



How many times should I workout in a week?

NAME:

DATE:

This worksheet is a supplement training guide to “How many times should I workout in a week?” video published on October 12, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

How many times should you workout in a week? Many of us have certain ideas in our heads about what works best to keep us strong and healthy. Is it four days a week, three days a week? Is two enough? Today at Humpday Hustle, I discuss the ideal exercise frequency in order to reach your peak performance.

How many times should you workout in a week?

Working out on a daily basis or 7 x a week can be beneficial to your health. Even MayoClinic.com states that regular exercise can improve your mood, control your weight, boost your energy level, lower your hypertension and cardiovascular disease risk, and make you sleep better at night. However, it doesn't mean you have to go to a gym to lift heavy weights on a daily basis. What I mean is to learn how to enjoy the health benefits connected with daily exercise by performing the right type of activities that suit you. It may include running, biking, swimming, mountain climbing, and many more.

Build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, physical therapists, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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