

Simple workouts for beginners

Anyone can exercise and enjoy its healthy perks! Here's how to get started:

- Check with your doctor first. If you haven't exercised in the past or have health conditions, ask your doctor for tips before you start.
- Get your arms and legs moving. This means you'll get your heart pumping too. Choices include walking, running, swimming, biking or dancing.
- Warm up for five to ten minutes. Try gentle stretches, and start at a slower pace for these few minutes.
- Aim for 30-60 minutes of activity each time. Break it up into smaller amounts of time if needed. For instance, two 15-minute walks can be done instead of one 30-minute walk.
- Don't overdo it. If you don't feel well, or you have pain or nausea, stop.
- Try strength training. Working your muscles with weights, or at-home exercises like push-ups, squats, and sit-ups can help your bones and muscles stay strong. Ask a trainer at the gym or your doctor for help if you're not sure what's safe for you.
- Cool down when you're finished. Don't stop exercising suddenly. Instead, slow down for the last five to ten minutes. Follow up with more stretching while your muscles are warm.



Source: American Academy of Family Physicians