

What You Need To Do To Set Up A Fitness Program

By starting a fitness program this is one of the best things you can do for your health. As long as you have approval from your doctor to exercise. Not only can physical exercise reduce the risk of chronic disease (heart etc.,) it can also improve your balance and co-ordination as well. Plus the added benefits also included are that it will help you to lose weight, you may find that you are sleeping better and your self-esteem improves. But what is even better is that you can commence a fitness program just by following the information below.

1. Assessing your Fitness Level Although you may have some idea of just how fit you are it is important that you both assess and record some baseline fitness scores. These can then be used as a benchmark against which you can measure your progress over the coming months. In order to assess your aerobic and muscular fitness along with flexibility and body composition you should consider recording the following.
 - a. Your pulse rate before you go for a 1 mile walk and your pulse rate at the end of the walk.

- b. Time how long it takes you to walk that 1 mile.

- c. Count how many push ups that you are able to do at any one time.

- d. Just how far forward can you reach whilst sat on the floor with your legs out in front of you.

- e. Measure the circumference of your waist (at navel level).

- f. What is your body mass index². Design your Fitness Program It is very easy for many people to say that they will exercise every day. But in order to do this they will need a plan. However, it is important to remember that where one plan may good for one person it is not good for another (we are all different). Therefore when designing and fitness program for yourself you should remember the following points.
 - a. What are your goals? Do you want to use your fitness program to lose weight or do you have some other reason for starting one. Say for example you are taking part in a 5km race. By setting yourself clear goals you will be able to chart your progress more easily.
 - b. Consider what exercises you like or dislike. Choose those activities which you will enjoy because if you have fun doing the exercises then you are more likely to keep doing them.
 - c. Plan your progression logically. When first starting to exercise then begin cautiously and progress slowly. Also should you suffer from any injury or medical condition consult your doctor first. The reason for this is that they may be able to design a fitness program that will gradually improve not only your range of motion, but your strength and endurance as well. Hopefully some of the hints and tips provided above will help you to design a fitness program that will help you to achieve your goals in the future.

About the Author

Presents a technique for indoor stretching and relaxation, as well as personal insights into health.

Source: <http://www.productsherbal.com>