

Call Me Dr. No

My training no-no's By Ken Hunt

Even the best fitness plans can fail due to simple mistakes that can be avoided if you know what they are. So I've come up with seven big errors that keep people from reaching their fitness goals.

1. Think you should be eating three square meals a day. Nope! Eat six nutritious small meals instead.
2. Pass on sodas and booze—they're just empty calories. Try sparkling water instead.
3. Staying up late is another major gaff. Sleep deprivation causes fatigue and other problems. If you want your mind and body to function optimally, get your 40 winks in.
4. A smart supplemental program can do wonders. But just taking the latest hyped-up stuff is a waste of money. Most of what's on the market doesn't do what it claims.
5. Total-body workouts are great for beginners because the intensity is low. But don't continue this kind of training after a few months. By then, it's outlived its usefulness.
6. One particular no-no should go without saying. Avoid over-training! You can't work the same muscle group each time you hit the gym. Your muscles need several days to recover.
7. Possibly the biggest no-no of all might surprise you: Obsessing over your physique. Remember that your body will never be perfect. Your health should outweigh any vanity., so train hard, eat right and sleep well so that you are fit and healthy and able to enjoy life.

Ken Hunt is an AFI Certified Trainer and the owner of Steel Gym.

Steel Gym has been named one of the top 5 gyms in the USA. By **Muscle and Fitness Magazine** and has earned the ranking as the Number 1 gym in New York City by the American Fitness Institute for "cost, cleanliness, equipment and service." Famed bodybuilder Victor Martinez, has called Steel Gym the "last real gym left in New York City."

Ken Hunt has been featured in the New York Times, Muscle and Fitness Magazine, Men's Fitness, Time Out NY, GENRE, HX, Stonewall News, Diversity Rules, Ethan Says, EXIT South Africa and on Sirius OUTQ Radio and Feast of Fools.

The gym is located at 146 W. 23rd St, New York, NY. For more information on Steel Gym, please call 212.352.9876.

