

Exercise for Life

The Easy Way to Make Exercise a Permanent Part of Your Life

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Introduction

Making exercise a permanent part of your life doesn't have to be that difficult. One of the biggest problems anyone faces is time. How do you fit exercise time in? In this report we will cover that question in detail and more.

You will learn just how easy it is to fit exercise time in not just for yourself, but for your whole family. You will be given tons of ideas on what exercises to do and how often you should do them.

By the end of this report you should be looking forward to adding exercise into your lifestyle. You will know how to change to a healthier lifestyle that will work.

Happy Reading!

(Your Name)

Why Exercising is a Good Thing

You have probably been told countless times that you should exercise more often. But do you really understand why you should exercise?

For starters exercise is good for the whole body including your mind. This is because your body produces endorphins which when released give you that happy and good feeling experience.

Many individuals who begin an exercise routine report that they start sleeping better at night within days. They also report feeling much better overall.

For women exercising can help reduce the risk of osteoporosis. Exercise can help improve your muscle mass and strengthen your bones. This is a definite advantage as you head into middle age.

Wellness is a hot topic now and this covers not just exercise but nutrition as well. More people today are concerned about their wellness and are beginning to understand that exercise is a contributing factor to this.

Additional wellness factors include taking physical therapy to help improve your joints, your circulation and increase your overall body movement. There are many fitness classes that are aimed at just getting your body to move again.

These classes are promoted as **Functional Fitness** and help you with everyday activities, including carry your grocery bags, picking up your grandchildren and doing your household chores. These classes are often aimed at seniors and for those who suffer from a major disability.

Exercise is great for those who want to lose weight. In fact this is such an important factor in weight loss that the trend is for weight loss centers to start including an exercise factor into their programs.

Being overweight puts you at risk for developing diabetes, high blood pressure and for having a heart attack. With a little weight loss and exercise added in these risks can be reduced drastically, and results can be seen very quickly.

Exercise should be part of your daily routine and it doesn't have to involve running 10 miles a day or exercising for hours on end. In the following pages of this report we will show you how to choose an exercise routine, how to get started safely and how to fit all of this into your busy schedule.

The Principles of Exercise

Before starting an exercise routine you want to really understand the principles of exercising. This will help you realize why you need to exercise regularly and what changes you can expect to see from your body.

1. Exercise Regularly – get yourself onto an exercise schedule and then stick to it. Aim to do some form of exercise such as walking or swimming at least 3 times each week.
2. Track Your Progress – keep an exercise journal and jot down when you exercised, what type of exercise you did and for how long. Also note how you felt during and after the exercise. You can compare this information to see how you are improving as the weeks go by.
3. Balancing Your Exercise – it is important to do some type of cardio each day but you want to balance this out by doing strength and toning exercises. This will help your body get a more defined look quickly.
4. Vary Your Workouts – you want to keep your exercise fun. You can accomplish this by walking in different areas or by changing your exercise. Why not go for a bike ride or take a Zumba class? This will also help keep you motivated by not becoming bored with your exercise routine.
5. Set Exercise Goals – by setting goals you are giving yourself something to work towards. You can set small goals of walking so many steps or miles per week. Or if you like to swim by swimming a certain number of laps per session.
6. Exercise to Your Limit – this is very true if you are recovering from some type of injury. If you have a knee injury then you need to work with your physiotherapist and don't overdo your exercise. It takes time to recover so it is important to listen to your body and adapt your exercise routine accordingly.
7. Take a Rest Day – it is important to allow your body time to recover. This is very important when strength training. Alternate these days with your cardio training days. For example do cardio Mon, Wed and Fridays and strength on Tues and Thurs. Saturday you can add some more cardio and keep Sunday as a rest day. Choose a routine that works for your lifestyle and your family.

Finding the Right Fitness Routine

For adults aged 18 and over it is recommended that you get 150 minutes of exercise in per week. This includes activities such as walking, cycling and running. It is also recommended to do some type of weight bearing or resistance training at least twice per week.

What that boils down to is 30 minutes of activity 5 times a week and 2 training session of about 20 minutes each.

Plan Your Goals

Your very first step is to plan what your goals are for your exercise routine. This could include:

- Losing weight
- Recovering from an injury
- Getting more movement from your body
- Strengthening your muscles
- Toning/body building
- Have more energy
- Overall health benefits

We suggest that you write your goals down on a piece of paper and put them in a prominent place. Your fridge or bathroom mirror is a good place, somewhere you will see them every day.

Motivation

Knowing what motivates you is going to be important to. Here are some pointers to take into consideration.

