

Exercise

How Do I Get Started?

Consult with a doctor - if you don't want to do that, at least have a fitness professional assess your fitness level.

Begin slowly - if you are not used to physical activity, try starting out with 10 or 15 minutes a couple days a week.

Do something you enjoy - if you don't like doing it, you won't stick to it.

Calendar your workouts - make your workouts as important as going to class or work.

Set goals - both short and long term - and make sure they are realistic for you. If you are not a runner, your goal should not be to enter a marathon.

Write down your barriers - then write down possible solutions.

Reward yourself - non-food rewards, of course.

Find a partner - sometimes there is motivation and accountability when you work with a partner.

Learn the equipment - be sure to get oriented to the equipment you want to use.

Know what kind of exercise works for you - if you don't like to workout alone, try joining a class. If a solo workout is better for you, then make a weekly routine that you can stick to.

Here are a couple of tips for beginners:

You can start with aerobic activity. Start with walking for 20-30 minutes a day, a couple days a week. Be sure you can pass the "talk test". Can you carry on a conversation without being too winded?

If you want to do some strength training, use a weight that you can lift 8 - 12 times in a set. You can add weight gradually. Try it twice a week and don't work the same body parts two days in a row.

You should also do some stretching. It is recommended that you do slow, sustained stretches 3 - 7 days a week. Each stretch should last 10 - 30 seconds.

*Information taken from: <http://www.mayoclinic.com/health/exercise-and-stress/SR00036>,
<http://www.goaskalice.columbia.edu/2610.html>, <http://www.goaskalice.columbia.edu/0811.html>,
<http://www.medicinenet.com/script/main/art.asp?articlekey=60287>,
http://www.medicinenet.com/workout_routines_and_ideas/article.htm*