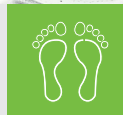# The hardest part about exercise is **getting started.**

One of the best things you can do for your health is exercise.

There are so many benefits of exercise, including: reduced risk of disease, better weight control, stronger bones and muscles, increased stamina and energy, improved sleep, greater confidence and an overall improved outlook!

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HealthAdvocate℠

Get started today!

1. **Talk to your doctor before starting an exercise routine.**

2. **Determine your fitness goals.** Trying to lose weight? Preparing for a 5K? Your reasons for exercising will help you determine where to start and help you track your progress.

3. **Choose an activity that you like doing.** What types of exercises interest you? What would you find enjoyable?

4. **Dress appropriately.** Make sure you have the correct shoes, clothes and gear necessary for your activity.

5. **Develop an exercise schedule.** Create a set plan by identifying what days, times, and for how long you plan to exercise.

6. **Get started.** Once you're ready to begin, get to it! Be sure to go at your own pace and don't overdo it. Start slow and gradually build your strength to avoid accident or injury.

7. **Build in some time to recover.** You should allow your body time to rest and recover between exercise sessions.

Maximize your results!

- Balance your routine. There are four parts required for a balanced exercise routine. These include: cardio, strength, flexibility and neuromotor exercise.

- Think of several types of exercises that you would enjoy and alternate them. Not only can this help you stay motivated, but it can also help you avoid weight loss plateaus as well as boost your performance.

- Make exercise fun and functional. Do chores that get you moving, such as cleaning. Turn everyday activities into exercise, like parking further away from the door. Spend time outside hiking, swimming or biking.

- Find a workout buddy to exercise with for accountability and support.

- Avoid remaining sedentary during your waking hours by moving around as much as you can. Even if you're exercising, if you sit for too long during the day it can have negative consequences on your health.

For more information, visit:
American College of Sports Medicine: www.ACSM.org

Turn to us—we can help.

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

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