10 Exercise Tips

While eating healthy (and eating less) is the key to losing weight, in order to get the best results you will need to move your body. Here are some tips to get you moving in a healthy way:

1. **Start walking.** If you haven’t exercised in awhile, start with a 10-minute walk and add 5 minutes every other time until you are at your comfortable limit. **Don’t be discouraged.** Not everyone gets the same results. Genetics plays an important role in how people respond to exercise.

2. **Grab a friend or, better yet, challenge a friend!** Sometimes peer pressure is a good thing, so work with a friend to find even 10 minutes a day to take a walk. Or get those competitive juices flowing and challenge a friend to a walking/biking/swimming contest.

3. **No time? A little bit of exercise is better than no exercise.** If you miss an exercise session, find a way to build activity into your daily lifestyle (for example, go for a 10-minute walk during your lunch break or park as far away from the store as you can and walk).

4. **Warm up before you exercise. Stretch after you exercise.** Follow the basic stretches in our handout. Good warm-up exercises include squats, cherry pickers (reach down to the ground, then reach up to the sky), lunges, torso twists and basic cat-cow yoga positions.

5. **No pain, no gain is a myth.** If you feel pain, stop. And don’t sweat it if you’re not sweating – it’s just your body’s way of cooling down. It’s possible to burn calories without sweating.

6. **Avoid extreme workouts and change out your workout regimens.** Extreme workouts will end up making you hungrier and, more importantly, could cause injury. If you want to follow an exercise DVD, get 2 or 3 and switch them out. Changing up your cardio routine helps you lose weight because your body can get used to the same routine.

7. **Both cardio and weight training are important.** One helps burn fat, the other helps maintain lean muscle mass and build strength. Combining the two gives you better results.

8. **Avoid sports drinks.** They are full of sugar and calories. Stick to water.

9. **Ab machines?** Tempted by the latest and greatest? Ab crunches are great for strengthening your core. They don’t burn belly fat. Cardio is a better use of your time, if that is your goal.

10. **Just exercise – it doesn’t matter where.** Working out at home can be just as effective as working out at a gym. Work out where you feel comfortable.

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