


# Fitness Tips: Best Stress-Relieving Workouts



 By Nicole Maher

It seems like our schedules get busier and busier every year. Whether we are working from home or going into the office, it can still be challenging to find time to both relax and workout. If you are looking to kill two birds with one stone, try incorporating some of these [fitness tips](#) into your weekly routine to both stay on track with your fitness goals and relieve some of your everyday stress.

## Check out these fitness tips on the five best workouts to relieve stress.

**1. Workout-of-the-day:** If you're someone who enjoys changing up your schedule day-to-day, taking part in a workout-of-the-day program could be a great way to relieve some stress and keep you on track with your fitness goals. Many of these programs are in video format, and offer five to six different workouts that last around thirty minutes. Having a variety of options to choose from for your daily workout can help keep your packed schedule a little more spontaneous while still keeping your allotted amount of time for working out consistent throughout the week.

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**2. Yoga:** One of the best workouts for relieving stress is yoga. As yoga places emphasis on both exercising the body and the mind, it allows you to relieve both physical and mental

stress. There are also countless different types of yoga for people of all skill levels, so if you've never tried this exercise before, there are still plenty of options for you to pick from. Despite seeming low impact, yoga can also help with overall body strength and balance, therefore giving you some of the physical benefits of working out along with the stress relief.

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**3. Pilates:** Some people really like to burn out their stress by taking part in high intensity workouts. If this is the case for you, try incorporating a Pilates workout into your weekly schedule. These workouts typically include the use of bodyweight, ankle weights, and resistance bands, making them perfect for strength training. While guaranteed to make you sweat, Pilates workouts come in different intensities. So if there is a day where you don't feel the same drive to workout, you can still relieve some stress with a modified workout using the same equipment.

**4. Sports:** Our hobbies are also a great way of relieving some stress through movement, especially if one of your go-to hobbies is a sport. Playing pick-up games of basketball or soccer with some friends helps relieve stress by getting your body in motion, as well as socializing with others. Even going to a court or field for a little while and practicing a sport by yourself can help clear your mind from whatever stress you are feeling. This fitness tip is also beneficial in the fact that you don't need to learn any new skills for a workout, as the sport is something you are already familiar with.

**5. An outdoor run:** In a world where we are doing so much from our houses, sometimes simply stepping away from our computers for a little while and going outside can help relieve stress. If you live in an area that allows you to, try incorporating outdoor walks or runs into your fitness plans for the week.

The walks and runs will keep you burning calories to stay on track with your fitness goals, and the fresh air will genuinely do wonders for relieving stress and allowing you to clear your mind.

**What are some other workouts that are perfect for relieving stress? Start a conversation in the comments below!**

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# **Fitness Tips: How to Stay Consistent with Exercising this New Year**



 By Nicole Maher

With the new year comes new motivation to start exercising and achieving your fitness goals. However, sometimes this motivation disappears quickly and we find ourselves falling out of our fitness routines early on. If you are looking to create a workout routine that you can stick to all year, try incorporating some of the following [fitness tips](#) to start you off on the right path as the new year begins.

## **Use these five fitness tips to help you exercise consistently in the New Year.**

**1. Set realistic goals: One mistake that many people make when setting fitness goals at the beginning of the year is to**

expect extreme results right away. Rather than starting out the year with one large goal, try to make smaller goals for you to achieve as the year progresses. Having a smaller amount of weight to lose each month, or a specific food to cut back on, is better than focusing on one large goal that may end up seeming unachievable. As you reach your smaller goals, you will eventually reach the same end result you desired from the beginning.

**Related Link:** [Fitness Tips: The 6 Best YouTube Workouts to Try Right Now](#)

**2. Recruit a friend:** You are more likely to stick to any kind of routine when someone else is holding you accountable, so recruiting a friend to help you through your fitness journey is a beneficial step. While you and your friend may not be able to workout together, or even have the same fitness plan, having someone to report to following a workout can make you more likely to complete it. Keeping a weekly planner where you can cross-off completed workouts is another great way to hold yourself accountable and feel like you are making progress.

**Related Link:** [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

**3. Expand your plan:** You may have so much motivation in the beginning of the year that you overload yourself with new workouts. However, making your fitness routine too big at the beginning can cause you to burnout faster. Instead, try making a fitness plan that allows for room to grow and expand. Focus on one or two specific areas of fitness for the first few weeks, then gradually add different workouts as the year progresses. This will make you feel even more productive as well as allow your body to gain the necessary strength needed to complete a heavy fitness routine.

