



8 steps: How to start an exercise routine

Description



Introduction

Starting an exercise routine can be intimidating, especially if you have never been physically active

before or have taken a long break from exercise. However, incorporating exercise into your daily routine can improve your overall health, reduce the risk of chronic illnesses, and enhance your mental well-being. To begin, you need to set realistic goals, choose an activity you enjoy, start slowly, and get the proper gear. It's essential to schedule exercise time into your daily routine, warm up and cool down before and after workouts, find a workout buddy, and monitor your progress.

By following these practical tips, you can establish an exercise routine that works for you and your lifestyle, helping you achieve your goals and improve your overall well-being. Remember that starting small and progressing gradually is key to building lasting habits and seeing long-term benefits from exercise.

How to start an exercise routine

Here are some practical tips to help you get started with your exercise routine.

Set Realistic Goals

Before starting any exercise program, it's essential to set achievable goals. Start with small goals that are realistic, and that you can maintain long-term. For example, instead of setting a goal of losing 20 pounds in a month, aim for a 5-10% reduction in your body weight over six months. Similarly, instead of planning to exercise for an hour every day, start with a 20-minute workout three times a week.

Find an Activity You Enjoy

Choose an activity that you enjoy, as it will keep you motivated and help you stick to your exercise routine. There are various types of exercises, including swimming, cycling, running, walking, and weight lifting. If you're not sure which activity to choose, experiment with different exercises to find what you enjoy the most.

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Start Slowly

It's essential to start slowly and gradually increase your exercise intensity and duration. Start with simple exercises that are easy to do, like walking, and gradually progress to more intense activities. For example, if you plan to start running, start with walking for a few weeks and gradually increase the duration and speed of your runs.

Make Time for Exercise

It's crucial to schedule exercise time into your daily routine to ensure consistency. Choose a time of day that works best for you and stick to it. You can also break up your workouts into shorter sessions throughout the day, making it easier to fit into your schedule.

Get Proper Gear

Investing in the right gear can help make exercise more comfortable and safe. For example, if you plan to start running, invest in a good pair of running shoes that provide support and cushioning to your feet. Similarly, if you plan to start lifting weights, invest in good quality weight-lifting shoes, and gloves to protect your hands.

Warm-Up and Cool Down

It's essential to warm up before starting any exercise to reduce the risk of injury. Start with a few minutes of stretching exercises to prepare your muscles for the workout. Similarly, after finishing the exercise, cool down with stretching exercises to help your body recover.

Find a Workout Buddy

Exercising with a friend or family member can help keep you motivated and accountable. It's easier to stick to an exercise routine when you have someone else to share the experience with.

Monitor Progress

Tracking your progress is essential to stay motivated and achieve your exercise goals. Keep a record of your workout routine, including the type of exercise, duration, and intensity. You can also track other metrics like weight, body mass index, and body fat percentage.



Conclusion

Starting an exercise routine can be challenging, but it's a crucial step towards a healthy lifestyle. The key is to set realistic goals, find an activity you enjoy, start slowly, and get the proper gear. Schedule exercise time into your daily routine; warm-up, warm-up, up and cool down before and after workouts, find a workout buddy and monitor your progress. Remember, consistency is key to achieving your exercise goals, and it's essential to stick to your routine to see lasting benefits.

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