

Developing an Exercise Program

The key to a lifetime of fitness is consistency and dedication. Here are some tips to help you make exercise a good habit:

- Choose an activity you enjoy
- Tailor your program to your own fitness level
- Set realistic goals
- Choose an exercise that fits your lifestyle
- Give your body a chance to adjust to your new routine
- Don't get discouraged if you don't see immediate results
- Don't give up if you miss a day; just get back on track the next day
- Find a partner for a little motivation and socialization
- Build some rest days into your exercise schedule
- Listen to your body. If you have difficulty breathing or experience faintness or prolonged weakness during or after exercise, consult your physician.