**4. Make it enjoyable:** When you are doing workouts that you don't necessarily enjoy, it makes it much more difficult to stick to your plan. Rather than selecting the most popular

workouts, or the ones that are promised to give you the best results, use this fitness tip to select workouts you know that you'll enjoy. If you are not a huge fan of running, try getting cardio in other forms, such as dancing. The more you enjoy your personal workout routine and look forward to completing it each day, the more likely you are to stick with that plan long-term.

**5. Have patience with yourself:** One of the main reasons that people give up on their fitness goals shortly after starting is because they lose patience. In a world of two-week diets and short fitness plans, it is normal to feel frustrated when we don't see results as quickly as promised. However, it is usually both unrealistic and unhealthy to drastically change your body that quickly. Rather than losing patience and quitting your plan early on, keep reminding yourself that fitness plans take time to get the desired results, and that everyday you're getting closer to your goal!

**What are some other fitness tips to help you exercise consistently throughout the New Year? Start a conversation in the comments below!**

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## **Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020**



 By Alycia Williams

The start of this new decade offers us a chance to reflect on

both the past and the future. You want to make sure you're keeping up with the latest [fitness trends](#) as the trends are always developing and changing.

## Here are five new fitness trends to keep up with in 2020:

**1. Wearable technology:** Smart watches, heart rate monitors, fitness trackers, and GPS tracking devices appeal to a wide audience, from those just beginning their fitness journey by counting steps and tracking sleep, to seasoned athletes who record every single workout to analyze their performance over time.

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**2. High-Intensity Interval Training (HIIT):** The HIIT style of training remains a popular trend in the fitness industry. In 30 minutes or less, exercisers can achieve an efficient, results-driven workout of high-intensity exercise followed by short rest breaks. HIIT training incorporates strength training, cardiovascular exercise, or a mix of the two, and can be done solo or as part of a group training class.

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**3. Group training:** Group training involves five or more participants in a variety of workouts and exercise styles led by an instructor. Strength and toning class, yoga, indoor cycling, barre these classes are everywhere, and with good reason. Group training programs are designed to be effective for people of different fitness levels, creating a highly motivating environment that holds them accountable and helps foster a tribe-like mentality.

**4. Training with free weights:** The emphasis of free weight training is on ensuring proper form for each exercise. Once form is mastered, resistance and new exercises are added to build progressively.

**5. Personal training:** This style of training involves one-on-one sessions among trainers and clients, where specific workouts are prescribed to help the client reach their unique needs and goals. Personal training is used for both strength and cardio training.

**What are some other fitness trends to keep up on for 2020? Start a conversation in the comments below!**

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## Top 2019 Fitness & Wellness Trends to Watch



By [Mara Miller](#)

Wellness and [fitness trends](#) are ever-changing. Unfortunately, we do have busy lives, so even though we want to brave a class at a Metaformer studio, it might be better for us to do a simpler workout with an online class. You may also be thinking more about brain health as well. We've gathered several trends for you to keep an eye on if you're looking to shed a few pounds!

## Top 2019 Fitness & Wellness Trends

# to Watch

**1. Isometric strength training:** This fitness trend involves working out in place. The idea behind it is to focus on the way muscles supposed to move rather than some of the intense workouts like throwing a tire. A yoga plank, for example, is considered an isometric strength training.

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**2. The brain:** Language and math skills aren't the only things you need to work on if you want to keep your brain in tip-top shape. This year, more people are focusing on brain health—more specifically, your cognitive skills. Apps like Lumosity are geared toward brain wellness to help you keep your brain challenged.

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**3. Megaformer workouts:** Celebrities like Meghan Markle and [Kim Kardashian](#) love this machine, which appears intimidating at first sight. Megaformer studios are popping up across the country. The workout with the Megaformer is meant to challenge the body while doing Pilates.

**4. Online Workouts:** Workouts that involve being able to access instructor-led online classes have been gaining popularity lately. Online classes mean you can do the workout wherever you want, be it at your home-office, during your lunch break at work, or on your weekend getaway with your honey. It's also great if you have an erratic schedule and can't commit to classes on a set time block.

