But that's just a bonus.)

GROUP FITNESS INSTRUCTOR INJURY SURVEY

How many classes are you doing per week?

Are you mixing up your training – or are you generally doing the same thing?

We recently sent surveys to instructors in the US, UK, Australia and New Zealand and asked them about their injuries and training habits. We received a phenomenal response from over 3,000 instructors – thank you so much if you contributed to this survey!

So, what did we find?

Firstly, it appears that most of you train a lot – around 58% of you are training more than 11 hours per week.

With such a high training volume, you might **expect a greater incidence of injuries – but, surprisingly, this wasn't the case.**

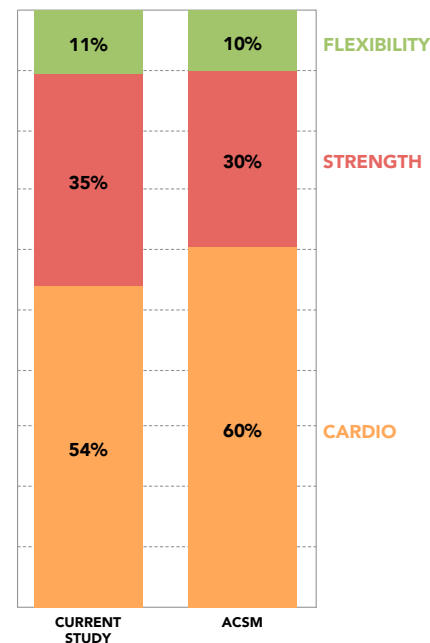
Only 38% of you reported that you had an injury in the six months prior to the survey.

An injury incidence of 38% with an average of more than 11 hours training per week is actually fairly low when compared to groups with a similar training volume.

We think it's the **way you are mixing up your training that is keeping you relatively injury free.**

Most of the instructors who replied to the survey had a well-rounded mix of cardiovascular, strength, and flexibility training.

The American College of Sports Medicine (ACSM) advises that the mix of training should be: 60% Cardio, 30% strength



When we compared this to our instructor data, we can see that it was almost identical – with just a little more time devoted to strength training. This is likely to be the reason behind your lower rates of injury. **Programs like BODYPUMP and CXWORX tone and condition the stabilizer muscles that help support our joints when we do high impact exercise.**

Research shows that participating in regular BODYBALANCE / BODYFLOW classes improves joint mobility – once again, potentially, helping us stay injury free.

So, the golden rule is to keep mixing up your training. Doing too much of one type of exercise is the most common cause of overuse injury. Balance is the key, especially when you're training a lot.

In fact, those instructors who overdid it in terms of high impact training – without the strength or flexibility training – had the highest rate of injury. So if you're teaching **lots of classes like BODYATTACK or BODYSTEP, the best way to keep you fit to teach is to include other modalities of training in your schedule.**

Please share this information with others. Variety when training is the secret to staying healthy and injury free – which is just as important for our participants as it is for you!