

# EXERCISE & FITNESS



## START SMART

### 1 Make your exercise goals realistic.

Begin slowly and gradually build up your health esteem.

### 2 Motivation for exercise is not genetically inherited.

Exercise is a learned habit. It takes a positive attitude, motivation and a reward.

### 3 Find the right time.

Early morning workouts give some people a lift. For others, exercise can release the tension from a day's work. Do what is best for you and your schedule!

### 4 Vary your exercise routine.

Design your own routine. Mix riding a stationary bike with walking. Choose different workout sites. Read health and fitness magazines to get new exercise ideas.

### 5 Exercise with a partner.

A reliable training partner can help keep you motivated. Find a partner who is doing a comparable routine and support each other.



### 6 Plot your progress.

Keep a record of your achievements. A food diary helps monitor your eating habits and an exercise diary keeps you on the right track.



### 7 Keep it fun.

Did you know that exercisers who think distracting or pleasant thoughts are more likely to stick to their exercise routines. An exercise class can motivate those who enjoy participating in group activities. Music can also make a workout fun.