**5. Wearable Technology:** Our smartwatches, if you are willing to spend the money, can do everything from reminding you to stand during the day to monitoring your heart rate. Smartwatches can help not only with our workouts but also wellness since they can monitor your sleep. Some people have



even found heart conditions by wearing a smartwatch. So if you've been eyeing the latest Apple Watch or Fitbit, you may be justified in your purchase.

What are some other 2019 fitness and wellness trends are you watching? Let us know in the comments below!

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## **Fitness Secrets: Learn More About Your Body in a Metabolic Chamber**



 By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness secret](#) that are "metabolic chambers." Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out your energy expenditure, and how variables such as diet and exercise affect your metabolism.

### **Metabolic chambers are the latest fitness secret for weight loss.**

A few metabolic chambers exist in the U.S. However, each of these chambers have a few features in common. Metabolic chambers tend to be found in hospitals and university research

centers, and usually require you dedicate 24 hours of your time. Being able to stay a whole day allows doctors and metabolic analysts to accurately ascertain how your body functions under normal and active circumstances. Inside the chamber you will, eat, sleep and partake in slow-paced and/or high-energy exercises, alongside daily activities. By the end of the study, researchers will show you your results and provide insight on how your body burns calories. Not only will you learn great weight-loss tactics, but you'll also help scientists demystify the human metabolism in regards to nutrition, genetics, caloric burn during rest and exercise periods.

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Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a "[Good Morning America](#)" segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke's Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

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Although metabolic chambers are helpful in determining your

best fitness plan, they also aren't accessible to everyone. A single night inside a chamber can cost anywhere from \$1,500 and up. Yes, it's a lot of money, but ultimately it's up to you if it's worth it to know exactly how your body expends energy and other valuable [workout advice](#). If a metabolic chamber seems out of reach, then regular cardio and weightlifting may be your best options in cutting and toning.

**What do you think of this fitness secret? Would you give a metabolic chamber a try if given the chance?**

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## **Product Review: Exercise Your Brain Daily With A BrainHQ Subscription**



 By [Mallory McDonald](#)

With a lot of our time spent watching reality television, checking social media on our phones and constantly having tasks to do throughout the day, working out your brain just doesn't always make the list. In fact, many people including [celebrities](#) don't make time to exercise one of the most important parts of our bodies. [Fitness trends](#) have been taking over America and healthy dieting options are becoming our go-to. With all of these switches to a more healthy lifestyle, don't skip out on your brain in the process! For less than 50 cents a day, \$14 a month or a \$96 yearly subscription, you can become smarter than you have been in years!

# Don't Waste Your Time On Average Brain Exercises On The Internet. Get a [BrainHQ](#) Subscription and See Results Almost Instantly!



Posit science has worked countless hours to make sure this product is not wasting your time or your money. BrainHQ's co-founder, Dr. Michael Merzenich is an internationally respected leader in the field of neuroscience. Top researchers from around the world help to test, work and create all of the exercises and courses from BrainHQ. The program has a unique patented approach to keeping your brain fit. Each exercise you will participate in has a specific science basis and training goal.

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When you subscribe to BrainHQ it unlocks 26+ exercises and more than a dozen special courses. These exercises and courses all specialize in different areas such as attention, memory, people skills, navigation, intelligence and brain speed. Taken together, these exercises and courses exercise the entire brain for broad improvements to many aspects of brain function. Unlike other brain exercises, BrainHQ has been published in over 70 scientific papers published in the Journal of the American Medical Association and other top journals. All of these articles say that BrainHQ provides real benefits to the brain. Results include better memory by an


average of 10 years, safer driving due to sharper focus and much more!

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## 2016's Worst Fitness Trends That Need to Go Away in 2017



 By Justin Thomas

As we enter the New Year, almost everyone's annual resolution is to get in better shape. In the internet crazed world we live in today, social media is a way that many of us get all sorts of information. So it's no surprise many people take to social media for fitness tips and #Bodygoals. It's a true sign of the times in realizing how much social media affects the day-to-day life of everyday people. Luckily, trends are only here today and gone tomorrow as some of social media's biggest claims to fame are silly at best. Not to be confused, social media and the internet at large are great innovative tools when we use them appropriately. Social media is also the common thread in many of these trends we're shaking off this New Year.

