Gina Harney: You're listening to the Healthy in Real Life Podcast, episode number 36.

Speaker 2: Welcome to the Healthy in Real Life Podcast bite-sized tips for healthy living that you can implement right now. Join us weekly for interviews and real life advice. For creating the happiest and healthiest version of yourself. Here's your host fitness expert, author and mom of two Gina Harney.

Gina Harney: Hey everyone, this is Gina, creator of the Fitnessista blog and brand. I'm so excited that you're here today. Thank you so much for tuning in. For today's episode, we are going to be chatting about five fitness mistakes that I see all the time, so before we get into that, I wanted to go ahead and read this week's five star review and this one says "Real and knowledgeable. This has quickly become one of my favorite podcasts to pop on while I'm working around the house or on my morning commute. Gina brings on some incredibly knowledgeable guest onto the show. She asks great questions and I feel like I gained more knowledge and power towards building a better and more healthier mindset about fitness and nutrition. Gina's down to Earth, real and honest. I love listening and am excited to continue learning more."

Gina Harney: Thank you so much for taking the time to leave that five star review. It means the world to me. Like I've said before, I'm still building this podcast. It's like a little baby, So I'm here in my closet recording each episode and every virtual high five you can throw my way is much appreciated. It also helps with the visibility of the show. It will help us to keep growing it. I know that I always check the reviews before I listened to anything, so if you guys enjoy the show, if you have gained any type of knowledge, or insights, or steps that you've been able to use from the episodes, please take about 30 seconds to leave that review wherever you're listening and I would appreciate it so much.

Gina Harney: If you do leave that five star review, make sure to head to fitnessista.com/podcastreview. So it's f-i-t-n-e-s-s-i-s-t-a .com/podcastreview, and I will give you a copy of my Barre Blast workout for free. So it's yours to stream, download, yours to keep. It's one of my favorite ways to do bar workouts because it has cardio blast interspersed throughout the traditional more endurance exercises. So it's a really great strength and cardio workout. Speaking of workouts, we are getting ready to head back into school, which I'm equally excited about, but also kind of dreading, because I've just really loved our slow summer mornings and hanging out at the pool. But another part of me is just really ready for routine again, that I wanted to share something that I have been loving lately and that is LES MILLS on demand.

Gina Harney: So they've updated their platform and they have over 600 workouts. I love it, especially when I'm home with the kids and I want to sneak in a quick workout just while they're playing or hanging out. And I know I can't get to the gym because ours does not have childcare, so they're one of my favorite resources for home work outs, and it's also really fun just to try new classes and take classes that you might not have near you.

Gina Harney: So there are 600 classes on the platforms. All of their instructors are superstars and so knowledgeable. The workouts are science-backed so you know that you're going to be getting the safe workout and they're all music driven, which is one of my favorite things about LES MILLS. You know that the moves are going to match the music and I just think it's really motivating.

Gina Harney: So if you guys want to try it out you'll just head to bit.ly/yaylesmils, so it's b-i-t.ly/yay, y-a-y-, LES MILLS, l-e-s-m-i-l-l-s-, and you will get 21 days of their workouts for free so you can stream them, try them out. I hope that you find a new love. And my first of all favorites, if you're just checking it out for the first time, I really like the body attack class, grit and body pumps. So start there if you are checking it out.

Gina Harney: So let's go ahead and start in on today's episode. So like I mentioned before, this is something that is kind of always on my mind. I just think about it a lot, when I've worked with clients, it always comes back to me. But I wanted to chat about five fitness mistakes that I see all the time.

Gina Harney: So obviously if you're working out, you're moving, you're doing something very right. So I don't want you to come to this episode and be like, "Oh, she's gonna Point her finger at me and tell me all the things I'm doing wrong." No, no, no, no. So I wanted to share some things I think that are just really easy to tweak in your routine and make your exercises that much stronger.

Gina Harney: So let's go ahead and dive into it. So the first mistake that I see very often, and I'm guilty of this one myself, and that is doing too much cardio. So I'm guilty of this one, because I love cardio, I love the endorphins, I love to sweat from my eyeballs. I feel like it gives me a real sense of accomplishment. After you finish a really sweaty cardio workout, you just want to put a medal around your neck and like high five everyone, at least that's what I want to do.

