



By: Tara Zimliki

April 2014

As you begin the New Year with mega motivation, let me share with you the ultimate workout tips for men. As a personal trainer for over a decade, helping countless men transform their bodies, I have quite a bit of experience to help guide you. There are many tips you can read but not all are true and not everything works. So I will save you the time and you can save your energy for utilizing my workout tips for men, so you can see great results.

### *1. DON'T STRESS OVER THE SCALE*

**Listen up, guys:** you can work your butt off at the gym and you may see the number on the scale barely budge, if it moves at all, and you might get frustrated. Stop stressing. You're probably losing fat and gaining muscle, so the scale may stay stubbornly at the same number... so stick to measurements and body composition as your gauge. If you see a difference in the way your clothes fit and you are leaner, keep up the great work. Stopping the stress over the scale is my number one of all the workout tips for men because this is so important!

## 2. SNACKING SHOULD BE PART OF YOUR EVERY DAY

If you aim to be fit and strong, you should stop eating three large meals each day and focus on eating between five to seven small meals. If you make healthy snacking part of your everyday meal plan, you'll boost your metabolism and become a fat burning machine. Just make sure your snacks include lean protein, greens and healthy grains. According to research, your body requires about 6 grams of essential amino acids pre- and post-workout to maximize your muscle growth. Did you know this is the exact amount found in two large eggs? So get snackin' on some hard-boiled eggs!

## 3. MAKE FITNESS SOMETHING YOU LOVE

If you want to achieve your best body this year, you should focus on falling in love with your fitness. If you consider your workouts part of a phase in your life, this will never be something you will stick with. But if you make fitness something you love by trying new workouts and enjoying the high you feel when you complete a challenging workout, you will achieve more this way and feel great!

## 4. STAYING HYDRATED WILL HELP REV YOUR WORKOUTS

There is a reason why most weight lifters walk around with a gallon of water at the gym: hydration is an important part of a healthy fitness routine. To recover more efficiently and to aid in your digestive process, aim to drink 10-12 glasses of water daily.

## 5. EATING YOUR GREENS WILL HELP YOU GET CUT

Eating plenty of greens daily will provide you with plenty of energy and fiber, and combined with your workouts they will help you get cut! Did you know broccoli has numerous compounds that help combat both illness and disease? That is another reason to make sure you eat your greens.

## 6. HIGH INTENSE WORKOUTS DO WONDERS FOR YOUR BODY

By adding just two intense cardio and strength programs into your schedule each week, you will boost your metabolism, build muscle and have more energy. Switch up your current program and amplify your workouts so you will achieve greater results!

## 7. WORKOUT CLASSES ARE NOT JUST FOR THE LADIES

As a Bootcamp instructor, I have trained many men to be in their very best shape. Numerous men have come to me with goals of shedding fat, strengthening and building endurance, and they have achieved all of this and more. If you need an extra push, consider joining a group like Bootcamp where you can achieve phenomenal results from a certified trainer at a fraction of the cost of personal training. You may also love the group camaraderie that goes along with working with fellow members with similar goals. And if you are single this just may be a great way to meet a great girl in a relaxed environment without any drinks other than water (read: save on your bar tab while still meeting girls).

If you follow these goals you should be on track to achieving your fittest and healthiest body this year. It is all within you, so get working! What are your fitness and health goals this year?