**Here are some of 2016's failed fitness trends to steer clear of in**

# 2017:

**1. Fitness teas:** If you're one of those who finds yourself spending time scrolling through Instagram, it's safe to say that you've seen pictures of some of your favorite celebrities or Instafamous bloggers posed strategically with a cup of tea. No doubt you've thought to yourself, "What's the big deal about this tea?". Turns out, the answer is nothing! The celebrity endorsement fitness tea ploy was a marketing goldmine. These fitness teas promise to promote fat burn, weight loss, and to get rid of stubborn belly fat. Here are the facts. According to [Health.com](http://Health.com), you're actually only losing water weight from drinking the tea. The way it works is the tea filters out the excess salt in your body allowing retained water to be flushed out which then makes your stomach appear less bloated. Subsequently the more tea (water) you intake, the more your stomach feels full and so it's expected that you're eating a lot less. Many of the teas often come with many unwanted side effects. And if you thought this meant you could cut down on the cardio, but think again! Many of the teas clearly mention on the labels that exercise is still necessary to see results.

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**2. Waist trainers:** Squeezing into corsets with literal bated breath isn't anything new. Since the 19th century, women have been essentially "waist training" their bodies with tight lace-up corsets in hopes of having that "perfect" feminine curvature to their bodies. Now due in large part to social media, the trend is bigger than ever. Marketing, marketing, marketing! Waist trainer brands have teamed up with countless celebrities like Kim Kardashian and sister Kylie Jenner to have them sport (endorse) their waist trainers on Instagram as a way of helping sculpt their hourglass shapes. The idea is to progressively wear the corset enough hours to permanently take

inches off your waist matching that of the corset. Some waist trainers even promise to help drop a few lbs. The flaw in this concept is that, according to [Dr. Oz](#), “There is no clinical proof that this is effective or beneficial to a woman, and in fact, it may be harmful to a woman’s body over time.” Scary, right? It gets worse! “As a corset squeezes a woman’s outsides, it is also squeezing the insides. If the lungs are prevented from properly expanding, it can increase risk of pneumonia. As the stomach and colon are prevented from moving its contents, heartburn and chronic constipation can occur. Forcing the ribs and muscles into a tight and restrictive garment can cause chronic pain and bruising. The corset can also prevent return of blood flow to the heart, which can affect blood pressure and may result in dizziness and even fainting. Homes in the 18th century had “fainting couches” for this very reason.”

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**3. Social media work-out routines:** 5 words... “Leave it to the professionals”. This is more so targeted towards the social media bloggers turned trainers than the actual fitness trainers turned social media bloggers. Just because someone has a large number of followers doesn’t mean they have the slightest of clues on training and fitness. Be careful where you get your fitness information and always fact check your sources. It’s best to get an actual trainer or visit a local gym than to try to keep up with social media hype.

**4. Fancy workout gear:** Expensive workout clothes like “toning shoes” and gym suits are definitely a trend to leave in 2016 and all the years to follow. Instagram has been operative in helping promote some of the latest gear available. However, a new study, released by the American Council on Exercise (ACE), shows that toning shoes from brands like Sketcher and Reebok do not “help exercise more intensely, burn more calories, or improve your muscle strength and tone”.

**5. Body shaming:** Body shaming in the gym, on social media, at work, at school, and body shaming everywhere needs to stop. The definition of body shaming is “the practice of making critical, potentially humiliating comments about a person’s body size or weight”. Body shaming could affect all genders, all ages, and all sizes even those who are considered “too thin”. People sometimes even body shame without realizing that they’re doing so which is why it’s so important to get the message out there. It’s easier now for body shamers than it was 20 years ago because social media is so pervasive. Hiding behind an online profile doesn’t hold the same accountability as face to face interaction. Many celebrities like Demi Lovato, Emma Stone, Tyra Banks, Kelly Clarkson and Amy Schumer have fought back against body shaming and their own struggles with the issue. In last November’s issue of [Glamour](#), Demi Lovato discusses how she handles body shapers online in saying “If somebody calls me fat, even in a vulnerable moment, I laugh to myself and think, I’m doing everything I can, so there’s nothing I can do about it,” she told the magazine. “I don’t have a six-pack. Maybe I don’t even want a six-pack. It doesn’t sound very appealing.” You should know there is no perfect body but only being the best version of you. Live and let live! 2017 is about living happy and healthy lives filled with positive energy.

**What are some trends you wish would be left in 2016? Share your opinion below!**