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FITNESS TIPS

from Katy's Personal Trainers

Katy area trainers help you get healthier, leaner, and stronger

Written by Tonya Ellis | Select photography by Shanna Kenney

Summer is here, and it's time to break out the body-baring shorts, tanks, and bathing suits. Katy's personal trainers offer tips to help you meet your fitness goals so you can look and feel your best.

1

Make a Commitment

To jumpstart any fitness plan, set a reachable goal. Do you want to trim your tummy, define muscle, or have more energy? "Post your goals in a visible spot," advises Ryan Kobermann, owner of ESN Health, Personal Fitness Training. "Get a buddy, friend, family member, or professional coach or trainer to help hold you accountable. When you work hard and you work smart, you will get results."

2

Be Consistent

Working out four to five times a week is ideal. If you can't put in that amount of time at the gym, get creative. "People say they don't have time, that work gets in the way, and family commitments are demanding," says Reggie Allen, a trainer at the Katy Family YMCA. "Set aside time, even if it's just 10 to 15 minutes. You can squeeze in a leg or shoulder workout in just 10 minutes while at your desk at work." Kerry Bennett, a trainer at The Athletic Performance Lab of Katy adds, "Be honest with yourself. If you know there is no way you can truly commit to four or five days, I would commit to two, with a minimum of about 30 minutes for a start."

3

Interval Train

With this type of workout, you rev up your regular cardiovascular routine with intense bursts of exercise which burns more calories. For example, jog for a few minutes, run at top speed for a minute, then jog again, adding in bursts of running every few minutes. "It is very hard, and you will not like it while you are doing it, but it works very effectively," says Kobermann.

4

Make a Muscle

To tone and increase muscle size, weight train at least three days a week. Increase the pounds you lift as you become more comfortable, but reduce the number of reps so you don't injure yourself. Eat protein and drink water to keep your muscles hydrated.

5

Watch What You Eat

Trainers warn, if your diet is filled with chocolate, chips, and sodas, all the workouts in the world won't help you meet your fitness goals. Bennett shares, "It's very simple. If you work out and burn 400 calories, then eat a meal with 900 calories, you can do the math and see where you are."

Meals should be your main nutrient source, but supplements and protein shakes can be beneficial. Drinking smoothies with blended fruits and vegetables is also helpful. "Individuals should include a variety of fruits, green vegetables, and protein," counsels Allen. "Also, don't forget to drink plenty of water."

6

If You Fail, Bounce Back

"I see people have a party, or they have an event where there is a lot of high-calorie food or alcohol; they take the week off from their plan," says Bennett. "If you fall off, get right back on track during the next meal. If you drop the ball, pick it right back up, and let's go." Kelli Preston, a trainer at the Katy Family YMCA, adds, "Good food is your body's fuel. If you eat garbage, you will feel like garbage."

7

Avoid Injury

Pay attention to body alignment, form, and technique. If you get hurt while exercising, you can resume workouts after doctor clearance. "There's usually always a way to work around an injury to not lose your conditioning," says Bennett. "For example, if you tweak your knee, there are things you can do with the upper body alone."

8

Stay Motivated

Mix things up to keep your workouts interesting. Consider purchasing a Fitbit to track your daily steps and calories. Use fitness apps on your phone. Preston says, "Technology is a great tool to keep yourself accountable. With as often as people are on their computers, tablets, and phones, fitness apps are right at their fingertips." She recommends apps like My Fitness Pal, Map My Run, and Bodyspace.

9

Don't Do Too Much

Don't try to make too many changes at once, or you may overwhelm yourself and give up. "Changing one thing and mastering it has a 95% success rate," says Kobermann. "Changing two things and mastering those two things is a 30% success rate, and then trying to change three things or more is less than a 5% success rate."

10

Be Patient

It takes time to see visible differences in your body. Preston says, "Clients will begin to feel better before they begin to see physical changes. If they are true to exercising regularly, it could take up to two months to see results." Expect to drop roughly a pound a week if you are following a consistent plan. "I like to use the analogy of the paper towel roll," describes Kobermann. "If you take one piece off a day and check it the first week, the circumference of the roll will look fairly the same. However, if you measure three weeks later, you will see a solid difference." **KM**

TONYA ELLIS looks forward to trying out some of these fitness tips.



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MEET THE TRAINERS



RYAN KOBERMANN ESN Health

He is a certified strength and conditioning specialist with the National Strength and Conditioning Association and has over 13 years of experience in the industry. He has worked with a variety of clients from professional athletes to those over age 70. An Aggie 100 honoree, he enjoys educating clients to achieve sustainable results.



KELLI PRESTON Katy Family YMCA

She is a National Academy of Sports Medicine certified personal trainer. Six years ago, she transformed her life by making changes to her fitness and eating habits. She is passionate about sharing her personal journey.



KERRY BENNETT The Athletic Performance Lab

He is a former NFL player with the Washington Redskins and was a coach at Lamar University for three years. He is a certified strength and conditioning specialist with the National Strength and Conditioning Association and trains professional athletes.



Reggie Allen helps clients like Oscar at the Katy Family YMCA



REGGIE ALLEN Katy Family YMCA

He is a National Academy of Sports Medicine certified personal trainer with a B.S. in exercise physiology from Texas A&M Commerce. His clients include people to lose weight, get in shape and needing physical rehabilitation.

For more personal training resources, visit KatyMagazine.com



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