

Build A Social Support Core to Maximize Fitness & Healthy Lifestyle

I have been training in the gym for about 17 years and competing at a National and International level for almost 15 years. Over this time, I have come to value the need to surround myself with core social support which embrace and encourage my efforts to maximize my progress and longevity in fitness and a healthy lifestyle. Over the years my “core” social support group has been comprised of from my wife, daughters, co-workers, clients and friends.

Whether you’re a regular in the gym or a weekend warrior who wants to get back into shape finding, maintaining and ensuring core support is a huge asset. As you get older its even harder to maintain the stamina of earlier years. Core support fills in the gaps when motivation, fatigue and boredom hit you.

Many studies from respectable health organizations reinforce the notion that “social” influence and support can play a big role in fitness and exercise. The key point being, you will do more if you obtain positive outside social core support.

Places to seek out “core” support:

Training Partners:

Seek out and look to others who are exercising, to round out your support system. Working out with a partner helps you stay motivated. Find someone who does similar workouts as well and goes to the gym, or attends the same classes. You can push each other when you are at low points and enjoy successes when you are both peaking. Partnerships often extend well beyond the gym to social surroundings.

Family:

You normally spend more of your “free time” with family than any other group thus family support is paramount. While you are at home and not doing exercise, you and your wife, girlfriend or other members of your family can together work to live a healthier lifestyle. This can include taking your whole family to the gym or on walks or cycling.

Personal Trainers:

If you can afford it, a personal trainer is the best way to reach or exceed your fitness goals. A personal trainer will also be able to correct your form and give you tips to making your workouts as successful as possible. He or she will be mental support as well when you just don’t have the motivation to exercise.

Social Media:

Sounds crazy but Facebook and Twitter are outlets that allow you to join online fitness groups and even possibly find training partners. Don’t under estimate this online medium.

Doctors:

Doctors will be able to give you limited suggestions about your exercise routine but can point out anything you are doing that could be bad for your body. Make sure that you visit your doctor regularly to chart health and check with him or her when you drastically change your fitness program.

Remember there is power in numbers so get as much support whenever or wherever you can.

To find more information on Walter Urban and his World and National records please visit www.walterurban.com