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consider hiring a personal trainer if you're new to the fitness world a certified

personal trainer can be invaluable they'll teach you proper form breathing techniques and how to structure your workouts

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when designing an aerobic or strength training exercise program fitness professionals such as personal trainers and gym instructors invariabl

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the importance of consistency consistency is key when it comes to managing muscle protein breakdown and achieving fitness goals sporadic efforts in training nutrition or recovery can disrupt

resistance strength training is an essential component of fitness helping to build muscle increase bone density and improve overall health unlike cardio focused workouts resistance training emphasizes

flu season is a tricky time for everyone but especially for athletes we push our bodies and a serious bout of the flu can really set back tr

however as the fitness industry evolves and our understanding of health deepens questions arise is bmi a reliable metric for fitness enthusiasts and personal trainers what do the weight classifications

overall health is a term often used but seldom understood in its entirety it represents a state of physical mental and emotional well being

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