Fitness Craze Exposes Fitness Frauds

William Johnson  April 29, 2014

In the last two years it has become socially ‘cool’ to boast about a healthy lifestyle. Many local health and fitness professionals including the staff of Vision Personal Training Wollongong warn to be careful who you take dieting and exercise tips from.

If you were to check your Facebook newsfeed or Instagram pictures there is most likely a picture of some natural foods glazed with a classic Instagram filter revealing one of your friend’s healthy eating habits. Social media analysts have revealed that one of the biggest trends right now in social media is the healthy living.

As a result online users are constantly surrounded with many contrasting ideas of a balanced diet and exercise regimes. Health expert Rachel O’Neill warns “we cannot believe everything we see on social media about health and exercise. I myself often see many posts with misleading information about dieting and nutrition, as a experienced personal trainer and health expert I urge people to only seek health advice from qualified professionals.”

However the fitness and health fad has also had many positive impacts on the general public. People are generally more aware on the impacts healthy eating and regular exercise can have on your life. “What makes Vision Personal Training Wollongong so special is that we have such a diverse range of members, people of all ages and backgrounds but with one thing in common, they are serious about results and they don’t want to waste their time or money so they come to Vision Personal Training because we have a money back guarantee and provide the most time efficient and effective programs to ensure everyone reaches and maintains their health and fitness goals.” Rachel beams.

So how do you spot the fitness frauds on social media? It is a matter of understanding who they are and what experience they have.

If it is a qualified personal trainer who has worked with a great variety of clients then you can trust their opinions. However when it comes to your friends gym progress shots, gym session videos and food spam, consider it to be more of an inspirational story rather than replicating their fitness habits and regime.

“Everybody has different bodies, different goals and different challenges to overcome, so no two diets and fitness plans should be the same” Rachel explains. This is why taking advice from your friends may not be effective at achieving your goals and could perhaps hinder it. A health plan for someone who wants to build muscle mass compared to someone who wants to lose fat, would be extremely different.

Health and fitness can have a very big impact not only on someone physical appearance but their mental health, happiness, career aspirations and day-to-day life. Numerous studies have revealed countless benefits of having a healthy lifestyle well beyond losing weight.
To speak to a qualified professional about achieving your own fitness goals and aspirations you can contact Rachel from Vision Personal Training on (02) 4225 1200.

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