

Helen to the Rescue

Working out online or in person?

While some of you enjoy the distraction-free time that comes with an in-person training session or fitness class, the convenience of working with a trainer online or zooming into your favorite class from home may be more beneficial. So, should you try online or in person? That decision should be based on your preferences and lifestyle. Both fitness styles include customized workout plans to help you achieve your fitness goals.



NASM, ACSM, NSCA, and ACE are the top accrediting bodies when seeking a personal trainer. If looking for a yoga class, look for an Iyengar Yoga certified instructor, and if interested in pilates seek a certified Joseph pilates instructor.

Prerecorded workouts are all over the internet! This will be a discussion for another time.

What seems impossible today, one day, maybe become your warm-up.

Yours in Fitness,

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Helen's love of fitness began at an early age. She practiced dance and gymnastics as well as track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.

ONLINE:

Online Workouts can provide class and training opportunities that may not be available at your local gym. They offer the advantage of allowing you to try many different things from the comfort of your home or any convenient location. The whole world of fitness is now at your fingertips. You can pick a trainer or class from anywhere. If you're a beginner, an exercise program in the privacy of your home can be a great way to introduce fitness knowledge and skill.

All these options may sound great, but they may be overwhelming! In my 37 years of training experience, I believe teaching form and safety over a screen is much harder. When not in person, I can't see every angle of you, which makes correcting and assessing more challenging. Keeping you safe is always my top priority (I'm not in the room to catch you if you fall).

IN PERSON:

In-person workouts are essential in many people's fitness journeys. The significant advantages include the high level of expert guidance from an in-person instructor or personal trainer. Going in person allows your trainer to help and guide you as you progress by handing you a different weight or immediately correcting your form. Group fitness allows you to build relationships around staying healthy and in shape. It provides further assessment tools that trainers cannot do online. This can include postural and movement assessments, in addition to body composition analysis and monitoring vitals.

Yes, you do have to travel to the gym, which might put too much time on your already busy schedule. On the training end, this could add \$'s to your workout; brick-and-mortar locations may cost more.

KNOW ABOUT YOUR INSTRUCTOR?

A wide range of accrediting bodies are out there, each offering its own training and education approach. Find out what the trainer's specific area of expertise is.

EXERCISE YOUR RIGHT TO MOVE IT *and* LOSE IT!

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