



How to Start Exercising



Overview

You're ready to get serious about exercise. You want to get up and moving. But before you jump into a new fitness program, let's take a moment to make sure you do it safely.

Talk to your doctor

First, before you do anything, talk to your doctor. Make sure you're healthy enough for the activity you want to do. Your doctor may suggest which activities are right for you. And there may be some things you need to avoid.

How fit are you?

Next, record things like your weight, pulse rate and your body mass index. How long does it take you to walk one mile? How many pushups can you do? How flexible are you? Write down this info so you can see how you improve over time.

Goals

Now, set some clear goals. Maybe you want to lose weight. Maybe you want to build up your endurance or strength. Write down your goals so you have something to work toward. And with these goals in mind, prepare for the exercises you want to do. Do you need to join a gym? Do you need to buy special equipment or download an app? Make sure you have the things you need so your workouts are safe and effective.

Take it slow

Finally, take it slow. Give your body time to adjust. Remember to warm up, cool down and rest when needed. Don't ignore pain or other warning signs. Gradually, you can start increasing the time and intensity of your workouts. For more info about exercise, talk to your doctor.

