



Be Well Aware – Health Article



Finding the Right Online Fitness Class

Rise of Virtual Fitness

With virtual fitness classes becoming more popular and convenient these days, finding the right class for you is more important than ever. Whether you are just starting to explore fitness or you are a seasoned exercise veteran, there is an online fitness class for you. The number of virtual options might make it seem difficult to pick just one, but with a couple considerations you will find a class that is engaging and enjoyable in no time.

What Fits You?

First, consider if you would like a group or one-on-one setting. If you want less of a group class setting and more of a personal one, there are options such as virtual personal training or online programs that can offer workouts based on your experience and goals.

If you're looking for more of a general fitness class, ask your fitness center if they offer virtual classes or if they can point you to an online program. Think of which style of workout you might want to try, such as cardio, strength, yoga, etc. Look for classes that offer something based on your fitness level, like beginner or advanced.

If you find it hard to stay committed to exercising, then an online fitness class with a community might be what you need. There are online programs such as those included in equipment-based training that have a built-in community where you can interact with and cheer on other participants. Live stream fitness classes on YouTube or other platforms can give you the community effect as well. Finding the right community within virtual classes can not only help you adhere to the program, it can also give you a much-needed social outlet.



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Some online programs are subscription based and offer a trial period, so try it out and make sure the program is for you before you commit. In most virtual online class options, no one is watching. This can be a good thing if you do not like exercising in front of others, but it also means you are responsible for knowing your limits. Based on those limits, you might want to look for a specific class or instructor that uses cues for exercises that you understand.

Ready to Begin

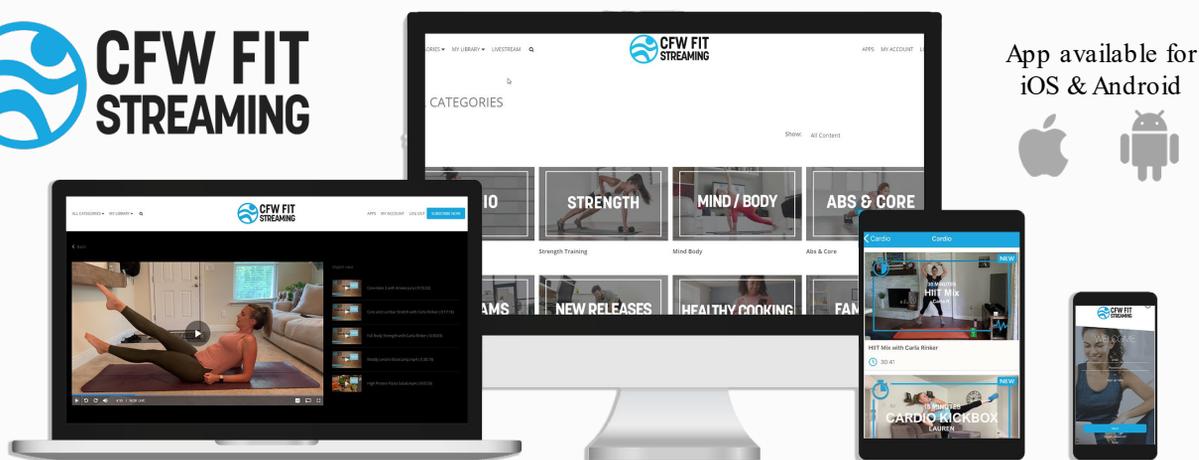
When you find a virtual program you are interested in, make sure you have what you need before committing. If you do not have the equipment needed, see if you can find a substitute. For example, if you do not have dumbbells, you might use water bottles. Clear out a space big enough to move around based on your class and be careful of slippery floors or surfaces if you chose to workout outside. Once you begin classes, create a schedule you will stick to and give yourself rest days. Mix it up sometimes; try a new format if you are getting bored.

A New Way to Move

Virtual fitness is growing rapidly, and there is a class for everyone. Take your time researching some programs to find the online fitness class you enjoy. Even if you are missing in-person instruction and community, finding a way to fit exercise in virtually can make a huge difference for when you're finally back at your fitness center. Whatever your reasons are for finding and completing an online fitness class, your mind and body will thank you!



Come workout with us virtually at streaming.corporatefitnessworks.com!



References:

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From Corporate Fitness Works Team Leader: Megan Carroll