



6 Tips to Start Exercising

Exercise benefits your health—a lot. Yet between busy work and family schedules, not to mention lack of experience, you may not know how or where to begin. Before you let exercise slip off your must-do list, consider this: Exercise may

be as powerful as medication for many health conditions. Studies show that exercise offers perks similar to anti-inflammatory drugs, insulin medication, anxiety pills and weight loss aids. It's never too late to begin an exercise

routine.

Start Moving Every Day. It is recommended to get a minimum of 150 minutes of moderate-intensity aerobic exercise

per week. If you're currently sedentary, this may seem like a lot at first, but when you break it down—it's just 22

minutes per day. Try walking, biking through your neighborhood, mowing the lawn—any activity that gets your body

moving and blood pumping.

Use a Pedometer. One of the best ways to succeed in moving more is monitoring your progress, with a fitness tracker.

A simple pedometer that counts your daily steps may provide all the motivation you need. Aim for 10,000 steps a day

and work up from there. Tack on additional movement to your routine by taking the stairs, parking your car at the far

end of the lot or pacing around your home or office while talking on the phone.

Boost Your Effort. While all physical activity benefits your overall health, work up to include a dedicated exercise

plan. Exercise is a time that you intentionally set aside in your day to be really active.

Incorporate Strength Training. Once you've begun a regular aerobic exercise routine, consider adding strength

training. Cardiovascular exercise and strength training both boost heart health. Combined, you may double the

benefit. Strength training also promotes proper posture and keeps your bones strong.

Work the Weight Off. If your goal is to shed pounds, you'll need to step up your game. Federal guidelines recommend

at least 300 minutes of moderate-intensity exercise per week for weight loss.

Be Flexible. Set achievable workout and fitness goals. Then evaluate how you're doing every week or two. Can you

stick with it? Are you enjoying it? If not, start over. You may cycle through many solutions before you find one you like

and that works for you.

Source:

<https://www.sutterhealth.org/health/6-tips-to-start-exercising>

