



## Tips for Beginners...

### 1. Stay Hydrated

Drinking fluids throughout the day is essential for maintaining healthy hydration levels. Replenishing fluids during exercise is important for maintaining optimal performance

### 2. 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 particularly important, as they can fuel your muscles before exercise

### 3. 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 improve your flexibility and help reduce soreness after your workout.

### 4. 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 blood circulation and breathing patterns and even reduce the chance of muscle soreness

### 5. 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

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](mailto:mail@working-life.net)

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