Have you been exercising for weeks and seen little to no results? If so, here are some questions you can ask yourself: **Am I exercising an adequate number of times per week?** ACSM recommends that you incorporate 3 to 5 days of cardiorespiratory training, 2 to 3 days for muscular strength and endurance training, and 2 to 3 days for flexibility training. **Are my exercise sessions challenging?** Cardiorespiratory training should be performed at 55 to 80 percent of your maximum heart rate, depending on your fitness level.* Muscular strength and endurance training should include 8 to 12 repetitions per set, and flexibility should be done to tightness at the end of range of motion. **Is the duration of my exercise session long enough?** Cardiorespiratory training as well as muscular strength and endurance training sessions should last between 20 - 60 minutes. Flexibility exercises should be performed in durations of 10 - 30 seconds per stretch. **What type of activity am I performing and am I performing it correctly?** Cardiorespiratory training is considered “any activity cardiorespiratory in nature such as walking, hiking, running, jogging, cycling, swimming, stair climbing, in-line skating, stepping, and aerobic dance.” Muscular strength and endurance training is considered “ any activity that creates an overload to the musculoskeletal system, such as weight training, calisthenics, resistance tube exercises and stabilization exercise.” Flexibility training is considered “any activity that focuses on elongating muscles and moves joints safely through their full range of motion such as yoga, stretch class, and cool-down periods.” To ensure proper form you should schedule a fitness orientation or participate in one of our group exercise classes.

Individuals who are beginning any type of fitness training should start at a moderate training level and gradually increase the intensity of their workout. You may also incorporate longer rest periods in between exercises and/or start at a lower heart rate. People who are deconditioned may also want to try multiple short exercise sessions daily of at least 10 minutes. This method also works for individuals who have busy schedules.

So if you feel as though this article pertains to you, come on over to the LSUHSC Wellness Center and join one of our **FREE** group exercise class or schedule a **FREE** fitness orientations today!!!