

BATTLING BOREDOM IN YOUR WORKOUT

If you've recently identified more excuses than reasons to visit the gym, you may be battling a case of boredom in your exercise routine. Simple, small changes in your normal regime may reunite your feet and the elliptical machine once again.

"Oftentimes people forget that a periodic change in your routine can not only benefit different muscles, but prevent the boredom that many of us experience," explains the Kansas Association of Osteopathic Medicine (KAOM).

KAOM further explains that the human body adapts quickly to most exercises, so if you've maintained the same routine for too long you may have reached a plateau that no longer benefits your body as much.

"If you no longer sweat during your workouts you may need to increase your intensity," explains KAOM. "Try lengthening the duration of your workouts, the weight or repetitions of your lifts, or add another day to your routine."

Cross-training was pioneered to battle the boredom of professional athletes. However KAOM says it is great for everyone.

"A good exercise routine should include cardiovascular exercise, weight or resistance training, and some stretching and flexibility exercises," says KAOM.

Another quick-fix for fighting boredom is a change of scenery. KAOM explains that if your exercise routine is always indoors, you may just need to step outside.

“Change your scenery regularly to prevent boredom and for best physical results,” says KAOM. “Take a fast walk, swim or bicycle with friends instead of meeting to eat.”

“An excellent idea whenever you need added motivation is to enlist a friend. Working out with a partner can add a social element to your routine and you won’t skip the gym when you know someone else is waiting for you,” KAOM explains.

KAOM adds that if you cannot find a friend; join a class or club to add the social element. Another option, KAOM recommends is to set an athletic goal like finishing a race or participating in a sporting tournament of some kind.

“Competition and setting goals are two great ways to get motivated,” KAOM says.

KAOM says your body may be signaling you for a needed vacation from the gym. A few days off every month can prevent over-training and can rejuvenate and refresh the body for your next month.

To receive the best results from your exercise routine, KAOM recommends modifying your workout every two weeks. In addition, a healthy diet including lots of vegetables and eight glasses of water a day.

Preventive medicine is just one aspect of care osteopathic physicians (D.O.s) provide. Osteopathic physicians are fully licensed to prescribe medicine and practice in all specialty areas including surgery. D.O.s are trained to consider the health of the whole person and use their hands to help diagnose and treat their patients.