



Change is Good: Why You Need to Shake Up Your Workouts

It's Humpday Hustle! Time to take care of our body, our true temple. You may notice that you're gaining muscles and shedding extra pounds with your new exercise routine. However, after a few weeks, you may start to stagnate even if you stick to your usual diet and do the same amount of exercise. Why is that? Today's video is all about the adaptation and learning capacity the body has to any environment and new experiences. Find out why you need to shake things up if you want to see gains in the gym.

If you repeat the same type of exercise, your body will get used to that routine and will consume less energy. But if you shake up your workout routine, your body will be challenged and will use more energy, that leads to more fat loss and faster muscle gains.

In order to maximize your workout and bodybuilding goals, it's best to consult with a trainer or 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, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG 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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www.tchpp.com and www.journeytopersonalgreatness.com