Starting an Exercise program:

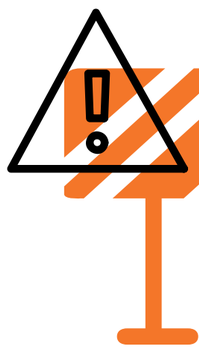
How to set yourself up for success!

Set a Goal

Keep it Simple, having a goal works as a great motivator & provides something concrete to work towards.

Write it Down

Hold yourself accountable, weigh the pros & cons, remind yourself why you're doing it!

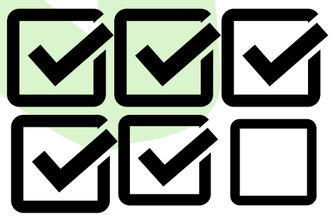


What are YOUR barriers?

Figure out what can potentially stand in your way, where have you struggled in the past? Be Mindful!

Find your Balance

Start slow and work your way up, get to know your limits. Doing too much too soon can result in injury & prevent you from reaching your goals.



Stick with It!

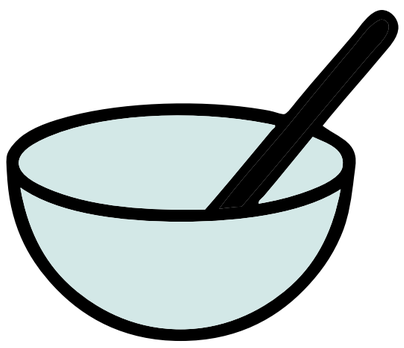
When you exercise consistently your body has more time to settle into the demands of training.

Rest

allow your body time to recover. Try for one rest day between training days. It is the perfect time to stretch, allow your body the time to become stronger & more efficient.

Intensity

Be aware of your body sensations, fatigue, breathing, sweat. A moderate- vigorous intensity is recommended for most adults. use the talk test; How well can you hold a conversation while exercising?



Mix it Up

Keep yourself interested, dont let it get boring! Try a class, a sport, pick new exercises or a new order. Try to find ways to make it enjoyable!

Make it Easy

Plan a simple workout. Include a warm up (2-5mins), choose 3-5 exercises, cool down & stretch (2-5mins). start with 1 set of 8-12 repetitions of each exercise. progress the reps, sets & weight if you want more intensity!

Sunshine Rule

Stay Positive, Keep Smiling, KEEP MOVING!

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