I Am My Own Personal Trainer for Liver Health

September 8, 2015 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog, August 5, 2015.

What I really need to do is to hire a professional. But - that's way out of my price range - for now... so I guess I'll have to do. I am my own personal trainer for liver health. I've just been chatting with some Best Friends who have had transplants, Hepatitis C, or other liver treatments and we're all alike. Many of us are in the worst shape of our lives. We have a lot of pain and fatigue. We also have all kinds of plans and goals. We simply need to get in there and whip ourselves into shape. It will be easier if done with a personal trainer. Even if it's just ourselves.

What do personal trainers actually do? Let's look at it together and maybe we can find some new motivation while we're at it.

Trainers get to know you. By looking at your age, body type, weight, and fitness level, they can assess what routine works for you. They ask you questions about your past and current health history. So let's do that. We're our own personal trainer, right? So take some time to get a good look at ourselves - honestly.

Age - Can make a big difference in how you perform.
Weight - Will determine how and what exercises you can do safely.
Measurements - Go ahead... write it down. Biceps, chest, waist, hips, and thighs.
Body Type - This is an easy way to look at 3 types:

- Ectomorph - Thin, small bone structure. Hard to gain weight. Thin and lean muscles. Needs less cardio and more intense muscle building.
- Mesomorph -Medium, athletic build. Gains muscle mass quickly and is naturally strong. Fat comes easy, but weight loss does too. Use a balance of cardio and weight training.
- Endomorph - Big boned and solid. Gains fat easily and is naturally strong. Needs more cardio than weight training, but both are important.

Fitness Level - Are you weak but fast? Slow but strong? Shaky but tough?
Beginners need to take it slow using stretches and short duration cardio. Gradually add weights as muscles gain strength...

To read the rest of Karen's blog, "I Am My Own Personal Trainer for Liver Health," click here.

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