

Properly identify your strength conditioning priorities for greater success

What are your training priorities? We all like to think of ourselves as being the best at identifying our own needs but in our fitness regimens good perspective and external input is essential.

Do we always make the proper choices with our fitness training? We all need to answer each of the following questions to discover how well we are prioritizing.

1. Do you do a regular stretching routine each day or at least with each workout?
2. Do you fuel yourself with the proper nutrients for your body's immediate requirements such as the proper carbohydrates before and after training and lean protein during recovery periods?
3. Do you keep dehydration to a minimum by hydrating immediately when you wake up in the morning, during workouts, and through the day?
4. Do you recognize, reinforce, and practice good postural habits during exercise and at all other times?
5. Is excellent core strength the number one goal in your training program?

If we are not able to say yes to every question we have critical deficiencies in our fitness program.

Here's why we can't afford to neglect any of these five points.

- Failing to stretch negates our ability to move freely, this is not only critical in performing simple tasks but profoundly impacts longevity. Flexibility must be given as much attention as any other aspect of training don't fall into the trap of putting it off until later, do it now. The choice is simple stretch to move better, and live longer.
- Poor nutrition and/or hydration may negatively affect our immediate and long term performance, learn to time your water and nutrient intake properly in conjunction with the needs of your activities.
- Problems from poor posture and/or technique may not be immediately apparent but long term effects will be devastating. This of course will carry over to freedom of movement and ultimately again to longevity and quality of life. Never sacrifice good posture or technique just to use more weight or get more reps.
- Usable core strength is usually lacking in most individuals even though it is a common limiting factor in overall physical strength. Real core strength cannot be addressed with the more common abdominal exercises. The most effective core strength comes from engaging in full body movement involving multiple planes and angles.
- Recognizing problem areas is the first step towards correcting them. Take your first step now to longer and better health!

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