an Exercise
1. **Set Specific, Manageable Goals.** For example, plan to exercise for 20 minutes, three times a week. And don't forget to track your progress by writing it down.

2. **Use a Variety of Daily Reminders.** Schedule your exercise sessions on your calendar like any other appointment. Also make sure you have your gym bag in the car, or leave your walking shoes by the door to remind you to get moving.

3. **Set Up a Non-Food Reward System.** To reward yourself when you accomplish one of
your fitness goals - such as staying on track with your exercise for a full week or month -- treat yourself to a movie, massage, or pedicure.

4. **Invest in a Good Pair of Workout Shoes.** Make sure they have good cushioning and arch support and feel so good that you'll look forward to putting them on. Sales associates at many of the sports stores can help you find a good pair. Stay away from high-top shoes because too much ankle support over time can actually make the joints weaker. Don't forget
to replace them when the old pair starts to lose their support -- probably about every three to six months.

5. Find a Buddy, a Class, or a Group. When someone is depending on you and striving for the same goals, this helps motivate you. Not only that, it just makes exercise more fun!!

6. Start Slowly. Most people try to do too much when they start exercising. It's OK to break up your exercise into segments throughout the day. For example, begin with 10-15 minute
chunks of activity, several times daily. Just fit it in whenever you can!!

7. **Just Walk.** One of the easiest ways for most people to work in exercise is to walk. Wearing a pedometer adds extra motivation by keeping you working toward a goal each day. Although you could aim for 10,000-15,000 steps a day, many people will want to start with 5,000 steps or less, and work their way up over time.

8. **Get Back to Basics.** Don’t think you need fancy equipment to get a great work out. Fitness trainers are going back to basic
equipment like medicine balls, free weights, Swiss balls, and kettle bells. And don’t forget the classic pushups, crunches, lunges, and squats!

9. **Use Multiple Muscle Groups.** When you work more than one muscle group at a time and use full-body movement as much as possible, it takes less time to do a thorough weight-training workout. For example, try doing squats (lower body) combined with dumbbell shoulder presses (upper body). The bonus? Using full-
body movements burns tons of calories in a short amount of time!!

10. **Use Whatever Gets You Going.** Some of us need a little something extra to keep us exercising from week to week. For some, this could be working out with an mp3 player/iPod. For others, it could be listening to books on tape as you walk, or watching favorite TV shows while you use the treadmill or stationary bike. Which you chose is up to you: the point is, use whatever gets you going!!!
These get-moving strategies were suggested by Tonya Gutch, senior professional fitness trainer at the Cooper Fitness Center in Dallas. 

Information taken from website: http://www.webmd.com/fitness-exercise/features/how-start-exercise-program
With these helpful tips, you can do it!

Already on your way to a healthier lifestyle.