

# IS IT OK TO TAKE A DAY OFF?

by: Nadia Bender



**A**s a Personal Trainer/Fitness Instructor, I'm reluctant to give you my answer because I am worried about how you might take it. I enjoy having a leash on you and your workouts, so to give you this answer I am risking how you might interpret it. Anyhow, here is my answer to this common question I get asked by my clients. Yes, of course it is okay to take a day off from your workouts! What is important to understand is not whether to take a day off but **WHY** you feel you need the day off. Did you

have a lack of sleep the night before? Did you have a stressful event you need to chill from? Were you sick and need to recuperate? Your reason for wanting the day off is important because it can either hinder your progress or it can help your next steps.

Another common question is, "Do you get weaker when you take that day off?" Not really - you can actually get stronger because you are more likely to push harder in your next workout as you mentally had a break and your body physically had a chance to recuperate and recharge too!

The one thing I always recommend to my clients is to really listen to their bodies. Pay attention to body signals such as:

- Muscles that are really sore to the touch or when you hold your posture correctly
- Recurring pain in your joints
- Stiffness and tightness that you can't stretch out

Be conscious of your aches and pains and assess them so you don't ignore any warning signs that can lead to serious, long-term injury.

What you need to consider when contemplating whether to take the day off is this: You are more likely to benefit from the day off when you believe you have earned it, more than when you feel that you deserve it.

So, go ahead - I give you permission to take the day off, as long as you feel you worked 100 percent for it! If you aren't sure you should take the day off then go with your gut and get that full workout completed.

Need help to earn that day off? Then just give us a call and we will make sure you deserve to take your day off and are proud for doing it!

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