



November 28, 2011 – Grand Rapids, MI

Spinning—The Beginning

If you're trying to abandon some weight, you inevitably hit a plateau. You're doing everything right, but the scale isn't moving.

That happens to all of us. What I typically recommend is that you do some sort of interval training such as a spinning class. As a runner, I do hill repeats or track intervals because I know what that will do to damage muscle and raise metabolism, but I've never actually taken a spinning class. I don't like to recommend things I haven't done myself, so instead of doing my typical workout at the health club, I took a spinning class.

The instructor and another classmate were helpful in guiding me through the bike set-up: proper seat height and handle-bar height. The instructor showed me how to adjust the resistance from easy to "Are you kidding me?" He talked us through every step of the workout with music blaring—hill climbs that seemed to last forever, 30 second sprints, up on the pedals, sit and grind through. The session lasted just about an hour.

So will it work to increase my metabolism? The way to know is muscle discomfort; I feel the glow in my legs. I'll let you know how well it worked in Wednesday's message. I can tell you this much: right now I'm glad I don't type with my toes.

What are you prepared to do today?

Dr. Chet

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