

## HOW TO START AN EXERCISE ROUTINE



### WELLNESS OBSERVANCES

**NATIONAL BREASTFEEDING MONTH**

**NATIONAL IMMUNIZATION AWARENESS MONTH**

**NATIONAL GRIEF AWARENESS DAY (8/30)**

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Newsletter Created By:  
Jordan Simone  
COTA/L, CHC, RYT-200  
ACM JIF Wellness Director

# Why Exercise DAILY?

Regular exercise is one of the best things you can do for your health. In fact, you'll begin to see and feel the benefits consistent physical activity can have on your body and well-being quickly. However, working exercise into your routine takes a lot of determination, and sticking to it in the long term requires discipline.

If you're considering starting to exercise but don't know where to begin, this article is for you. Here's all you need to know about starting a routine and sticking to it.

## WHY EXERCISE?

Regular exercise has been shown to improve your health significantly. Its primary benefits include helping you achieve and maintain a healthy body weight and muscle mass and reducing your risk for chronic diseases. Additionally, research has shown that exercise can lift your mood, boost your mental health and help you sleep better. And that's not all. It can also help you maintain good energy levels.

## EXERCISE COMBATS HEALTH CONDITIONS & DISEASES

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

# Common Types OF EXERCISE

## 1. AEROBIC

The core of any fitness program should include some form of continuous movement. Examples include swimming, running, and dancing.

## 2. STRENGTH

These exercises help increase muscle power and strength. Examples include resistance training, plyometrics, weightlifting, and sprinting.

## 3. CALISTENICS

These moves are usually performed without gym equipment using large muscle groups. They're done at a medium aerobic pace. Examples include lunges, situps, pushups, and pullups.

## 4. HIGH INTENSITY INTERVAL TRAINING

This type of exercise includes repetitions of short bursts of high-intensity exercise followed by low-intensity exercises or rest periods.

## 5. BOOT CAMPS

These are timed-based, high-intensity circuits that combine aerobic and resistance exercises.

## 6. BALANCE OR STABILITY

These exercises are designed to strengthen muscles and improve body coordination. Examples include Pilates, tai chi poses, and core-strengthening exercises.

## 7. FLEXIBILITY

These types of exercises help muscle recovery, maintain range of motion, and prevent injuries. Examples include yoga or individual muscle-stretch movements.

The activities above can be done individually or combined. The important thing is to do what works best for you and to have fun with it.



# How to Get STARTED

## 1. CHECK YOUR HEALTH

It's important to consult your healthcare provider and get a physical medical examination before starting an exercise routine. This is particularly important for those new to strenuous and vigorous physical activities. An early checkup can detect any health problems or conditions that could put you at risk for an injury during exercise. It can also help you optimize your workout, making it easier for you and your personal trainer, if you choose to work with one, to understand your limitations and create an exercise plan tailored to your particular needs.

## 2. MAKE A PLAN AND SET REALISTIC GOALS

Once you decide to start exercising regularly, try to create a plan that includes attainable steps and goals. One way to do this is to start with a plan of easy steps to follow. Then you can continue building on it as your fitness level improves. For example, if your goal is to finish a 5-kilometer run, you can start by building a plan that includes shorter runs. Once you can finish those short runs, increase the distance until you can run the whole 5 kilometers in one session. Starting with small achievable goals will increase your chances of success and keep you motivated every step of the way.

## 3. MAKE IT A HABIT

Another key component of exercise success is to stick to your routine. It seems to be easier for people to maintain an exercise routine in the long term if they make it a habit and do it regularly. A review of studies concluded that replacing an unhealthy behavior with a new healthier habit is an excellent approach to maintaining it in the long term.

Furthermore, making a schedule or exercising at the same time every day are good ways to sustain your routine and make it last. For example, you can make exercise a habit by planning to work out right after work every day or first thing in the morning. It's important to choose a time that works best for you.

## 1 WEEK SAMPLE EXERCISE PROGRAM

Below is an easy-to-follow, 1-week exercise program that doesn't require equipment and will only take you 30–45 minutes a day to complete. This program can be adjusted to your fitness level and made as challenging as you want.

- MONDAY: 40-minute moderate-pace jog or brisk walk.
- TUESDAY: Rest day.
- WEDNESDAY: Walk briskly for 10 minutes. Then, complete the following circuits, resting 1 minute after each set but not between exercises. Stretch afterward.
  - Circuit #1: 3 sets alternating 10 lunges for each leg, 10 pushups, 10 situps
  - Circuit #2: 3 sets alternating 10 chair-dips, 10 jumping jacks, 10 air squats
- THURSDAY: Rest day.
- FRIDAY: 30-minute bike ride or moderate-pace jog.
- SATURDAY: Rest day.
- SUNDAY: Run, jog, or take a long walk for 40 minutes.

# A Few Tips FOR BEGINNERS

## STAY HYDRATED

Drinking fluids throughout the day is essential for maintaining healthy hydration levels. Replenishing fluids during exercise is essential for maintaining optimal performance, especially when exercising in hot temperatures. Moreover, hydrating after your workout can help you recover and get you ready for your next training session.

## OPTIMIZE YOUR NUTRITION

Be sure to consume a balanced diet to support your fitness program. All food groups are necessary to sustain healthy energy levels and get the most out of your workout. Carbs are vital, as they can fuel your muscles before exercise. Carbs are also important after exercise to replenish glycogen stores and assist with the absorption of amino acids into your muscles during recovery. Additionally, protein helps improve muscle recovery after exercise, repairs tissue damage, and builds muscle mass. Lastly, regularly consuming healthy fats has been shown to help burn body fat and preserve muscle fuel during workouts, making your energy last longer. Click these links for more info about pre-workout and post-workout nutrition.

## WARM UP

It's important to warm up before your workout. Doing so can help prevent injuries and improve your athletic performance. It can also help improve your flexibility and reduce soreness after your workout. Simply start your workout with some aerobic exercises like arm swings, leg kicks, and walking lunges. Alternatively, you can warm up by doing easy movements of the exercise you're planning to do. For example, walk before you run.

## COOL DOWN

Cooling down is also important because it helps your body return to its normal state. Taking a couple of minutes to cool down can help restore normal breathing patterns and even reduce the chance of muscle soreness. Some cool-down ideas include light walking after aerobic exercise or stretching after resistance training.

## LISTEN TO YOUR BODY

If you're not used to working out every day, be mindful of your limits. If you feel pain or discomfort while exercising, stop and rest before continuing. Pushing through the pain is not a good idea, as it can cause injuries. Also, remember that working out harder and faster is not necessarily better. Taking your time to progress through your fitness program can help you maintain your routine in the long term and make the most of it.

# Mindful Moments



**[CLICK HERE TO TAKE A  
PREDIABETES RISK  
ASSESSMENT](#)**

# Nourish

## PB CHIP SMOOTHIE

Rachael's Good Eats

### ingredients

- 1 cup unsweetened almond milk
- 1/2 cup ice
- 1/2 frozen banana
- 1-2 frozen pitted dates
- 1 serving vanilla protein (optional)
- 1-2 tbsp cacao nibs
- 1 tbsp ground flaxseed
- 1-2 tbsp unsweetened peanut butter
- few shakes of cinnamon

### recipe preparation

- Blend all ingredients in a high powered blender

