



Exercise Tips on “Getting Started”

1. Decide for yourself “why” you want to become more physically active. One good reason is to have a sense of good health, functional fitness and to maintain independence.
2. Make a commitment to exercise regularly. Make it a scheduled part of your daily routine...and stick with it! Be faithful to yourself and to your commitment.
3. Always start with warm-up exercises and end with cool-down exercises. Do what is comfortable for you, and stop if you feel any discomfort.
4. Remember...your comfort range is likely to change each day, so don't get discouraged if you can't do the same amount of exercise you did on another day.
5. If...after exercising, you find that fatigue and/or discomfort last longer than one or two hours...don't give up. Instead, cut back on the length of your exercise session or on how hard you are working the next day.
6. Don't overwork your muscles. In other words...don't go for the burn! Use slow, controlled movements for best results.
7. Never exercise inflamed joints. If you have joints that are stiff, use warm, moist heat before you exercise to relieve the pain and stiffness.
8. Be sure to include exercises that improve and maintain your range-of-motion within the major joints like your shoulders. IF YOU DO...you will find that your everyday activities are easier to carry out and you will probably have less pain as well. Your confidence, independence and surefootedness will also be likely to improve!
9. Accept your limitations. Instead of focusing on what you can't do...think about what you can do! Positive thoughts are known to produce positive results! Try positive self-talk...reminding yourself each day that you WILL NOT give up!

Remember... “Health is Wealth! Invest in Yourself with Exercise!”

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