- Do you enjoy being in a group environment?
- Are you more of a go solo person?
- Do you enjoy the outdoors?
- Does going to the gym interest you?

If you enjoy a group setting then taking a Zumba or Kick boxing class might be ideal. For those who enjoy being by themselves you can cycle, swim lengths at your local pool or walk.

Outdoor enthusiasts can enjoy cycling, walking, hiking, swimming, ice skating and ski-ing. Many of these activities can be done as a group or alone.

Time Management

When planning your exercise time don't go overboard. Think carefully about how much time you can devote to exercise each day or each week. You need to be realistic here, otherwise your well laid out plans won't last very long.

If you are a morning person can you get up a little earlier to fit in a quick walk or bike ride? Even a quick 15 minute walk or ride can help get you off to a good start.

Determine what your lifestyle will allow. If you have to get kids off to school can you exercise once they have left for the day? Do you live close enough that you could all walk or bike to school each day? Getting your kids involved in exercise is a smart idea and helps them understand the benefits of exercise at a younger age.

If you work can you fit in a quick 10 minute walk during your lunch break? Start taking the stairs at work and at the mall instead of the elevator.

Another great idea is to download some fitness apps to your smartphone. This allows you to try out several types of exercise plans. Then once you have found one that you really enjoy you can look into it some more. Apps can be downloaded for free or for just a couple of bucks.

Working Out When Time is Tight

If you find you have a really tough schedule there are still ways you can fit in some exercise. The easiest way to fit exercise time in is to schedule it into your calendar. Book yourself an exercise appointment and then stick to it!

Choose to exercise at a time when your energy level is high. If you find yourself tired and sluggish in the evening you probably won't exercise. Maybe early morning or during your lunch break is a better solution.

By exercising when you feel more energetic you are more likely to stick with your routine and make it a habit. Three weeks of exercising will turn into a habit, you will start to look forward to working out and will miss it if you skip a session.

If time is a problem try adding in three 10 minute exercise sessions with each one lasting about 10 minutes.

Choosing an exercise that you really enjoy will help you fit in exercise time. Maybe you can get together with some co-workers and organize an exercise group. This could be as simple as getting together before or after work each day and walking.

You may enjoy tennis, dancing, yoga or want to take a self defence class. By doing something that you enjoy or by learning something new you are more likely to stick with it longer.

There is always some type of new exercise trend going on. Everyone joins in but what happens is when this trend slows down your enjoyment levels drops and you stop going. Plus the hottest exercise class may be more expensive.

Many workplaces have wellness groups now could be the perfect time for you to join. If you don't have one try to see if they are willing to organize one, other workers will probably be eager to help get one created.

If you sit at a desk all day then try doing simple exercises at your desk. This can include stretching, yoga moves and neck and shoulder shrugs. You should always try to get up at least once an hour and move around. Even if this is to only stretch your legs or go get a drink of water.

Remember that just moving more is going to help your body become more flexible. Try to walk around more often. Park further away from your office building and if you take public transport get off one or two stops earlier.

Do you live close enough to work that you could walk or cycle there a couple of times a week?

When making time for exercise is a problem bear in mind that seeing actual results of your exercise routine will take time to notice. You will feel results sooner, your clothes may start to become looser, you will start to sleep better and have more energy.

Don't Make These Fitness Mistakes

Too many individuals begin an exercise routine and suddenly two or three weeks later they give up. Don't let this happen to you this time around. Read what the biggest fitness mistakes below and then take steps to avoid becoming a victim.

Setting Unrealistic Goals

This just has to be one of the biggest mistakes people make. If your goal is to run a marathon, then don't expect to do this within a month. It takes time for your body to adjust to a new routine and you have to build your stamina and endurance levels.

Your best course of action is to set mini goals for each week or month and work towards achieving them.

Doing Too Much Too Soon

This includes going full swing into an exercise routine. If you suddenly start exercising a couple of hours each day when you have done nothing before you are setting yourself up for failure.

What will happen if you start exercising too fast is that you will probably hurt yourself and experience joint or muscle pain. For example if you damage your knee muscle from over exercising it can take months to recover.

Start off slowly and as you find the exercise becoming easier add more to it. Small steps will be less stressful on your body. You will feel as though you are accomplishing something in return.

Poor Nutrition

Exercise and nutrition really do go hand in hand. If you start exercising but don't watch what you eat then you won't get the results you deserve. By eating in a healthy manner you will feel better and see results more quickly.

The easiest changes you can make are to switch out foods like candy, chips and soft drinks for healthier alternatives. Try switching your soft drink to water or at least cut down on the amount you eat.

By adding more fresh fruits and vegetables you are helping build a stronger and healthier body. Your muscles, bones and organs will begin to work more efficiently.

