

TOP 10 TIPS!

1. What is your current fitness? Consult a doctor if you have never exercised or you know of a medical condition eg diabetes, asthma, pregnancy, before you exercise. None of these will stop you from exercising but you will need guidance.
2. Get comfy. Clothing is very important, you need to be able to move freely and safely, modern sports clothing helps sweat.
3. Get a pattern. Exercising regularly is the single most important factor for success.
4. Eat regularly so you have energy to exercise and eat within two hours of exercising to reduce fatigue and help your body replenish itself.
5. Look long term. Don't weigh yourself everyday, instead picture how you want to be this time next year and focus on that.
6. Don't do it alone. Training with someone keeps the workouts fun and keeps you motivated and more likely that you'll stick to exercising regularly.
7. Think negative! For some people it works to focus on what will happen if they don't workout. Focus on the negative aspects of not being fit and healthy. For example, if you don't workout you'll increase your fat stores and therefore increase your chances of diabetes and heart disease.
8. Build up slowly. Lots of people start with very good intentions, "I will train everyday for two hours a day." It is far better to start off with smaller, achievable goals that you can reach and then expand and build on them.
9. Keep track. Make an accurate record of what you eat and when you workout and you might be surprised at the results. Keeping a log helps in many ways to motivate and show you where you could be going wrong.
10. Don't make excuses!! Everyone from time to time makes excuses why they can't exercise. STOP and think about it seriously, your health should be your number one priority and there isn't any reason why you can't workout. If you sit down and look at your day or week in detail it will become clear where you can fit exercise in.