**30 Days of Fitness Program**

This year we are celebrating the Tanger Be Well Center’s 30th Anniversary with the **30 Days of Fitness Program**. Join us to share the joy and kick-start your spring training routine.

**Contest Rules**

**When:** April 6 to May 15, 2015.

Participants may enter the program at any time. Complete a registration form at the Be Well front desk and receive your 30 Days of Fitness calendar.

**How:** Participate in daily fitness activities and see a staff member to receive a stamp for each one you complete. You can earn a maximum of two days’ worth of activities by substituting the following: a group exercise class, Be Well health education lecture or Wellcoin “Get Moving” activity.

**Who:** Tanger Be Well Center members.

**Fee:** There is no registration fee.

**Prizes:** There are two types of prizes.

1. **Participation prizes:** awarded to the three members who participate in the most activities (limit one activity/day)
   - **First Place:** One month free membership
   - **Second Place:** $50 American Express card
   - **Third Place:** A one-hour personal training session

2. **Fitness Challenge prizes:** There will be a fitness challenge every Tuesday during the program. The male and female contestant with the highest score will earn a prize!
Cutting the Fad: Why P90x and other trendy workouts may not be for you

What is ‘muscle confusion’? Can your muscles actually become confused? Workouts like P90x promote the belief that muscle confusion is the only way to see results. Making a workout more “confusing” does not necessarily yield better results and may increase the risk of injury. This is of concern because most people lack the proper spine and hip mechanics to perform such tasks as jumping and twisting at the high volume required. This is why it is important to ask: What is the risk? What is the reward? When choosing an exercise program, these questions are vital. Programs like P90x may be convenient and time-efficient, but at what cost? The forces exerted on the spine in a P90x workout are great, but if your hips lack the mobility required to execute the movements, the risk of injury is greater. Sessions are scheduled five to seven days per week and exercises are performed to the point of extreme fatigue, compromising form. Professional athletes, who have flawless technique, train four to six days per week. Why should the average person, with no technique, train at a higher level than the pros? To help avoid injury, start gradually by learning proper back and hip placement in any complex exercise, ranging from a plank to a squat. The musculoskeletal system will adapt to the volume and load that is placed upon it, but it will do so gradually and progressively.

When approached correctly, finding an exercise program individualized to your specific needs can be highly rewarding. Everyone is different and the ‘one-size-fits-all’ app or video made to fit hundreds of thousands of people is unrealistic. Find what works best for you and avoid risking neck and back. Keep this in mind before starting any fad program and always seek advice from a professional.

Sources: Lin, Justin DPT, MS, CSCS. 1/17/2013. Don’t Be Fooled by Crossfit, Insanity, or P90x. http://thenoticeca.com/2013/01/17/dont-be-fooled-by-crossfit-insanity-or-p90x/