You may find that eating a little more protein helps you with your exercise routine. Try to include small amounts of protein with each meal. This can include have an egg for breakfast, nuts as a snack and adding lean meats such as chicken and fish into your lunch and dinner.

More than Just Cardio

It is really important to understand that your body requires more than just cardio exercises. While doing cardio is great much of the time this only works the larger areas of your body. It is important to add exercises that workout other smaller areas.

This is why it is recommended that you add some type of weight or resistance training to your routine. This type of training helps to build your bone strength and helps sculpt and tone your body.

Don't Become Obsessed with the Scale

This is a huge mistake that people make and is the one thing that can jeopardize your whole exercise regimen. There is nothing worse than exercising all week and eating correctly and then getting on the scale to see that you have gained weight.

You must remember that as you lose fat you will lose weight. When you start to build muscle you can actually gain weight. This is simply because muscle weighs more than fat!

Your main focus should be on losing fat and gaining muscle and not worrying about the number on the scale. Instead we suggest that you record your body measurements. This will give you a good indication that you are losing inches and that your body is changing.

How to Fit in Exercise Time

The biggest excuse for people for not exercising is that they just don't have time. Here are some easy ways that the whole family can fit in exercise time.

Mornings

- If possible walk the kids to school
- Get out of bed 15 minutes earlier and go for a quick walk
- Get off the bus a few stops earlier
- Park your car further away at work
- Take the stairs whenever possible
- Schedule your next office meeting at a local park if possible
- Do a walk and talk meeting
- When sitting at work take a few minutes to tighten your stomach muscles
- Perform leg and arm stretches from your office chair
- Take some of your lunch break to get in a quick walk

Evenings

- Take the family to the park
- Play ball or Frisbee with your kids
- Use the monkey bars at the park to work out on

- Offer to rake leaves and cut the grass
- Become the dog walker
- Be the snow shovelling person
- Take an evening fitness class
- Walk with a good friend before going for a coffee
- Walk around your neighbourhood this is great to do over the holiday season to see all the houses decorated
- Volunteer for a local kids activity group

Best Exercises for Women

Many women prefer to exercise at home or by themselves. This may be because of time constraints or that they are overweight and feel embarrassed about their size.

Cardio Workouts

Following is a list of the best cardio workouts for women. Cardiovascular disease is the leading cause of death for women today. Aim for at least 150 minutes of cardio per week.

Walking and **Running** are still the most popular cardio workouts for women. They don't require any special equipment and can be done both indoors and outside depending upon the weather. In the winter simply head for your local mall, many malls open up early to allow mall walkers to get their laps in. Be sure to purchase a good pair of walking shoes they will make a huge difference.

Swimming is great for the whole body and is gentle on your joints. When you are swimming you are building your muscle strength and your endurance. If you are trying to lose weight swimming and water aerobic classes are a great choice plus fun to do!

Jump Rope is a great and affordable workout. It can be a little tough on your feet and ankles so if you have any lower joint issues this may not be for you. If you have young children jumping rope with them makes this activity fun for everyone.

Cycling this can be done outdoors by yourself or with your family or indoors on a stationary bike. **Spinning classes** are increasing in popularity and this trend looks like it is here to stay. Cycling with lower resistance is perfect for anyone with a knee injury. Less resistance allows you to get your leg movement back and helps slowly strengthen your knee muscles and ligaments.

Cross Country Ski-ing this is one of the most popular forms of exercise for woman in Canada. Cross country ski-ing is very easy to learn and can be done in all kinds of places. If you live in the country you could ski around your property or head to a local park and ski there. Of course there are plenty of cross country ski trails and this makes for a great family outing.

Choosing a Sports Bra

One of the hardest things for women is to find a sports bra that works. If your body is not comfortable then it can be really difficult to work out properly. When choosing a sports bra look for names that are recognized as 'sports bras'. Some great brand names include Shock Absorber and bras manufactured by Nike.

Wearing a good sport bra can help reduce movement of your breasts by up to 79% while you are actually exercising. Therefore it is important to choose a bra for the specific sport you are doing. For instance if you are performing yoga you require a different bra as to someone who is running or doing aerobics.

The next thing you want to consider is what material the bra is constructed from. Does it have breathable material and does it keep moisture away from your skin. You want to choose a bra that is made of durable material and material that dries quickly.

Try the bra on! This step is so important and unfortunately one that many women miss. Take the time to try on the bra at the store. Each brand can vary in their sizes and comfort level. Try on several styles and see which one feels the most comfortable. Move your arms around and trying bending up and down a few times. Your bra shouldn't ride up or rub your arm pits.

