

Exercise Tips

While eating healthy and eating less is the key to losing weight, to get the best results you'll need to move your body more. Here are some tips to get you moving in a healthy way:

1	2	3	4	5
<p>Start walking. If you haven't exercised in a while, start with a 10-minute walk. Then you can add five minutes every other time until you're at your comfortable limit. Don't be discouraged. Not everyone gets the same results. Genetics play an important role in how people respond to exercise.</p>	<p>Grab a friend, or better yet, challenge a friend. Sometimes peer pressure is a good thing. Work with a friend to find 10 minutes a day to take a walk. Or get those competitive juices flowing and challenge a friend to a walking/biking/swimming contest.</p>	<p>Do what you can. No time? A little bit of exercise is better than no exercise. If you miss an exercise session, find a way to add activity into your daily lifestyle. For example, go for a 10-minute walk during your lunch break or park far away from the store so you can get in some extra steps.</p>	<p>Warm up before exercise. Stretch after exercise. Follow the basic stretches in our Sit & Get Fit handout. Good warmup exercises include squats, cherry pickers (reach down to the ground, then reach up to the sky), lunges, torso twists and basic cat-cow yoga positions.</p>	<p>Ignore the no pain, no gain myth. If you feel pain, stop. And don't sweat it if you're not sweating. That's just your body's way of cooling down. It's possible to burn calories without sweating.</p>
6	7	8	9	10
<p>Avoid extreme workouts. Shake up your workout routine. Extreme workouts will end up making you more hungry, and more importantly, can cause injury. If you want to follow an exercise DVD, get two or three to switch them up. Changing up your cardio routine helps you lose weight because your body can get used to the same routine.</p>	<p>Balance cardio with weight training. They're BOTH important. One helps burn fat, the other helps maintain lean muscle mass and build strength. Combining the two gives you better results.</p>	<p>Avoid sports drinks. They're full of added sugars and empty calories. Stick to water.</p>	<p>Burn belly fat with cardio. Ab machines? Tempted by the latest and greatest? Ab crunches are great for strengthening your core. They don't burn belly fat. Cardio is a better use of your time, if that's your goal.</p>	<p>Just exercise. It doesn't matter where. Working out at home can be just as effective as working out at a gym. Workout where you feel comfortable.</p>

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns.