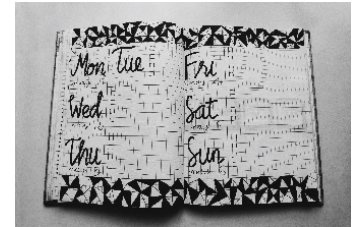




How Many Days a Week Should I Work Out?

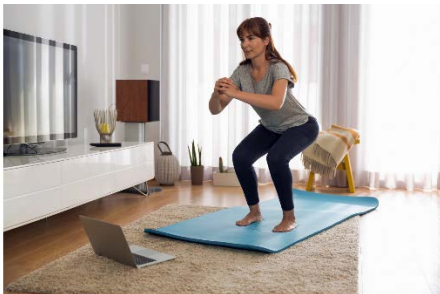
ANSWER:

It is suggested that you work out 3 to 5 times a week for the best results. A typical workout would include your cardio activities (i.e. walking, running, cycling), your muscle conditioning exercises plus any flexibility training you do such as yoga or Pilates.



Remember, it is important to leave at least 48 hours between muscle conditioning workouts as the muscles need this amount of time to heal and rebuild. Try not to perform exercises for the same muscles on back to back days.

If you prefer to work out every day, consider whether a split program is better for you. This could include working muscles on the front of the body on day 1; muscles on the back of the body on day 2. Or you can have a 3-day split program as well. There is so much variety in how you can manage your workouts. You just need to determine what system works best for you to achieve your goals.



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