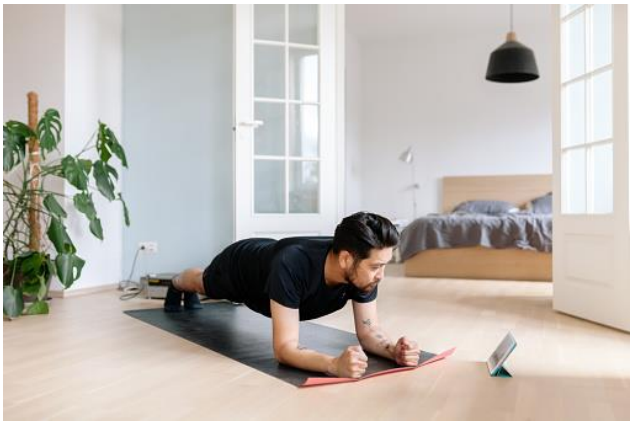
Do you Love On-Line Workout APPS and Videos?



Over the last two years a lot of us were relegated to at-home or outdoor workouts and surfing social media for ideas on what to do. As a Personal Trainer and Fitness Instructor I know what to do, but the motivation, accountability, and variety provided by online workouts kept me engaged through the pandemic. Although fitness centres are open, I still find myself enjoying a short 20-minute video workout at home once a week. So, what does an experienced professional in the Health & Wellness Industry have to say about what is going on in cyberspace?

I have seen a serious improvement in the quality of recorded fitness options available since the start of the pandemic. Improvements in exercise choice, instruction, modifications, and production quality. Sure, there are still some “feel the burn” screamers out there but there are a lot more professional programs to choose from as well.

As the Manager of a Workplace Wellness Fitness Centre, I watch a lot of people exercising and more and more are following routines on their phones. Some of the routines they are performing are very good; well thought out, and interesting. So, what is the caution? There is a huge disconnect between what the instructor is demonstrating and what the client is performing. One way communication is challenging in any situation and in the case of weight training it can be downright dangerous. For example, I can recognize that a client is attempting a deadlift but since there is no feedback, tips, or corrections provided, their form or technique is not effective or even safe. As soon as I step in and offer some training corrections the client is amazed at how they can feel the correct muscle groups and not feel their back pain.

There is a solution to getting the most from your favorite online videos, apps etc. Treat yourself to a personal training session that can modify exercises for your injuries or goals and teach you correct form to get the most from your workout. You don’t need to register for 8 sessions. Just do one training session and see what you have been missing. You can even do your session virtually. Invest in yourself, enjoy your home or gym workouts by doing your exercises properly, and ensure that you’re getting the most out of the effort you are putting in.

www.curtishealth.com 604.921.2348 info@curtishealth.com