



How to start exercising...

Exercising regularly is one of the best things you can do for your health.

Soon after you start exercising, you'll begin to see and feel the benefits that physical activity can have on your body and well-being. 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:

Check your health

It's important to consult your doctor and get a physical medical examination before starting an exercise routine. This is particularly important for those who are not used to strenuous physical activities, as well as individuals aged 45 and over.

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

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

If you would like to speak to an Accredited Exercise Physiologist, please contact Working Life Toll Free 1300 369 072 or mail@working-life.net

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