

## Wedding Versus an Athletic Event

You may be wondering what a wedding and an athletic event have in common? In this article we are going to discuss how preparing for a wedding and preparing for an athletic event are similar and how a personal trainer can help you get ready for your wedding.

**Stress:** A bride just like an athlete must deal with increased levels of stress as she approaches her wedding day. Dealing with all the plans involved with organizing a wedding, different views and opinions on how it should be done from family members, friends and your husband to be all can take its toll on a girl. So instead of crushing your intended's skull with a lovely bone china platter as you're picking out your china pattern, take a little trip to the gym, pump some iron, do some intervals on the treadmill and strengthen those tummy muscles. Spend a little time with your trainer and you will find that you will start to relax and all that anxiety will start to decrease as your endorphin levels start to increase. An exercise high is better than any drug on the market and a whole lot safer. Working out will not only help relax and de-stress you, but it will clear your mind and help you to focus on what you need to do and the tasks at hand.

**Stamina (Endurance):** An athlete needs stamina and endurance to make it through a long grueling bike race or run and must train to be able to accomplish this. A bride like an athlete needs stamina and endurance as well. Don't tell me it doesn't take huge amounts of stamina to get up in the wee hours of the morning and get scrubbed and buffed, have your hair and make-up done, manicure and pedicure (okay may be not so tough to take), get dressed and get to the church looking as fresh as a daisy. Not to mention, having to stand all day long in high heels that pinch your toes and kill your arches for pictures, receiving lines and who knows what else. Then you're expected to dance all night with relatives, friends and people you hardly know that your mom and dad invited. Don't get me wrong. This is going to be one of the best days of your life, but in order to enjoy it to the fullest some consistent cardiovascular exercise is required. If you are fit you will have enough stamina for the whole day and have a little reserve energy for the wedding night. Wink, wink, nudge, nudge!!

**Strength:** Strength is a requirement not only in sporting events, but also in everyday living. You need to be strong to carry things like children, boxes, luggage and move furniture, etc. A bride may need increased strength to help her carry the weight of a long train on her wedding dress. Don't laugh! I'm speaking from experience here. I was glad that I had been pumping iron when just before the dance my bustle hook broke and I had to cart my train around by my finger slung over my shoulder the rest of the night. Thank goodness for a strong back, arms and shoulders. You can increase your strength with a few key weight training exercises that can be done in as little as 30 minutes 2 to 3 times per week. It is important that you seek the advice of a professional to make sure

that you are doing your exercises correctly and are getting the most benefit out of your time spent in the gym.

These are only a few of the many benefits that a bride can reap from a little time spent in the gym with a trainer. Increased flexibility, coordination, joint strength, bone mass, calorie expenditure, lean muscle tissue, HDL's (good cholesterol) and self-esteem are things that she will experience as well with consistent exercise. Not to mention decreased body fat and body composition changes. Working out slows down the aging process and helps you look and feel younger.

Ladies there is no time like the present to get started preparing for one of the most important athletic events in your life. Your wedding!!!

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