

1. What is personal training?

UTSA Campus Recreation's Personal Training Program offers you certified personal trainers who can design a comprehensive exercise program specifically for you. By assessing your fitness goals, our trainers can create a workout plan for you, teach you how to properly perform resistance and cardiovascular training exercises and keep you motivated and disciplined! Whether you are a beginner or an experienced exerciser or athlete, our trainers have the knowledge and skills to work with you to help you achieve your personal fitness goals.

2. What are the benefits of exercise?

Any type of physical activity that is done for at least 30 minutes five times a week will produce a variety of health benefits. Studies show that routine exercise can produce the following long term physical and psychological benefits:

i. Physical

1. Reduce risk of premature death and heart disease
2. Reduce risk of developing diabetes, high blood pressure, colon and breast cancer
3. Helps build and maintain healthy bones, muscle and joints

ii. Psychological

1. Decreased levels of stress
2. Improved sleep and self-esteem
3. Increased productivity and energy levels
4. Reduce feelings of depression and anxiety

3. What is cardiovascular training?

Cardiovascular training refers to making your heart-lung system more efficient. Aerobic exercise such as running, brisk walking, swimming, etc. allows large muscle groups to contract over a long period of time. This allows the cardiovascular system to supply a continuous amount of oxygen. The Physical Activity Guidelines for Americans state that a total of 150-300 minutes a week is sufficient to provide substantial health benefits such as long-term weight loss maintenance and general cardiac health. Depending on your personal goal, you may want to increase your amount of aerobic activity.

4. How does weight/resistance training benefit me?

Adding weight/resistance training to your exercise routine can improve your overall physical health more than cardiovascular training alone. Muscular strength helps prevent injuries, improves overall body composition by toning and defining muscle groups, increases muscular endurance, and increases bone density. Exercises performed in weight/resistance training are done in sets and reps. Repetitions are the number times an action is performed (i.e. 10 bicep curls). A set is made up of a grouping of repetitions for the specific exercise (i.e. 3 sets of 10 curls) Specific intensities of weight training as well as duration will vary per person depending on desired results and background.

5. How long does it take to see results?

Results vary from person to person. They are dependent on the intensity of the workouts, consistency, and duration of each workout, body type and nutrition. Health

history also plays a factor in the time frame of your results. However, most people will begin to see results within two weeks of starting an exercise program.

6. What should I generally be eating?

As a rule of thumb, the food guide pyramid is a great resource to reference when looking at how to create a balance diet. When you sign-up for personal training, you will receive a basic nutrition guide, but we also recommend making an appointment for a nutrition assessment with our registered dietician by emailing fitness@utsa.edu.

7. How do I know what I'm doing is actually working?

The easiest way to assess this is to ask yourself the following questions: "Do I feel on a day-to-day basis?, Do my clothes fit better?, Do I feel better about myself?, Are tasks that used to be difficult getting easier?". Everyone is different, but if you maintain the exercise program created by your personal trainer, you will see results.

8. How long should I be sore after a workout?

Muscle soreness generally exists after the muscle fibers have been torn during a workout, and muscles are rebuilding themselves. There are two different types of soreness that can occur: acute soreness and delayed onset muscle soreness. Acute refers to pain felt immediately after your workout. Delayed onset soreness refers to pain felt 12-48 hours after a workout. Duration of soreness will vary depending on how hard you have pushed yourself or the time of inactivity accumulated prior to your workout. If soreness lasts over 72 hours, please consult your trainer for further instruction. Remember to allow plenty of recovery time before working out the same muscle groups to allow them to rebuild following the workout.

9. What can I do to lose weight?

Achieving your ideal body and maintaining it can be done through the use of new exercises and techniques which personal trainers and group-x instructors can provide. A combination of a healthy and well-balanced diet as well as an effective and consistent workout regime will help you achieve your goal.

10. How do I increase my flexibility?

Flexibility is a very important component of fitness because it allows your body to perform exercises with the full range of motion safely. Static stretching is the most common way to elongate the muscles and increase flexibility. After your muscles have been warmed up for about 10 minutes or so, slowly reach into a stretch and hold it for 15-60 seconds for one to three repetitions each. Make sure to breathe throughout the hold of the stretch. To increase flexibility and promote better range of motion, stretching should be done several times a week.

11. Are supplements good for me?

There are a lot of different supplements on the market. Some of them are beneficial, some are harmful and some are neither. It is best to consult a registered dietician for advice on supplementation. You can set up a nutrition assessment to speak with our registered dietician at Campus Recreation for free simply by emailing fitness@utsa.edu.

12. How do I work out after injuries?

This will depend on the type of injury you have. Our personal trainers are trained to help you workout following some minor injuries, but for major injuries, you should consult a physical therapist.