Sports Bra's come in a variety of styles and colors. Choose something that you like and a bra that makes you feel good. You can choose from low necks, 't' straps or even separate straps. Why not pick a bra that matches your workout outfit.

Getting Your Family Moving

Exercise should really be a family affair. Everyone will benefit and it is a great way to spend quality family time together. Exercising will help your children and spouse increase their muscle mass, sleep better, have more energy and build self esteem and confidence.

It is recommended that children in the 5-17 age group get at least 60 minutes of daily activity. The activity level should change and include sports like bike riding, running and swimming. Then for at least 3 days exercises that help strengthen muscles should be included.

How do you fit this in to your day? Take your kids out for an after dinner walk, swim, bike ride or skate depending upon the weather. If your kids participate in sports at school or an after school program they may be fitting in their daily exercise amount.

Another way to have some family exercise time is to purchase one of the **Wii Sports** games and play this together. Then you have no excuses such as the weather is bad or I can't get to the gym!

For seniors getting in the recommended amount of exercise can be harder. It is much easier to try and do 5-10 minutes first thing in the morning, then 20 minutes in the afternoon and another 5-10 minutes in the afternoon.

Using a Pedometer to Exercise

One very inexpensive tool is a pedometer and this is a great way to keep track of how much exercise you do each day. A **pedometer** will measure your daily steps and this can then convert into just how active you are.

- 5,000 steps or less = Sedentary
- 5,000 to 7,500 = Low Activity
- 7,501 to 9,999 = Somewhat Active
- 10,000 to 12,499 = Active
- 12,500 and up = Very Active

From this chart you can see why many sources recommend that you get in at least 10,000 steps per day.

You can purchase a pedometer from places like Wal-Mart, Amazon and Sports Stores both on and off line. For under \$20 you can easily purchase a good pedometer and one that will help calculate the amount of calories you burn each day as well.

How to Use Your Pedometer Effectively

Put your pedometer on first thing in the morning. Just leave it in your bathroom and then you can simply clip it on while getting dressed. Keep your pedometer on all day and check it every couple of hours. At first just record the number of steps that you take until you literally get into bed at night. This will be your starting base.

After recording your steps the first time you might be surprised at just how inactive you are. Maybe you only recorded 3,000 steps. If this is the case don't worry, just

work on increasing the number each day. Why not keep a journal and record the number of steps taken. Do this over a month's time and you can really see how much you progress in a month.

To increase the number of steps you take each day keep checking your pedometer every 2 hours. Then make a point of adding another couple of hundred steps. This could be done by walking to the mail box, walking up and down your basement stairs or just taking your dogs out for a bathroom break!

If you are working why not get together with a group of friends and have a pedometer challenge? Joining a walking program is another great option. The [American Heart Association](#) can help you find walking paths across the U.S.

Exercising with Health Issues

It's very likely that one of the reasons that you are not currently exercising is due to an injury. What many don't realize is that the best way to recover is to actually start exercising the injured muscle or joint. Yes this is going to hurt to a point but you will want to exercise under the close supervision of your doctor or therapist.

Whether the injury was a major one or you somehow hurt a muscle group and it just isn't getting any better. Muscles that don't feel as though they are healing are feeling tight and sore because they have contracted.

For example if you damage the knee muscle in your knee area known as the meniscus your best course of action is to start working out your knee. Physiotherapy can help get you mobile again. Your therapist will recommend using a stationary bike with a very low resistance to get your movement back again.

Within two to three weeks you will start doing leg exercises and slowly add weights to your ankle. This process may hurt to some extent but you have to get your muscles stretched again. Building up your meniscus is important so that your knee bones don't start to rub against one another.

If you are dealing with any type of injury then see your doctor for advice first. Exercise slowly and remember to apply ice to the injured area after working out. You should feel your joint or muscle area improve within the first few weeks of moderate exercise. The key is to keep exercising regularly and to slowly build the intensity.

Exercise Tips:

- Do a few stretches before starting your main exercise
- Listen to your body and identify pain as opposed to soreness

- Slowly decrease the intensity level before ending your workout
- Perform stretches again
- Ice the injured area

If you have suffered a major injury then seek medical advice before starting on any type of fitness routine. Just be aware that getting back into exercise can help the injured area recover faster and help you get your mobility back.

Modifying Your Workout Routine

Even if you are feeling really sore or a bump has suddenly developed on your hand you can still exercise by doing different things. Learning how to modify your exercise routine will be very important.

For example you may have hurt your hand so you can't lift weights today. Instead you can go for a walk or a swim. While walking you can stop and do leg squats, arm circles, neck stretches and hamstring curls. If you normally run change to riding a bike or walking or going for a swim at your local pool. Before you know it you have your 30 minutes of exercise in and can head home for a nice cup of tea or coffee.

