



GETTING STARTED WITH YOUR EXERCISE PROGRAM

CARDIOVASCULAR physical activity is important for a healthy heart as well for weight loss.

1. Choose an activity that you enjoy. Walking is a great place to start since it doesn't require special equipment and you can do it anywhere, but you can try any activity that involves some type of continuous movement. Examples include: Cycling, Snowshoeing, Swimming or even Dancing.
2. Start with 3 days a week of your chosen activity with a rest day between workouts.
3. Warm up with 5-10 minutes of light activity to slowly increase heart rate and breathing.
4. Increase your pace and intensity to a moderate level: Where you can still talk in short sentences, but can not easily sing. At first, you may only be able to exercise for a few minutes at a time, but that will change quickly if you're consistent.
5. End each workout with a light cool down and stretch.
6. Each week, increase your workout by a few minutes until you can go continuously for 30-60 minutes in a session.
7. Don't worry about distance or pace. For the first few weeks, focus on showing up for your workouts. Then build the frequency of your activity up to 5 days per week.

Once you are able to do at least 30 minutes of activity 5 days/week, then consider adding a **STRENGTHENING** activity.

1. Start with a program that works all muscle groups 1-2 days a week.
2. Start with 1-2 sets of 14-16 repetitions in each muscle group.
 - As a beginner, you should start with a light weight.
 - Increase weight until you are only able to do 14-16 repetitions.
 - Focus on learning how to do each exercise with good form rather than on how much weight you are lifting
 - Consider hiring a personal trainer if you would like more assistance.
3. You should work all of your muscle groups each week so that you avoid muscle imbalances, which could lead to injury.
 - As you gain strength, you may wish to slowly increase weight and decrease your repetitions to as low as 8-10 per set.

Plan for success by choosing activities that you enjoying doing. Hold yourself accountable by setting a meeting time with yourself to exercise. It may help to set an activity date with a friend, chose an organized event (i.e. 5K walk) or register for a class.

The more structure you put into getting active doing something that you enjoy...the more successful you will be.

Have Fun!