

Great ShapeUp.com

America's Healthiest Couple

The Battle of the Sexes: Who Exercises More, and Why?

By Dan & Jennifer Polimino



Since opening Paradigm Fitness five years ago we've been tracking our clients' progress. How long do they stay involved in the program? How frequently do they work out and how often do they cancel their training sessions? Guess

what? From our data it seems that women have a much more difficult time sticking with an exercise program than men. Our statistics show that women will stay in a fitness program they like for three to six months, whereas men stick with a fitness program they enjoy up to three years. Female clients, on average, work out two times per week and even that gets pretty dicey. Male clients are more likely to exercise three times per week or more. Women cancel their workouts at three times the rate of men and regularly drop in and out of programs. Yet the data suggests that once men make a commitment to exercise, they not only do it, but they rarely miss and they stick with it over a long period of time. Now, there are certainly exceptions

to this rule as we know many women who are absolutely committed to their fitness program, never miss a workout, get terrific results and stick with it. And here's more kudos for women: They are generally more willing to try a new exercise program than men and they don't take much convincing. Men, on the other hand, are a tough sell when it comes to change and not eager to commit.

Still, the bottom line from where we stand is that men exercise more often and seem



to get better overall results than women. What we can't figure out is why. After 37 combined years in the fitness business, this one has us scratching our heads. So, we're asking for your help.

Please write us at support@GreatShapeUp.com and tell us if we're on the right track. Are men really more consistent with their exercise programs than women? And if so, why?

Join Dan and Jennifer Polimino, America's Healthiest Couple, right here every Monday for fitness and nutritional advice. Dan and Jennifer are ACSM/ACE certified trainers, authors, and founders of Paradigm Fitness, Inc. and The Great Shape-Up Program. To ask them a question or to find out more about lasting weight loss, visit GreatShapeUp.com

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