Gina Harney: I just think it feels so great. So I think that you can absolutely have too much of a good thing. So too much cardio can cause the body to switch into a canabolic state. So it's going to start to cannibalize and actually consume its lean muscle tissues. And this is very much why my butt turns into a pancake when I run too much. So if I'm doing a lot of endurance running, I can just see my booty just deflating in my pants. And that's because your body starts to eat its own muscle tissue if you do too much cardio.

Gina Harney: So how much cardio do you really need? General recommendations suggest 150 minutes of moderate cardio each week. So that's 30 minutes of moderate intensity cardio five days each week. So of course if you're doing more intense training, if you are doing HIT or Tanata, this number can be less. So 30 is not a hard number, but it's just kind of an easy, nice rounded number to remember. And I always say to focus on quality instead of quantity. So it's more advantageous to really challenge yourself for 20 to 30 minutes then to putter along on the treadmill for an hour. And that's of course, unless you're training for some type of endurance event, so you have to get in that mileage or that time. So obviously it's a little bit different, but for many people, myself included, workout time is very valuable, very precious. So I think it's so much smarter just to take 20 minutes and really work hard and just reap the benefits the rest of the day instead of feeling like, "oh my gosh, I have to do an hour."

Gina Harney: And that's absolutely a mindset that I used to be in when I first got started on my fitness journey. I thought that if treadmill workouts weren't 45 minutes to an hour, they didn't count, which is ridiculous now that I think about it, but I can see how it's really easy to get into that mindset and think that more is better with cardio, but that's not the case at all.

Gina Harney: So on the same note, doing too much cardio. You're likely also doing too little strength training and everyone needs strength training. I especially think it's important for women as we age, because we want to protect our bones and also preserve our lean muscle tissue. So lean muscle tissue is hungrier than fat, so it'll burn more calories at rest. So if you increase the amount of lean muscle on your body, it increases your metabolism, because you're burning more calories, it needs more calories.

Gina Harney: So I have a study here and it's also really great for health benefits obviously. So a study here from the Journal of Applied Physiology, it suggests that those who strength train and have more lean muscle on their frame, they also have better functioning, high density lipoproteins, so that's your good cholesterol, than those who never strength train. So so many benefits to picking up those weights.

Gina Harney: And how often should you strength train? So I say two to five times per week, but it really depends on the type of exercises you're doing. So my rule of thumb is you want to try to fatigue every muscle in the body at least twice a week. So this can be through lifting heavy weights, it can be through endurance type activities, like BODYPUMP or a barre, or through compound exercises. And those are some of my favorites because they just really give you more bang for your buck, because you're recruiting multiple muscle groups at the same time.

Gina Harney: So for the love of God, please don't be afraid of lifting weights. Every time I hear a quote, fitness professional say that women should only lift three pound weights. It makes me want to throw my purse at them, because my purse weighs more than three pounds and we lift that every single day, all day.

Gina Harney: So do not be afraid to lift heavy weights. You will not get bulky. We do not have the hormonal makeup that men do. We do not have the testosterone that is going to make our muscles huge and bulky. Do not be afraid. If anything, lifting heavy weights just makes your muscles look really lean and really nice. So don't be afraid.

Gina Harney: So we'll head into fitness mistake number two, and that is the not following a plan. So if you are simply working out just for health benefits and because it feels good to move, obviously it's totally fine to just go with the flow and focus on moving each day in some way. However, if you have specific fitness, weight loss or training goals, it's important to have a strategic plan in place. So you wouldn't run a half marathon without a plan. So if you want to lift heavier weights, if you want to increase your lean muscle tissue, you want to have a plan on how you're going to get from point A to point B.

Gina Harney: So I chat a lot about this in episode seven. I'll link to that in the show notes. It also has a handy little PDF that you can download and you can print it out and it just breaks down how I set up workout plans for myself and also for clients. So I really hope you like this one. I also think if you go to a fitnessista.com/workoutfreebie that will also give you the PDF. So I'll link to it in the show notes just so that you can access it.

Gina Harney: So fitness mistake number three is not fueling properly and this is a huge one and something that I didn't really understand until I personally switched up my nutrition. I finally started hitting PR's on my Peloton bike. I started lifting heavier weights, running faster. It really makes a huge difference in your performance, your recovery, how you feel, how you sleep.

