

# EXERCISING IN A NEW DECADE

*By Gabrielle Burgess*

2020, the new decade where engaging in physical activity to maintain or achieve the ideal level of health and fitness is high priority amongst many. The decade when executives actually do their executive medicals and google becomes our M.D.



**T**he decade where more vegan, vegetarian and healthy options are added to menus and there is raised environmental awareness about food choices. After all, exercise and healthy eating habits go hand in hand. Who knew we would live to see the decade when the Gala Dinner for the 2020 Golden Globes was 100% Vegan?!

It is now a practice to go online, use various gadgets and apps to find exercise routines to suit us, whether it is to focus on a particular area of the body (arms, legs, abs etc.), train at a certain pace (cardio, resistance training etc.) or just to work and stretch our muscles while mentally relaxing at the same time (Yoga). The decade when our watch becomes our trainer (called Fitbit) and applauds us for 10,000 steps or buzzes us when we need to be more active, tracks our heart rate and more.




The decade when trainers come to us in our living room and we can scroll across the television screen, mirror or computer and choose our workout with the touch of a finger. 2020 is when Indoor Cycling has different brands such as Spinning, SoulCycle, Peloton and more. We become competitive with other riders on a leader board as we cycle or just know where we fall. We flip the pedals and clip in our sneakers for a smoother, more secure ride.

How many sneakers do we have? In 2020? We have Running shoes, Cross Trainers, Spinning shoes, Tennis sneakers, you name it. We have to renew gym memberships, online subscriptions and we dare not think about smashing a Tennis racquet if a huge point is lost. Some of us have kids that do at least do one or two sports.

Now and then there may be injuries or a pain that keeps nagging us long enough to see a real doctor. Don't forget the marathons that pop up ever so often, which many have become addicted to entering, whether it is to add an extra workout to the week or improve our previous time while still contributing to some charity or the other. Exercising in the new decade is expensive!

Grandma can keep up with us in the gym in 2020. Middle aged women look and feel better than ever. 50 becomes the new 30 and 40 becomes the new 20.



We regret not being as confident with outfits when we were actually 30 or 20, had a fast metabolism, no aching bones and didn't have to exercise so hard or even at all. Tina Turner legs were natural. If you have it, flaunt it. The decade when everyone can become an Instagram or Facebook model or Carnival comes around and both men and women do just that!

In the new decade, despite our busy schedules with late work days, the traffic, drop offs and any other obstacle that may try to postpone or cancel our exercise routines, we will find our way around it. We may slip on a weekend here or there with a binge, but will train harder and make up for it the next week. Some do the reverse and train hard to earn their carbs. Kudos. For the majority of us, exercising is no longer a chore or torture. We are no longer afraid to step on the scale. Exercising in the new decade is an acquired lifestyle. We are less worried, or not worried at all, when it is time for medical check ups. In fact, we may go more often and set reminders. We sweat, we socialise, we laugh, we scream and we cry. But we sleep better at night, we wake up happy with what we see, feel better about ourselves and are more energized to tackle each work day in 2020. Can you relate?

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