

## Getting Back in Shape After the Holiday Season

The common perception among the public is that during holidays, Christians send flowers, Muslims pray, and Jews eat... Indeed, one of the prominent characteristics of “Rosh Hashanah” is the family feast on New Year's Eve with many toasts (a significant addition to total calories). This continues with “Sukkot”, characterized by prolonged meals with friends in the Sukkah; on “Hanukkah”, celebrating with sufganiyot or more accurately "sponges with oil"; on “Purim”, devouring Hamantaschen with lots of "fillings" (calories) inside the ear; on “Passover”, eating matzah ("plywood"); on “Shavuot”, fatty and fattening cheeses, and so on. The results can be clearly seen when stepping on the scale or when the wardrobe is no longer current due to size changes (increases). Additionally, there's the feeling and knowledge that we've gained weight on one hand and experienced a significant decrease in physical fitness components (deterioration) on the other.

Here are several tips that will help you return directly and indirectly to fitness and balanced body weight:

- **Health Declaration** - A health declaration form is mandatory at the gym. However, it's recommended to undergo an ergometric test, which has two advantages: first, you receive feedback about your health status, and second, you now know and understand what needs improvement and have permission for it.
- **New Clothing** - Purchase comfortable and new sportswear and shoes which will increase motivation for physical activity.
- **Gradual Progress** - Whether you're an experienced or new trainee after a break, everyone starts from the beginning, not from where you left off.
- **Finish the workout** with a feeling and taste for more, not with pain and exhaustion.
- **Activity Frequency** - It's recommended to perform physical activity about 4 times per week on average for health needs and maintaining physical fitness.
- **Training Intensity** - Varies from one fitness component to another. For beginners, the recommended average percentages are: strength about 60% of maximum, cardio-respiratory endurance about 65% of maximum, speed about 70%, coordination and flexibility as close as possible to 100%.
- **Rest Periods** - Rest is part of physical activity. During rest, the body recovers and builds according to the training nature. Therefore, it's recommended to incorporate average day-long rests between workouts and not exercise continuously.

- Activity Duration - The total training program should be between one hour to an hour and a half, depending on the trainee's fitness and goals.
- Training Phases - The workout consists of three phases or parts:
  1. Warm-up - Preparatory part according to goals
  2. Training - Specific to program objectives
  3. Cool-down - For physiological and mental recovery
- When to Train? - Research has shown that the most suitable time for physical training is in the afternoon and evening hours, as the body is fully alert during these hours. However, if you're distinctly a morning person, then the earlier the better.
- Better Together - Generally, most people, being social creatures, prefer to train with a partner or in a group. In any case, choose a partner who won't cause you demoralization, but rather will eagerly await training time with you.
- Set Goals - It's very important to set realistic goals and achieve them. Accomplishing goals will increase your persistence ability.
- Training Program - It's highly recommended to work according to a training program and maintain written tracking of activity. Commitment to the program will prevent injuries and improve fitness.
- Hydration - Make sure to drink before, during, and after training, especially on hot days. Dehydration of about 1% of body weight causes thirst. Dehydration of about 3% of body weight causes discomfort, fatigue, irritability, and loss of appetite. This level of dehydration is common among athletes in various sports.
- Music - If physical activity bores you or if you're a music lover, physical activity combined with listening to various types of music can certainly increase motivation. However, don't lose internal attention and forget to implement safety rules during activity.
- Variety - Vary the nature of activity (running, cycling, ball games, etc.) and environment (beach, park, etc.). Routine is boring and sometimes depressing; variety is stimulating and exciting each time anew.

And in conclusion, **enjoy your workout..**