

For Immediate Release

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How fit are you, really?

Personal trainer says too much exercise can be unhealthy

April 2009 (La Jolla, CA) – Sweaty workouts, exhausting walks on the treadmill, stretching yourself into a pretzel seven days a week, all in the pursuit of health and fitness. Does it have to be this hard? Not according to personal trainer Tyler Merrill, B.S., CPT. “The objective should be to do as little as possible for the maximum result”, says Merrill, President of WellStrong Fitness Inc. in La Jolla, Ca. “Too much physical activity can lead to injury, burnout, and frustration,” he added.

According to Merrill, exercisers who have never engaged in an organized fitness program should begin with two strength workouts coupled with three cardiovascular workouts per week. Working out more often can lead to injury and burnout. “Too often I see people model their fitness plan after their favorite celebrity or athlete more is not better,” Merrill explained.

The following is a simple "Health Preservation Checklist" to follow to improve your overall fitness level.

1. Strength training- Lifting weights two times a week can build the necessary muscle to speed up metabolism and increases bone density.
2. Cardiovascular exercise – Three 30 minute bouts of cardiovascular activity per week will improve cardiovascular function, decrease body fat, and lower blood pressure.
3. Flexibility – Stretching after workouts will reduce the risk of injury and improve the ease of daily activity.
4. Nutrition – Roughly 80% of fat loss and muscle gained from exercise is due to a healthy diet.

According to the center for disease control to get the health benefits of physical activity, include activities that make you breathe harder and make your heart and blood vessels healthier. These aerobic activities include things like brisk walking, running, dancing, swimming, and playing basketball. Also include strengthening activities to make your muscles stronger, like push-ups and lifting weights.

About WellStrong Fitness, Inc.

WellStrong Fitness president Tyler Merrill, B.S.,CPT is an award winning fitness trainer and fitness presenter in San Diego, Ca. WellStrong Fitness is a by-appointment training facility. Fitness programs are unique and focus on specific physical limitations. Endorsements from physicians, neurologists, and physical therapists ensure client's are under professional instruction during every workout. For more information about the divorce workout please call 858.458.0809 or visit us at www.wellstrongfit.com.

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