

Benefits of Group Exercise

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The importance of exercise is becoming increasingly apparent as our society is experiencing epidemic increases in mortality due to degenerative disease. More of us are now coming to grips with the fact that exercise must be part of a healthy lifestyle and not just some fad or craze to throw by the wayside when it's run its course. However, what begins as highly motivated intention often turns to failure to develop these healthy habits.

So, how can we overcome the challenge to make exercise as "routine" as any other daily activity? One way is to become involved in a group exercise program such as Boot Camp Challenge or classes at your local gym. These types of programs offer many benefits which keep the participant involved and motivated. Group exercise is made fun through use of music and moves and provides a social atmosphere that makes it easy to forget you are working out. Class participants often buddy up and hold one another accountable to be present at future sessions. Through coaching, you are taught how to exercise safely and effectively leading to greater fitness results. A proper group program will also accommodate all fitness levels; providing beginner, intermediate and advanced modifications while helping to make exercise less intimidating. In addition, the multitude of classes now offered in many locations greatly decreases the boredom factor, one of the main reasons people give up on fitness.

And if that's not enough to convince you consider this, exercise causes the body to release endorphins which help give you a sense of well-being. You will experience a sense of achievement, making you feel stronger and more confident. So grab those cross-trainers and get moving. Your body, mind and spirit will thank you!

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