



SWEET MOMENTUM FITNESS

Top 10 Things You Should Know About Your Sweet Mo Training Program

1. **You can control the intensity of each workout with your own effort.** Our trainers rely on you to choose an intensity that best honors your body. We want you to work hard, OF COURSE! - but above all else, we want you to stay safe. Always stay in communication with us about any injuries, illnesses, or limitations that you may be managing.
2. Pain is your body's signal that you're entering an injury-prone danger zone. Plus, pain increases cortisol, and cortisol increases body fat. **There is no benefit to working out in pain.** Avoid any painful patterns, and train only non-painful patterns.
3. **Soreness is ok!** In fact, it's totally normal, especially in the early stages of a new fitness program. Muscle soreness will gradually go away on its own over the course of a few days. You've created some microscopic tears in your muscles, which brings on a bit of swelling and initiates a rebuild-and-repair cycle that actually is the source of pain. The good news: the soreness means the exercise is working! **This is how you build lean muscle.** Damaged muscles always come back stronger once they are repaired. As weak muscle fibers are weeded out, you'll become less and less susceptible to post-workout soreness.
4. **Stacking fitness on top of dysfunction will only lead to injury or plateau.** Our priority is finding your dysfunctions, cleaning up your weak links, and correcting asymmetries.
5. **Overtraining is a major contributor to lack of results and people quitting training.** If you work out at a high intensity more than 3 times per week, we recommend taking a recovery week every 5-6 weeks during which you do light training or complete rest.
6. **Lifting weights will not make women bulky!** It will make you strong and lean. Truth!
7. You get much better results from doing a less challenging exercise in good form than you do from a more challenging progression in bad form. **Form before intensity—always.** Please trust our trainers to guide you to the progression that best suits you on any given day. If at ANYTIME you find yourself wanting/needing a more or less challenging variation of an exercise, JUST ASK! 😊
8. **Nutrition is JUST as important as exercise when it comes to achieving your fitness goals.** You typically cannot out-train a bad diet. If you're interested in nutrition coaching, we've got you covered! We've got rock star nutritionists that we recommend, and they will work with you to create an individualized plan that takes into account your preferences, goals, dietary restrictions, and life demands. We want to support you in building a relationship with food that feels good and is sustainable for the long-term.

9. **Recovery is just as important as the workout.** A good post-workout meal, 7-8 hours of sleep, stress reduction, and soft tissue work are essential to a balanced program.

10. We are not going to do any sit-ups or crunches. Your lumbar spine is made to stabilize, not flex and extend repeatedly under load. **We do stabilization exercises for the core, and if your form is right, you are working your core on EVERY exercise that we select.** Core training at its best is trying to maintain good posture under a load or force that is trying to alter that posture.

Please note:

We are fitness professionals with expert knowledge and big hearts. We truly care about YOU and your well-being. But we are not medical experts. If we notice that you're dealing with a persistent imbalance, injury, or limitation, we may recommend that you visit one of our trusted community partners. You can trust them to treat you like an honored guest, and to give you the care you need.

We only recommend the best.