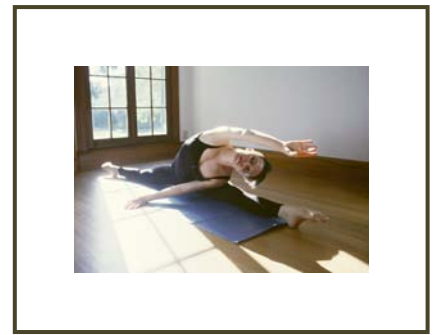


Starting an Exercise Routine



Do you find the thought of starting to exercise overwhelming? Wonder how to get started and what will help you keep it up? It helps to start thinking about what might work for you. Here are some questions to ask yourself about exercise and some suggestions based on your answers.

After you answer the questions, follow these simple steps to make exercise a permanent part of your daily life:

1. Set realistic goals (even ten minutes) and increase your exercise time as you are able is the best way to get started.
2. Remember, it takes 21 days to make a new habit part of your regular routine. Don't give up too soon.
3. Once you get started, stick with it!!
4. **Caution:** Do not make the mistake of exercising too much or too hard when you first start an exercise program. This can cause muscle pain and sometimes even muscle damage which will then delay you getting a regular routine established.

Question	Answer	Exercise Suggestions
Will I need someone to help me get started?	No, I can figure out which exercises I want to do and set goals.	Check out library books and look at online sites to brush up on techniques.
	Yes, I have no idea how to begin strengthening exercises and I'm afraid of hurting myself.	Join a gym for about 3 months to learn techniques or have a trainer come to your house a few times to teach you proper techniques and help set goals.
What time of day?	I am a morning person.	Exercise before work or at least before lunch
	I hate mornings.	Exercise after work, but several hours before bedtime
	No time is good. I don't have time to exercise.	Exercise in short bouts 3-5 times per day; stairs at work, walking meetings, move often while working, keep and use ankle and wrist weights at work
Exercise with someone?	I am a social person. I like to be with others.	Get an exercise buddy, join a group or gym, engage in team sports, take a yoga class.
	I like to be alone and don't like to talk while exercising. I am self motivated.	Select solitary exercises such as walking, jogging, or bicycling. Exercise with a video or TV instructor. Designate a place at home for exercise.

Outside or inside?	I love nature.	Plan outdoor activities; biking, hiking, outdoor walking. Go to parks and nature trails.
	I don't like to leave home.	Use a treadmill, bike or other equipment at home. Watch TV or listen to music to prevent boredom.
Are you organized?	Yes, I like routine.	Join a class, commit to a daily time. Let others know your exercise schedule.
	I can not predict my schedule a week in advance	Plan each day's exercise first thing each morning. Stretch and move often. Let others know exercise is a priority.
Are you competitive with others?	No, just with myself.	Keep records of distances and times and challenge yourself to exercise longer or more vigorously.
	Yes, I love to win.	Enter events, train for a triathlon, or compete in sports against others.



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