

Secrets of Fit People

(CARLSBAD, CA) – Physically fit people...they can seem intimidating, they appear to have it all together, and the last thing you want to do is approach one of them to ask about their fitness tips and tricks. Well, guess what? Physically fit people are, in fact, just people. They generally know a little bit more about how to get the most out of their workouts, and that's why they look so good!

Yet, the secrets of physically fit people aren't so hidden after all. By following a few general guidelines, anyone can attain the health and aesthetic benefits of physical fitness. Try to incorporate a few of these exercise habits commonly used by fit people.

Stay Hydrated – If your body lacks water, then your workout will feel harder and you'll fatigue faster. Drink plenty of water 1-2 hours before beginning your workout, then keep sipping throughout and after your exercise session.

Listen to Music – If you typically read a book or magazine while trekking on the treadmill, try listening to music instead. New research from Brunel University in London indicates that runners who listen to motivational pop and rock music exercise up to 15 percent longer than their non-music listening counterparts.

Plan Ahead – Write a to-do list before beginning your strength-training workout. Decide what muscles you want to work, and what exercises you will do to accomplish your goals. That way, you won't waste time wandering around the gym.

Switch Off – Most of us have one side that is stronger than the other. For example, your right arm or leg may dominate when doing exercises. Jazzercise Founder and CEO Judi Sheppard Missett suggests single-arm and single-leg moves, such as French curls or lunges, so that each limb gets stronger independently, and one side can't take over.

Think Positively – Researchers from Miriam Hospital in Providence found that people starting a fitness program are most likely to be working out one year later if they believe in their ability to succeed. Adopt a can-do attitude, and you'll be more successful.

Work Until Fatigue – Instead of doing a certain number of reps, continue an exercise until you have completely exhausted the muscle. If you always do 20 bicep curls, then your body will get into a rut. Keep going with an exercise until you have fatigued the muscle group, then switch to another exercise.

Buddy Up – If you find yourself skipping workouts, promising to no avail that you'll get back on track tomorrow, then find a workout buddy. The accountability will get you to your session, even if you're tired or busy. And when someone else comes along with a better offer – like tapas and drinks after work – you'll already have an appointment with your fitness pal on the schedule, so you'll be more likely to keep your fitness commitment.

Do What You Love – If you hate to run, then stay off the treadmill. Research from the University of Nebraska-Omaha documents that women who enjoy their exercise activity are more likely to stick with it. So, pick a cardiovascular and strength-training routine that you enjoy.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more information on Jazzercise go to jazzercise.com or call (800)FIT-IS-IT or (760)476-1750.

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