

DIY, Do it Yourself Home Fitness

By Trainers On Site

Dated: Jan 12, 2010

In Economic times of today - we can still get fit for free in the comfort of our own home.

Brampton, On. Jan 12th 2010 – These days economic times are challenging. On any given day you can listen, read or watch story after story about the recession. You hear about this big business making cutbacks, that big corporation closing stores and the company who used to be number one in their sector, now going bankrupt. Times are tough!

The general public are not spending as much. They are not borrowing as much money as normal and consumer spending is down. The ability to cut costs and try things on your own instead of hiring a professional is the norm in tough economic times. Just take a look at the number of “Do it Yourself” home renovation big box stores out there in virtually every North American city and most small towns.

People are cutting back those professional services as well as latte’s, steak dinners, fancy European cars and even their personal fitness. In fact some customers have chosen to cancel some of their personal training or limit their sessions to something more affordable. With no motivation and little to no accountability, how can the general population stay fit without affecting their personal spending?

Robert Foster of Trainers On Site – President of Ontario’s 1st Franchised in home personal training service, has some real cost effective solutions. “It comes in 2 parts” Robert says. “Find a compelling want and then exercise right in the comfort of your own home for free”.

The want might be – lose weight. After finding your want create a goal – number specific like 20lbs. After that, rate the importance of that goal on a scale – 10/10. Last but not least pick a realistic timeline – within 3 months.

As for the exercise, keep it simple. Our in home fitness expert says to pick 3 easy to perform exercises that anyone can do with no equipment needed. Robert recommends the Squat, the Push-up and the Plank. As always start with a 3 – 5 minute warm-up of some type of cardiovascular activity. Then perform all exercises for a duration of 1:00 - :30 seconds, depending on your strength and experience while choosing to rest as needed.

“The Squat will work your legs overall, the Push-up focuses on your chest, shoulders, triceps and the plank focuses on your core – abs and lower back”, adds Mr. Foster. Always check with your physician before starting any exercise program.

6 Tips to help keep motivated on your own;

- Train with a partner
- Watch a new fitness DVD
- Listen to high energy music
- Read a new fitness article
- Try the Nintendo Wii
- Have your goal in front of you

So there you have it. No money for a gym membership or personal trainer, get fit at home or anywhere on the road. In recession times like those of today, working out in your living room might be a viable option.

Robert Foster can be reached at
1.888.269.1TOS(867) or e-mail at rob@trainersonsite.com
<http://www.trainersonsite.com>

###

About Trainers On Site:

We are a Franchised Mobile Personal Training Service in Ontario Canada. Our concept is all about making people more accountable to exercise while providing motivation, education and inspiration. We show up even though you don't want to.

Category	Fitness
Tags	home fitness, fitness review, brampton personal trainer, mobile fitness, brampton personal training
Email	Click to contact author
Phone	1.888.269.1867
Fax	1.888.269.1867
City/Town	Brampton
State/Province	Ontario
Zip	L7A2S2
Country	Canada
Link	http://prlog.org/10485558



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online