



Have Virtual Workouts Changed the Fitness World for the Better?

By Joshua Margolis

“It’s not faith in technology. It’s faith in people.”

– Steve Jobs

The paradox of how technology serves to connect us while simultaneously isolating us rings true in the world of fitness. Traditionally unprecedented events bring about unprecedented changes. This past year’s pandemic has fundamentally affected how we exercise as much as it’s affected anything else. Some of these changes are here to stay for the greater good.

We can’t unlearn what we’ve learned from the past year and a half of this pandemic, nor should we. Institutions and systems that have nothing necessarily to do with technology have benefited tremendously from them. Fitness is certainly one of those institutions. Never before has the world of



For the purposes of this article we are going to focus solely on one aspect of virtual fitness, the live one-on-one fitness training paradigm. First, we need to establish that there is a distinct difference between performing exercises to a video and working one-on-one with a professional. Videos don't talk back. Videos don't correct your form. Videos don't focus on your posture and your breathing and give you individualized and specialized instruction. In fact for those of us from a generation past it's no different than a DVD.

Let's focus instead of taking advantage of what technology has to offer and interface live with a fitness professional. The personalized and privatized instruction you receive in this setting is like being there in person. Sure, there are shortcomings to not being face-to-face. As a 20-year vet in the personal training game I like to have a hands-on approach to my clients both literally and metaphorically. It's nice to be able to stretch your client out at the end of a workout. However, short of that, the benefits of a virtual one-on-one workout rival that of an in-person session.

Quality of life is about convenience, and convenience makes accomplishing your goals easier. The virtual workout affords this luxury. It grants you accessibility to any and every fitness mind from around the globe. Quality of life

can also be about comfort. With virtual fitness you don't have to leave the convenience and privacy of your own home. Think of all the money you'll save if you don't have to purchase all that Lululemon gear.

Optimal results are received with optimal surroundings when it comes to exercise. In the virtual landscape you create your own surroundings. You create your own private gym. You can outfit it with little to no equipment and when you're finished you're not sharing a crowded locker room.

Let us not forget the valuable commodity of time. We can't make any more of it. Virtual training helps with time management. Many of us have to juggle both work and professional worlds. Sometimes it can be problematic to fit a workout in. Most of us, however, can find the time to squeeze in a 30-minute workout session. Through the modern marvels of technology, this can now be done from anywhere. As long as you have your device, you have the accessibility to the entire virtual fitness sphere.

If you're a bottom-line type of person, then money can be the excuse for not working in a one-on-one setting with a fitness professional. However, now in the virtual fitness world the training costs are significantly less. You're not paying for your trainer's time, either. This has opened the world of personal training up to a much greater population. Now each and every one of us can have our own trainer. We can live that celebrity lifestyle in a virtual world. After all, don't you deserve to pamper yourself a little? Especially after what we've all been through this past year. Stay healthy, everyone!

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exercise been so accessible at the click of a button. Clearly there are both advantages and disadvantages. However, the positives far outweigh the negatives when it comes to exercise.

If the goal of fitness and wellness is to improve upon one's life physically as well as mentally, then ironically it took this pandemic for that goal to be accomplished. The excuse of "I didn't have enough time to get to the gym" is now rendered irrelevant. Now the gym comes to you.