



Cross Training

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There can be no doubt that a sensible program of exercise/activity is beneficial for both mental and physical health.

A variety of exercise and activity can have a positive effect in terms of working different muscle groups and reducing the risk of overuse types of injury; from a mental point of view a varied program is likely to be more stimulating and less boring. It will also alter the demand on the cardiovascular and musculoskeletal systems.

Cross Training means that you cross-over between different activities and perform a more varied exercise program without continually concentrating on one specific activity.

Select activities that you enjoy. If there is no enjoyment and it becomes drudgery you are less likely to continue with it. The intensity of your program should also be varied as well as the content, and you don't have to exercise every day to the point of exhaustion. Three to four times per week is sufficient, however try to avoid doing the same things each time.

A structured cross training exercise program should initially be designed and supervised by an experienced Health Care Professional (HCP) to ensure it fits with your goals and is appropriate for you, allowing you to improve your level of personal fitness in a sensible and safe manner.

The program should consider any medical problems or injuries you might have. Another reason for consulting an HCP is to take advantage of their expertise in relation to injury prevention and correct technique when exercising.

With all physical activity, when being performed for the first time, a carefully graduated program with sensible progression of repetition or duration is essential. This will help prevent injury.

From personal experience, I've found that the guidance from a friendly and knowledgeable coach can be an effective motivator and help to achieve better results. We sometimes benefit from a little encouragement when it comes to ensuring compliance.

Financial planners advise us to save/invest at least 10% of our income in order to provide us with some degree of financial security in the future. Health care professionals should similarly be telling their clients to spend a specific portion of their week on physical exercise/activity for their current and future well being.

How much of the last week did you spend on physical exercise/activity?