



Getting Started – The First Step

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Many people want to make changes to their body but don't know how to properly begin a fitness program. The most common mistake is to do too much too soon.

Let's think about what happens if you decide to go out and do everything you've been meaning to do for months on the first day. No doubt you will be incredibly sore when you wake up the next day. This leads to real difficulty in convincing yourself to go through your fitness routine again. You decide you'll pick up again tomorrow after the soreness wears off. Tomorrow comes and you try to do something, but the aches and pains in your muscles convince you to cut it short and you decide you need another day of rest. The next day comes and goes and you don't work out again. By this time you are starting to get disappointed in yourself and that leads to a lack of motivation and then you're right back where you started.

Any amount of training above and beyond what the body is used to will create change, so the right thing to do is to start with a *reasonable* change to your current habits. Make a point to be honest with yourself about what level you are starting. Positive change will only occur with the optimal amount of training, but this may consist of only three 30 minute sessions per week to begin. It is better to be on the conservative side and then progress from there. Remember to go slowly and build solid, sustainable habits.