

Getting Started

Choose an activity you enjoy. Avoid popular workout plans, as most times they are too intense, too much volume, too frequent, and do not allow enough rest. You are much more likely to stay with an activity if it's something you enjoy, while feeling improvement in your fitness and health. Also, avoid working with someone who pushes you too hard, causing you to experience severe muscular soreness. Just because you can get through a hard workout does not mean it is appropriate.

Begin a plan by easing into the routine. There is not a fast track program that will get you great results without causing severe damage to the body, ultimately resulting in chronic fatigue or injury and the cessation of exercise. Build your confidence gradually.

Participate in many different modes of exercise. A good program incorporates a good warm up, flexibility, power, strength, and endurance components. Try for all-around conditioning, and avoid doing the same thing day in and day out.

Make access to exercise convenient, affordable and enjoyable. Some people feel they will attend more regularly if they joined a club or hired a personal trainer. Others choose to buy equipment and workout at home. When possible, exercise at the same time each day can help form a routine. The key is to make it a part of your lifestyle.

Get assessed/screened by your physician. If you are male and older than 35 or female and over 40 or have any preexisting health concerns please see your doctor to receive medical clearance to participate in exercise. There may be a valid reason why you should limit your participation or not exercise at all.

Rest is key to adapting to your routine. As important it is to be active most days of the week, it is equally important to have a rest day. This provides a good mental and physical break from stress. Remember, exercise is stressful to the body, and you don't gain fitness in the gym, rather from the recovery process. Keep it fun!