



WORK RIGHT REVIEW

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STICKING TO A GYM ROUTINE

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Consistency is key for gym goals but the reason reaching those goals is so challenging is because of how difficult it is to *stay* consistent for the long term. Anyone have a gym resolution to begin the new year? Here are a few tips to set up new and advanced gym goers for long-term success.

Pick a Time and Stick With It

There has been much debate and conflicting research on what time of day is best to workout. The evidence leans towards the early afternoon. However, that is meaningless if you are inconsistently getting to the gym. Pick days and times that work best for your schedule that can be kept the same week after week.



25% Rule

The gym is a long game, not a short game. A common mistake people make is trying to do too much too soon. Remember the 25% rule. When starting a new gym routine simply do 25% of what you think you are capable of doing. This helps cut total workout volume and reduce the likelihood of developing delayed onset muscle soreness or possible injury.



Make It a Priority

Your health is important. Make the switch in your mind that going to the gym and improving your overall mental and physical health is a **PRIORITY!** Establish your gym time as non-negotiable.



Recovery

We break our muscle tissue down in the gym. We build muscle tissue when we sleep. Get plenty of sleep, hydrate, focus on proper nutrition, and you will be able to take full advantage of all those gym gainz!



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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