Gina Harney: It is just like an umbrella of benefits, if you take the time to just dial in on your nutrition, so you really want to make sure that you have enough nutrients in your body to fuel your activities and also encourage that tissue repair and recovery afterwards. So I am not a registered dietician, but my personal rule of thumb is I like to do protein first for strength training and then protein and carbs afterwards. And then for cardio I'll either do cardio on an empty stomach, because if I eat too much it just doesn't feel great, I just feel heavy. Or I'll have a simple fast digesting carb. So maybe like half a banana or a piece of toast. And then afterwards I'll have my carbs and my protein. Maybe a little bit of fat in there. But if you do need help fueling yourself for activities, definitely reach out to a registered dietician near you, or you can hit up some of my favorite registered dieticians that also help people online. And two of those are Emily Field, Anne From fANNEtastic Food is amazing. And Kim also, Kim McDevitt.

Gina Harney: I'll be sure to include links to them in the show notes. If you do need help with your nutrition, they have resources for you. But it really does make a huge difference. People say you can't out train a bad diet. And I just really think that performance-wise, over anything, if you just take the time to really dial in that nutrition, you're going to feel better, your workouts are going to be so much stronger, and it just takes a little bit of that mental space in that planning capacity, but it's so, so worth it.

Gina Harney: So the fourth fitness mistake that I commonly see is not increasing demands or switching things up. So there's something very real, it's called the SAID principle, and it's your specific adaptation to impose demands. And basically all that means is your body is a very intelligent machine and it'll kick into cruise control whenever possible. So it's smart, it wants to make things easier for itself. So if it's used to those same demands over time, it's like, "Oh, I've got this, I know what to do with this, I'm not gonna change anything."

Gina Harney: So if you try to add in additional stressors whenever possible, whether it's increasing weight or resistance, adding speed, changing up the classes you take or changing the time of day that you work out. One of my favorite things to do is just to change up the equipment that I'm using. So for example, if I'm going to do biceps curls, I'll traditionally use dumbbells for those. But if I know I want to change something that day, I'll go over to the cable machine and do the bicep curls on the cable machine or I'll grab a barbell.

Gina Harney: Just anything you can do to make things different will just kind of turn on that light bulb and the body will say, "Oh well this is new. I'm going to change something in response." So that's why it gets used to the same workouts, the same training styles, and that's very commonly why we'll hit plateaus. So take different classes, try different instructors. I like to just use kettlebells, dumbbells, cable machines, TRX, resistance bands, anything you can do to change things up and your body will respond. Just anything you can do to keep your body guessing is a good thing.

Gina Harney: So the final fitness mistake that I commonly see, and this is very common, and this is doing an exercise or a workout class, even though you hate it. So many times I would train clients and they would run even though they absolutely loathed, and I could just see this dread on their face when they would talk about it. It was so sad.

Gina Harney: I was like, "What'd you do for your cardio?" They're like, "Oh, I ran." I'm like, "Well, why are you running if you don't like it?" And the worst part is that they sometimes would suffer knee injuries from doing the dreaded runs. So it's just, oh, it's a double negative there, it's such a bummer. So if you hate something, don't do it. There's so many different types of workouts and classes out there. You are destined to find something that you love. So try different classes, different instructors, apps. Keep searching because I promise it's out there. There's no reason to do things you don't enjoy, because chances are that you won't stick with it for the long haul anyway, so when you love your activities, you're going to feel excited about working out. You'll work harder, you'll be able to stay consistent, and that is the the game plan, right?

Gina Harney: We want to choose activities that we can stick with as a lifestyle. So not these horrible classes or routines that we're like, "Oh my gosh, I'm just going to do this for six months." At the end of six months, things are not going to be looking very happy, very good. It's just not worth it. So keep searching for that workout love out there. Definitely check out that free LES MILLS trial. If you want to try out some new workouts. I have a ton on my website too.

Gina Harney: If you just click on fitness at the top, so just go to fitnessista.com click at the top. There's fitness, there's a ton of different categories, YouTube, my friend Jess Valant, she has incredible workouts on YouTube. I will link to some of my favorites in the show notes and hopefully that will help you guys just try something new, kick things out of gear a little bit, get excited, and I really hope you enjoyed this episode. If you did, if you wouldn't mind just taking the time to head on over to Apple Podcasts and leave at five star review and I'll be back next week. Have a wonderful week and I'll see you later. Bye.

Speaker 2: Thanks for listening to the Healthy in Real Life Podcast. For more info, check out Gina's blog at fitnessista.com.