

BHS Newsletter

Starting an Exercise Routine



Make the time!
Exercise at the same time of day so it becomes a regular part of your lifestyle.



Keep reasonable expectations of yourself.
Don't exercise when you don't feel up to it.



Make it fun!
Choose activities that are fun, not exhausting.

Are You Ready?

The key to taking that first step is to be prepared and have reasonable expectations. If you have a plan, you're most likely to stick to a routine. It also helps to consider the wide variety of activities available to you. Don't choose a sport or a pursuit that you aren't interested in. The best exercise is the one you will do regularly. Be sure your plan includes the basics of a healthy workout:

1

STEP ONE

Establishing warm up and cool down routines

2

STEP TWO

Stretching

3

STEP THREE

Setting GOALS

The Basics of a Healthy Workout

Your workout routine should include these steps...

Warming up, cooling down: Whatever exercise you choose, be sure to factor a warm-up and cool-down period into your workout. A good warm-up gets your body ready for more intense activity. The easiest way to warm up is to do an aerobic activity at a slower pace for a few minutes. You can cool down the same way.

Stretching: This step after exercise is often skipped by people in a hurry to get their workout completed. Proper stretching may help increase flexibility and improve range of motion and performance.

Setting goals: Over time, you want to meet or exceed the federal guidelines established by fitness experts. The guidelines for adults call for both aerobic and muscle strengthening activities. Try to exercise most, if not all, days of the week. You should work up to at least 150 minutes of moderate-intensity aerobic



activity (e.g., brisk walking) every week AND muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

AT HOME OR AT A GYM?

Exercising at home is more economical and convenient for many people, but it requires self-discipline. You can easily be distracted by household needs that seem more pressing. A club or gym costs more, but it offers the stimulation of other people. In addition, most clubs offer a range of activities.

Don't forget your friends and neighbors. They may want to form a walking club or join you for a workout.

What's at play here is your exercise personality. Find the activity you enjoy and the setting where you'll be most comfortable.

