

HOW TO GET STARTED - MRS. STAFFORD HEALTH & FITNESS 101

When beginning anything new you should start off slowly. For example, if you are learning how to ski for the first time, you wouldn't decide to go down a black diamond for your first run, would you? This should be the same for exercise. You don't want to throw yourself right into advanced workouts without building up to that level. If you do the chances of you getting discouraged and giving up are way more likely. Here is a simple formula I suggest using when beginning:

1. START MODERATE
2. BUILD UP
3. ADD A LITTLE MORE
4. DON'T GIVE UP
5. SMILE YOUR'E DOING IT

Here is a 1-month regimen for those who are just beginning and don't know where to start. This is a pregame to get your body ready by building bone density, strengthen your heart and lungs, as well as building some muscular endurance.

Month One:

Week 1: Walk 10 minutes/day 3 days per week

Week 2: Walk 15 minutes/day 3 days per week

Week 3: Walk 20 minutes/day 3 days per week

Week 4: Walk 20 minutes/day 3 days per week

You can break up the time when beginning, such as doing 5 minutes in the morning, and the other 5 minutes later on that same day.

RECORD how far you walk in 10 minutes a day one week one

RETEST RECORD how far you walk in 10 minutes a day one week four

COMPARE WEEK FOUR TO WEEK ONE Did you walk further?

***** For those of you who have ankle, knee, or hip problems walking not work for you. A good alternative is a recumbent bike, which gives you back support while strengthening your heart and lungs.*

Continue reading for some more health and fitness information

GOOD HEALTH DEPENDS ON MAKING GOOD CHOICES LIKE:

1. BECOMING MORE ACTIVE

28% 82 Million Americans are inactive (just under a third of the population you are not alone!!!!)

Here are some of the reasons why people don't get moving:

Most people can list the negatives to exercise

- I don't have enough time
- I'm not athletic enough
- It's too expensive
- It's too HARD

Here are some of the benefits of exercise. Good reasons to" move to improve"

Here are some of the well-documented benefits of exercise

- Reduces the risk of premature DEATH
- Reduces the risk of dying from Heart Disease
- Reduces the risk of Stroke
- Reduces the risk of developing Diabetes
- Reduces the risk of developing colon Cancer
- Reduces feeling of depression and anxiety
- Helps maintain healthy bones and joints
- Helps promote a healthy weight
- Help improve self- esteem and self-confidence

2. PRACTICING STRESS MANAGEMENT

These things can help you reduce stress

- Aerobic Exercise
- Getting outdoors
- Stretching
- Deep Breathing Techniques
- Visualizing
- Changing Negative internal voices

3. MAKING GOOD FOOD CHOICES