

How to Choose a Workout Video

The number one request I have had from members during this pandemic is to recommend a “good” workout video. I estimate that I have viewed over 100 workout videos over the past 2 months. Unfortunately, there is no quality control on social media platforms. Anyone can post what they want regardless of expertise and often with outrageous claims such as: “Get shredded in 2 weeks”, “500 calories burned in 30 minutes”, “7-minute workouts to meet all your fitness needs”. Curtis Health is offering LIVE and recorded videos for Yoga, Pilates, Core, HIIT, Circuit, and Stretch by registered and certified fitness leaders. All recorded videos are reviewed by a Supervisor or Trainer of Fitness Leaders for quality control. Our videos are geared to OUR clientele, whom we know personally. Most of our members, despite having worked out for some time, may have dealt with injury, may have a sedentary job, and are not likely professional athletes or in their early 20s.

Common Red Flags to Watch For

- Little to no warm-up. If you just woke up or have been sitting for a few hours your body requires a warm-up to help prevent injury. Jumping jacks or mountain climbers as the first exercise is too intense.
- A lot of motivating, yelling, and inspiration, but with no alternatives for a lower intensity.
- No modifications for shoulders, knees, or backs or if you end up unable to participate because no modifications are provided.
- No breaks or encouragement to go at your own pace.
- Tricky exercises that are more about looking cool or being really, really, difficult instead of exercises chosen for safety, muscle balance, and effectiveness. Think about the risk vs benefit.
- The Instructor has their shirt off and uses a lot of I words. The workout should be about you, not about the Instructor/Celebrity and how they look or what they can do.



There are some excellent workout videos available, however, it can take a bit of time and discerning to find the right fit for you. Consider booking a short 30 min session with a Personal Trainer who will take the time to match a program to suit your goals, meet you where you are right now on your fitness journey, and teach you which exercises you can swap out if you have an injury, condition, or limitation which requires modification.

We can help you in general and/or with specifics. For example, a client sent me a video to watch and wanted to know if it was “ok” for her unique needs. I sent it back with exercise alternatives and suggestions specific to her body and goals -warm up 5 mins before you turn it on, participate until the 19 min mark, skip ahead to 25 min mark, substitute wall push-ups for regular ones, at 36 mins skip to 42 mins and finish the rest of the video. Do these 4 stretches (worksheet enclosed) after finishing the video. What was the result? She was able to safely complete her workout while still feeling challenged, proud, and positive. Personal Training is exactly as it sounds, training personal to your goals and your capabilities. We are here to help you.