

## Fitnews

Cross Training. Have you heard the word? Do you know what it is?

Cross-training in simple terms is training in different ways to keep your body from repeating too much of the same motion and intensity. Cross-training should be applied to all kinds of training whether it be aerobic or anaerobic conditioning, strength training or any kind of training. Progressing with your fitness or excelling in your sport requires different types of training, changing your program and not just focusing on one specific thing.

Many times through my career I have been asked by people why their knee, back or shoulder hurts. When I ask for more details about what they are or have been doing to possibly cause the injury, I soon find out that they are doing too much of the same thing in their training.

If you are a swimmer, runner, cyclist, or play or participate in any sport on a regular basis you have probably at one time or another experienced an injury of some kind. Tendonitis is the most common injury from overuse. It can become very chronic and take a long time to heal.

Cross training is a great way to help you improve in your chosen sport and also prevent injuries. We all know that the more you repeat something the better you will become, but too much repetitive motion will eventually cause issues. Training your body in various ways that are different from your sport or passion will give you many benefits as well as enhance your sport and help reduce injuries.

Stretching is a must and is the one most important thing you can do to help prevent injury. You also need to strengthen your muscles. Not just the muscles needed for your sport, but your entire body. A very important phase in muscle strengthening is negative motion. Most people that weight train do not even know what the negative motion is. For instance, if you are doing a bicep curl the negative motion is the lowering phase or eccentric (lengthening phase or down motion) of the movement. This motion should be slower than the positive or concentric phase (up motion). By doing this, you will have much more balance of strength with the muscles and the joints will be less stressed. If you are suffering with any joint pain and it is not from a specific injury, you need to strengthen above and below that joint or area affected to balance the muscles that support the joint.

Another important thing for injuries is picking another sport to alternate with. For example, if you like to run, you should find a non-impact sport to cross-train with such as cycling or swimming. If you are a cyclist, find an impact sport like running, aerobic-step classes, kick-box or a boot-camp class.

Don't forget about REST. Give yourself a day off or a few days off every once in awhile. This will allow the body to heal and become stronger.

We have an incredible program here at CHRC with a great variety of classes to give you a safe, well-balanced fitness program. We have cardio non-impact and impact classes as well as strengthening and stretching classes. Look at the schedule and make sure you have these important components above in your fitness program. If you are unable to attend classes, get with a trainer and design a program for

your needs. One or two sessions are all you will need and then check in with the trainer for a new program in a few weeks.

Yours in health and fitness,

Tammy  
Aerobics Coordinator