



By Meg Levesque, CPT - First Fitness Management

With the fitness world constantly pumping out new toys and new ways to sweat, it's important that you, as the consumer and client, pick and choose what works for you and your body. Make sure you don't get caught up in the marketing piece, but rather ask yourself the "Whys" behind the "Hows". This is incredibly important as every BODY is different. Below are ways to help you decide whether a fitness program or toy is a fad or here to stay:

- 1) What is the science behind the program or toy?
- 2) Is this particular program or toy a knockoff of something already established?
- 3) Safety is key. Do your research!
- 4) Avoid the internet and what "they" have to say. Instead, seek professional guidance.
- 5) You must decide if you are willing to be consistent with something. If you plan on doing something for 30 days then it will be a fad. If you plan on including it in your lifestyle, it will be here to stay.

The biggest take away is this...don't overcomplicate things when it comes to fitness toys and programs. There is no magic pill, and results will not happen overnight. Take the time to research and do it right and anything you choose will be here to stay.

READY TO TAKE THE FIRST STEP?

For a consultation to determine your company's fitness needs, contact:

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