

5 TIPS FOR FITNESS BEGINNERS



IDENTIFY THE "WHAT, HOW, & WHY"

This one of the first steps people usually take when entering fitness.

Ask yourself why you are implementing fitness into your life, what ways are going to help you be successful in your fitness journey, and how is your life going to change on a daily basis?



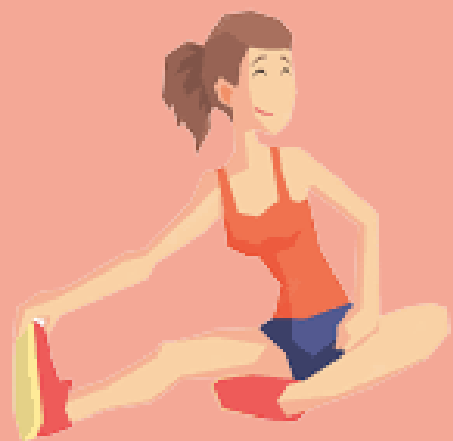
PRIORITIZE CONSISTENCY OVER INTENSITY

It is important to remember that it takes time to build your body and to reach your fitness goals. It is better to do a 30-45 minute moderate intensity workout rather than doing a 1-2 hour high intensity workout. This will help you avoid feeling burnt out.



DON'T SKIP WARM UP AND COOL DOWN

Always start out your workout with a warm up in order to get your body moving and to avoid any injuries. At the end of your workout, remember to take the time and stretch to avoid muscle cramps, soreness, etc.



APPRECIATE WHAT YOUR BODY CAN DO NOW

Be appreciative of what your body is capable of now because everything takes time and results are not going to happen instantly. Tackle on a simple plan for goals that are realistic for your body and take one step at a time.

