

Never Summer Fitness

Tools of the Trade

Before you embark upon this fitness journey, there are few items that you will need to bring or wear in order for you to be properly prepared to workout. And, some items, that are non-essential, which you may choose to purchase as well.

- 1) Purchase a good pair of athletic shoes that fit and are comfortable. Running shoes are great for running and are okay for cycling. And, while any good quality athletic shoe will suffice for cycling, in time, you may choose to purchase cleats so you can clip in on the pedals. Cleats can improve your cycling efficiency up to 60% as you are “locked” into the pedal. For all other classes, an aerobics shoe or cross trainer will suffice. Remember, your feet bear all of your body weight and during weight bearing/impact exercise, that load can increase to three times your body weight, so purchase a good athletic shoe!
- 2) Wear breathable clothing which will not restrict your movements. There are great fabrics on the market today that wick away moisture from your body.
- 3) You may want to wear a light jacket or sweatshirt and then another layer underneath, so you can take off the layers as your temperature rises. You will want to replace those layers before going outside to prevent yourself from chilling.
- 4) Bring a water bottle. Since most of our classes will be 75 minutes in length, in general you will not require electrolyte replacement drinks. Good, clean, cool water is the BEST way to remain hydrated. Hyperhydrate prior to class, approximately one to two hours ahead of time, sip water throughout the class and then hyperhydrate again following your workout.
- 5) We offer towel service at Never Summer Fitness; however, if you would like additional towels, bring along one or two for your own use.
- 6) It is **ESSENTIAL** that you eat one to two hours prior to your workout. Preferably, foods high in complex carbohydrates, perhaps with a bit of protein. An example would be a slice of toast with a thin layer of peanut butter, a whole wheat bagel, a banana or a whole wheat English muffin. Avoid foods high in fat and simple sugars such as pastries, bacon, or doughnuts. Particularly for early morning workouts, since you will be “Breaking the Fast” from the night before, it is essential that you eat prior to the workout. One to two hours is needed to properly digest the food so that you will have access to that energy resource as the workout progresses and to avoid nausea.
- 7) A heart rate monitor. While Never Summer Fitness provides heart rate straps for cycling, we do not provide heart rate monitors. Heart rate monitors will enable you to keep track of your heart rate and caloric expenditure. You can find good monitors at most sports/fitness shops and on-line as well (i.e. Polar Heart Rate Monitors). Additionally, while we provide the heart rate straps for cycling, and the monitors are cleaned after each use with alcohol, you may want to purchase your own for hygiene reasons.