



Helpful Hints

Ease your mind from the fears of starting a new workout routine.

For most of us it is safe to say that we experience some form of anxiety when starting something new and different. Especially, when it comes to going to a gym and working out.

Hopefully these helpful hints will clear up any questions or concerns you may have with starting on a new routine.

1. Set realistic goals:

- Start with small goals and work up to the large goals
- Track your progress
- Have a timeline set for reaching your goals
- Know exactly how and what you plan to do to reach your goals

2. Do not “Over-work” your body:

- Gradually build on to your routine
- Allow your body to get the proper rest it needs
- Be able to identify pain vs. muscle soreness

3. Do not be afraid to strength train:

- Women you will not get bulky, we don't have enough testosterone in our body for that to happen
- It will strengthen muscles, create better bone density, and burn fat

4. Mix up your routine:

- Always try new exercises to decrease boredom and lack of motivation
- Try to challenge your body in multiple ways, find different exercises that work the same muscle groups and rotate so you don't have the same routine every time you workout

5. Find a Buddy:

- It is a lot easier when you have someone to share the same stories with who understands what you are going through
- It keeps you more accountable when you know someone is depending on you to be there

~Always consult with your doctor before becoming more physically active.....Have Fun!