

# HOW TO START EXERCISING

Starting a new exercise routine can be both exciting and challenging, especially if you've never exercised before. Follow our step-by-step guide to start exercising as part of your weight loss journey.

**Step 1:** Start Slow.

Avoid overwhelming yourself with intense exercise, examples include walking, cycling on a flat service, yoga, body weight exercises, seated weight training, dancing, swimming.

**Step 2:** Determine which activities you enjoy.

- Before you set your goals, determine which activities you want to try and might enjoy. This may be a trial and error process, but enjoyment will increase the likelihood of sticking to your new routine.

**I want to try** .....

**Step 3:** Set realistic goals and create a schedule.

- Define achievable goals that align with your current fitness level which can be gradually increased in intensity and duration as your stamina improves.

**Goal 1:** .....

**Goal 2:** .....

**Goal 3:** .....

Set aside time and make sure your schedule is realistic and will fit into your lifestyle. 5am runs may sound great, but in reality they might not happen.

Day	Exercise	Time & Duration	How do I feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Step 7:** Get a workout buddy.

- If it feels appropriate, invite a friend or family member to join you. Having a companion can make exercising more enjoyable and provide motivation and creates accountability.

**Step 8:** Keep it varied.

- Try different activities to keep things interesting and experiment with a variety of exercises to engage different muscle groups to prevent boredom and add excitement to your routine.

**Step 9:** Listen to your body.

- Pay attention to how your body feels during and after exercise. Whilst your muscles may ache after a workout, you shouldn't be in pain. If something doesn't feel right, modify the activity to prioritise safety and comfort.

**Step 10:** Invest in suitable gear.

- Make sure you have the appropriate gear for your new activity - having the appropriate footwear and protection is very important for keeping you comfortable. Additionally, buying yourself new workout clothes could be a reward when you reach a milestone.

**Step 11:** Celebrate your achievements and stay positive.

- Starting a new sport is a great time to track your progress and acknowledge your achievements as positive reinforcement is key for motivation. Remember, progress takes time and try to be patient with yourself and focus on the positive changes you're making for your health and well-being.