

# GETTING STARTED

For a safe, successful, and enjoyable fitness program, heed the following tips:

**1** **Have realistic goals.** Don't rush or force fitness. Look for gradual improvement.

**2** **Strive for total fitness.** Pursue a *balanced* program — one that improves your stamina, suppleness, and strength.

**3** **Make each session complete.** Include a warmup, "workout" and cooldown. The warmup will reduce your risk of injury; the cooldown reduces post-exercise stiffness and soreness.



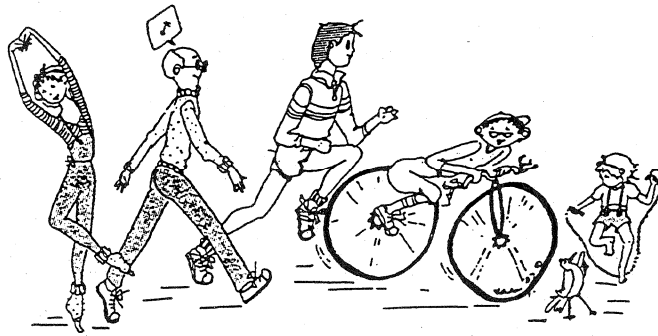
**4** **Exercise regularly.** Once a week is not enough. Follow a three-times-a-week or every-other-day routine. You'll progress more quickly and you'll be less likely to get injured.

**5** **Wear appropriate clothing.** It shouldn't bind or restrict your movement, and it should suit your activity and the weather.

**6** **Learn proper technique.** Whether you're doing exercises or playing a sport, proper technique ensures safe and efficient movement.

**7** **Use protective equipment.** Don't take chances. Runners should wear good shoes, cyclists a proper helmet, racquet sports enthusiasts approved eyeguards ... and so on.

**8** **Play it safe.** If you take to the roads as a runner or cyclist, be defensive, predictable, and easily visible — day or night.



# PERSISTING

## Eight tips for sticking with your fitness program

1 **Be patient.** Progress at a sensible rate. Look for improvement over the long term, not overnight.

2 **Don't rush.** Give yourself time to enjoy your workout. Allow enough time to extend it a little if things are going well. You should finish relaxed and refreshed.

3 **Seek moral support.** Exercise with a friend. Join a class if you enjoy group activities or if it will help you stick with your program.

4 **Avoid boredom.** Boredom is self-inflicted. Don't be a slave to any activity. Make changes in your program if your routine becomes a rut.



5 **Lose weight, not heart.** If you're trying to lose weight, don't lose heart. Activity improves muscle tone. Muscle is more dense than fat. You may be gaining muscle, losing fat, and losing inches. Consult your mirror and a tape measure as well as the scale.

6 **Record your workouts.** This will remind you of days missed, and it offers a tangible record of progress. A small notebook or month-per-page calendar is all you need.

7 **Use rewards.** Rewards help some people persist, so use them if you like them. your program, you decide on the prize.

8 **HAVE FUN!** Few people stay with a fitness program simply because it's good for them. Choose activities that suit your personality and bring you some satisfaction.