

### **Where to start with exercise**

You are dreaming of doing some exercise and being fit, but it seems so far away? Starting an exercise regime is one thing, but keeping it up is another. We've all had these resolutions before and it only lasted a week. Perhaps it was because we tried to jump too many hurdles at once!

Are you wondering whether you would really benefit from exercise?

Which programme is best?

How much exercise is too much, or will it not be enough to see a change? How do you stay motivated?

Relax and read how to get started. Then think about it, plan it and go for it!!!

#### **1. Step 1 – the evidence**

All the evidence shows that exercise can only be good for you. It is good for your body and your soul. Sedentary lifestyles are linked with chronic disease later in life. We are living longer, keeping the body and the soul fit and staying healthy contributes to good quality of life.

#### **2. Step 2 – Motivate yourself**

You know your body needs the exercise, you are not happy about the way you look, but you know you need to get active. But, the power of resistance keeps you from packing your gym bag, getting up 15 minutes earlier and just doing it. Remember, nobody is asking you to climb a mountain or run a marathon, all you need to do is dedicate 30 minutes of your day (which goes by in a flash) to get some physical activity.

#### **3. Step 3 – Get started**

Think about what you like to do. There are so many different types of exercise on offer. Experiment and try out different things. Don't worry too much about the technical side of exercise like your optimal heart rate. It will all fit into place once you get going. Start off gently!

#### **Step 4 – Set yourself some goals**

Think whether you want to lose weight, tone your body or do you simply want to improve your overall health? Have clear and realistic goals. It is always good to have short term, weekly goals and long-term goals. Yes, push yourself, but don't set out to do hard exercise everyday, even competitive sportsman rest once a week! Think of your exercise history; identify all the stumbling blocks you encountered and try to overcome these.

#### **Step 5 – Stay focused**

One of the toughest things is to remain focused and motivated. Evidence shows that most people drop out of exercise programmes after 4-6 weeks.

Constantly remind yourself of your goals. If you are not enjoying the exercise you have embarked on, make a change and try something else. It is vital that the chosen activity suits your personality and this helps you to remain focused. Make exercise a priority and exercise at a time that is convenient to you. Most of all, don't be put off by temporary setbacks. Life is not always predictable and things easily spin out of control, if it happens just start again.