

PACK MENTALITY

Research has shown exercising in a group environment makes people feel physically and mentally better than training on their own. Researchers found working out in a group lowers stress by 26% and significantly improves your quality of life.

Although those who exercised on their own exerted more effort, they experienced no significant changes in their stress or perceived physical fitness levels.

The findings support the concept of a total well being approach including, mental, physical and emotional approach to health, is necessary for doctors and physicians.

The study which recruited 69 medical students - a group known for high levels of stress and poor work-life balance - and allowed them to self-select a twelve-week exercise program, either within a group setting or as individuals.

Those exercising in a group showed significant improvements in all three quality of life measures:

Mental Health - up 12%

Physical Fitness - up 24%

Emotional Stability - up 26%

Perceived Stress Levels - Down 26%

Whereas those exercising alone saw little change, except mental well being, which increased by 11%.

Even if you are the type of person who is in a habit of training alone, maybe its time to consider how much more you would benefit from working out in a class



David Fairlamb

I have been running group training for many years which are hugely popular. Whether it be Beach Bootcamp, VersaClimber classes, indoor bootcamp or six week Body Transformation sessions, the motivation of working with other like minded people and being accountable is a huge draw for my clients.

The camaraderie and support within the group will also help you keep your focus and strive towards hitting targets. Others in the group can inspire you to push harder during the session, increasing your self confidence leaving you in a more positive frame of mind.

DAVID'S SUMMING UP

If you're specifically looking for a workout that'll make you feel happier, science has now confirmed, exercising with a group can significantly lower stress levels and improve your overall quality of life.