

Week 2:

Tips for Getting the Most Out of Your Weightlifting Program

No matter what your goal is in the weight room, there are key factors that influence the overall outcome that often get overlooked or ignored by many beginner/intermediate weightlifters. These three tips can help ensure optimal performance during each workout, and improved results for anyone.

1. **Hydration** - Being hydrated is crucial for maximizing your workout in all stages (before, during and after). Lack of proper hydration subjects the body to many negative side effects that will inhibit performance levels during the workout and our muscles ability to recover afterwards.
2. **Sleep** – Anyone who is not getting enough sleep each night exposes themselves to negative side effects during the day that may affect performance at their school or workplace. This holds true with physical activity as well, inhibiting performance and more importantly impeding recovery levels.
3. **Nutrition** – The nutrients that we fuel our bodies with are essential in any exercise program, but each person/workout is unique and may call for different types of foods to help provide the greatest energy potentials. Increased dietary protein may supplement results in one weight training program, while more carbohydrates might be beneficial for another exercise program. To learn more about nutrition recommendations specific to your lifestyle and exercise goals, speak with a proper health care professional (Nutritionist/Dietician, Athletic Trainer, etc.) or an exercise/fitness coach at your local facilities.