

10 Rules for Exercise Success

More than half of the people starting an exercise program will drop out after a few months. If applied, these tips will steer you towards success!

01. Write out a 'health' and 'fitness' evaluation list - what you do right (don't smoke, good eating habits, no substance abuse, etc.) and what you need to correct (lack of regular exercise, posture, high emotional stress, etc.). Then figure out what you can do to shift more entries to the "right" side.

02. Set realistic long- and short-term fitness and physique goals. Write them down and solicit the support from someone close to you. Reward yourself as goals are achieved (a show, new outfit, a book, etc.).

03. Find a workout companion with fitness goals similar to yours or a trainer whose ethics and training style fit what you are looking for in a coach and motivator. The both of you should pick exercises that you enjoy and 'commit' to it!

04. Schedule your exercise three to five days per week. Choose a "special" time of day and be selfish about preserving that time for your body and general well-being.

05. Listen to your body and progress slowly in the beginning. Most injuries in fitness come from doing too much, too soon, too fast, and too hard. (Don't do vigorous exercise if you are sick.)

06. Don't let early awkwardness or uneven skill development get you down (it happens to everyone). And try not to compare yourself to others.

07. Wear comfortable exercise clothing and proper shoes.

08. Plan your exercise at least two hours after a big meal or at least an hour before.

09. Be patient; exercise has many immediate and delayed benefits, your time will come!

10. Be aware of the signs of overexertion: breathlessness, dizziness, tightness or pain in the chest, loss of muscle control, and nausea. If you experience any of these signs, stop immediately. See your physician to determine the cause.