

HOW TO GET YOUR FIT PARTY STARTED!

1. If you're unsure about your health condition check with your physician before starting a new program. (Get the green light before you start)
2. Find activities that you will enjoy! If you don't like the treadmill then find something else that you can stick with. (Be adventurous)
3. Put your goals to paper. (Be realistic)
4. Get a workout buddy. (accountability partner)
5. Start off slow and with a low intensity. When this becomes easy its time to increase your effort. You can gauge your workouts by using the Revised RPE (Borg) scale of "0" to "10" with 10 being the hardest level. Listen to your body and avoid overdoing it.
6. Mix up your workouts to include cardio, resistance training, balance and flexibility work.
7. Plan ahead and schedule your workouts. Make time for yourself.
8. Chart your progress and have fun. Yes exercise can be fun! Be encouraged!