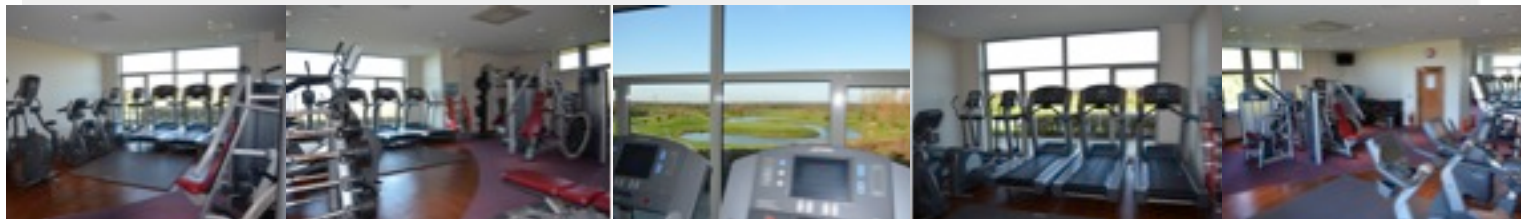


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Never think you cant learn something new.

Luke Barden, February 2014

I one thing I have noticed from talking to people in gyms, and in general about both their health and fitness, and their life as a whole, is that there is a closed minded stubbornness that has developed.

People seem to have the notion that the method they know, the way they were taught or the opinion they have formed is correct; no matter what information is revealed to them. An example of this is Andrew Wakefield's paper, which claimed that the MMR (measles, mumps and rubella) vaccine could cause autism spectrum disorders, among others. This quickly led to the widespread rejection of vaccines for young children by concerned parents (especially after there was celebrity support of this theory). However, the paper and indeed author have since been disproved and discredited. The repercussions are still evident though, as, due to this false information, the rate of vaccines sharply dropped, and have struggled to regain trust due to people sticking to the misinformation previously provided. There has been a significant increase in measles and mumps, causing severe and permanent injuries, sometimes death. The knock on effect has been huge, because of people being unwilling to look at and believe the counter arguments to the initial detrimental paper.

We must always try to remain open minded to new theories and counter arguments. This is not to say that you must always believe the newest arguments that come out. But you should consider them, and come to your own conclusions based on the information presented.

Within the gym this could never be truer. It is a constantly evolving world, with the new key to fitness available with every new year (if not more often!). The trends come thick and fast: swiss-balls, kettle bells, power plates and TRX to name a few.

You should look to develop your own knowledge, on how the body works, and what you want to do with yours. From that, you can try these new ideas and determine your opinion on them. But, if new methods or research comes out, it is always worth looking at it with an open mind. Even Arnold Schwarzenegger said he would listen to anyone with a new idea in the gym, and he was the most accomplished body builder ever when he said that. There is always the chance someone else has spotted something you missed!

As for the trends mentioned: swiss balls are fantastic, kettle bells have their uses but aren't as necessary as people make out, power plates are only good for stretching and TRX far from impresses me. But that is my opinion! After reading this, I hope you would look to develop your own opinion on all of them.

I for one would enjoy hearing it.

