

ARE YOU A CLOCK WATCHER?

by: Nadia Bender



So here I am teaching one of my fitness classes and I enjoy doing the exercises that challenge my clients. As I push my clients through a variety of different moves they are either silent while they concentrate on maintaining correct form or I hear them whining in pain because the move is very difficult and they can feel the muscle burn. Either way I often catch many of them checking the clock on the wall.

I know they watch the clock. During one fitness class, after I had taken the clock in the studio down to replace the battery and forgotten to hang it back up, I almost had a revolt on my hands! The clients commented to me that the clock was missing from the wall - they wanted to know where it went! I was very impressed that they studied the decor closely enough to notice a missing clock, but I also wondered why they cared about its absence.

Why are my clients watching the clock?

Are they checking it because they are enjoying the workout and hope it is not going to end too soon? Are they checking it because they can't wait for the torture to end? Are they checking it to see what is next on their to-do list? Are they checking it because it is a habit?

I will also check the clock during the fitness class, but my reasoning may be quite different from my clients'. I will be checking it to make sure we are doing a move long enough and to monitor exercise intensity and endurance (to judge how much agony they should be feeling from muscle fatigue). Or I will check it to make sure I have dedicated enough time for cardio, muscle and core work. Or I will check it to make sure I have hit all the muscle groups, ensuring a full-body workout, while still having enough time for a stretch at the end.

One of my greatest thrills is to have clients tell me that a class was very challenging and that the time just flew by. This tells me that they weren't watching the clock - they were able to live in the moment and enjoy the exercise session. And that is our goal: clients who are breathless and smiling.

So if you are a clock watcher and want to change your perspective on time during exercise and how to better live in the moment during your workouts, check the clock to find a time that suits you to come visit us at the studio to learn more.

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348).