For smaller injuries there really is no reason why you can't switch your routine and exercises that day. For any major injury then icing the area and resting is your best course of action. Any pain or swelling that doesn't subside in a couple of days should be seen by a medical professional.

Types of Exercises

There are hundreds of different exercises that you can do. Just take a quick look through the available exercise DVD's and videos available at sites like Amazon. You could easily select a couple of different workout routines and try them all.

As we mentioned before doing an exercise which you like will be really key. You are more likely to stick with it than if you try the latest fad just because all your friends are doing it.

If you haven't exercised in a while you really are better off starting with something simple like going for a walk or taking a swim. Swimming is really beneficial for your joints and water aerobic classes are very effective. This can be a good choice if you have joints that ache or if you have knee problems. You can start moving again without putting too much weight on your joints. Then as you lose weight or increase your mobility you can begin to add other exercises to your routine.

Another popular exercise is Yoga and this can be done by taking a yoga class or at home using a Yoga DVD. Just be sure to pick up a beginners DVD and watch it through first before attempting the class.

Cycling is yet another great exercise which can be done in various ways. Spinning classes are extremely popular and this trend is expected to increase over the next couple of years. Working out on a stationary bike is perfect for those living in areas where weather conditions aren't suitable for year round biking.

Mountain biking is a wonderful way to get out and see some local scenery. This is a good way to spend time with your family by making it a day out and taking a picnic lunch with you. Just remember to take an emergency repair kit with you in case you get a flat tire.

Dance Fitness is huge and currently Zumba classes are leading the way in popularity. These classes are based on Latin American dancing with movements that are easy to do. The music has an uplifting beat to it which no doubt contributes to making you feel energized while dancing. Plus Zumba is great for kids and seniors alike, another great idea for doing some family fitness together.

Core training is an important part of your fitness routine and should be incorporated two to three times per week. Core training places its emphasis on the middle area of the body including your stomach muscles, pelvis and lower back which all help protect your lower back. Developing strong hip and lower back muscles also improves the condition of your knee muscles. Core training classes are opening up in gyms everywhere.

Training drills are exercises which can be done anywhere and don't require any special equipment. Training drills include exercises such as high knee stepping, side shuffles and walking quickly backwards a few yards and then rushing forwards. Training drills are excellent to use as a calorie burn workout.

Senior fitness classes are becoming very popular and include exercise specifically designed with seniors in mind. These classes are aimed at helping seniors get mobile and active again. Senior fitness classes include swimming classes, yoga, tai chi, Zumba and walking groups.

Should You Use a Personal Trainer?

There seems to be a trend today for hiring a personal trainer but are they really worth the money? One of the biggest benefits of hiring a personal trainer is getting one on one instruction. With this type of instruction you can be certain that you are performing each exercise correctly. Plus a good personal trainer can help motivate you and help you reach your goals.

It is normally the cost of hiring a trainer that turns people off. Personal trainers can be expensive for sure and it depends on what your fitness goals are. Are you training to run a marathon or enter an iron man competition? If so, the cost might be worth it.

One popular option which is showing up in many fitness clubs is that of sharing a personal trainer. This normally involves 2 or 3 other people training at the same time. This still allows you to receive personalized instruction but at a much cheaper price.

When looking into hiring a personal trainer there are a few points you want to take into consideration:

- What are their credentials?
- Do they perform a fitness evaluation?
- Do they take a personal history on you which should include a medical and fitness history?
- Will they design an individualized program for you?
- Are reassessments and adjustments to your training schedule done on a regular basis?

If all of the above points are covered then the chances that you have discovered a good personal trainer are good. Of course when you meet the person you can tell almost immediately if you will get along with them. Remember you will have to take their advice and their aim is to help you achieve your goals along the way.

Hiring a personal trainer is a personal choice. It may be worth hiring one for six weeks so you can get an exercise program developed for you. Then all you have to do is follow it. This option is often a good solution for those with a limited budget.

Conclusion

Hopefully you now have a good understand of what fitness is all about and why you should be exercising regularly. This report has covered various types of exercises and fitness options and there should be at least one or two that has sparked some interest for you.

Remember that as an adult you need to exercise for at least 21/2 hours per week and take at least one rest day. By adding some resistance or weight training you will be strengthening your body and your muscle mass. This is extremely important as keeping your mobility as you age is vital. This will allow you to spend time with your grandchildren and have the energy to keep up with them!

If you have any further questions about exercising or starting a new program then I am happy to help as best I can.