

How to Start a Fitness Program

By: *Charlestown HealthCare Center Fitness Trainer, Elizabeth Dellaporta*

Set specific, attainable goals.

Make sure you don't over extend yourself or set your limits too high. The goal needs to be manageable.

Schedule your workout.

Your exercise is equally important as a business meeting or doctor's appointment. This is a commitment to yourself to live a better life.

Allow yourself a non-food reward.

Buy yourself a new outfit or get a manicure. You don't want to eat back all those calories you worked so hard to burn.

Make sure you have good quality, new sneakers.

Old sneakers can cause injury or orthopedic issues. You'll also feel motivated to use your new shoes.

A short workout is better than no workout!

Everyone gets busy. Even if you just have 10 minutes – MOVE!

What should I do for a cardiovascular workout?

Some examples of cardiovascular training are walking, bike riding, swimming, or rowing.



The *American Heart Association* recommends:

For Overall Cardiovascular Health:

- At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150**

OR

- At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity

Stay tuned for next month when Liz shows you some stretching exercises!

If you are an MGH – Charlestown Healthcare Center patient and wish to participate in free fitness classes, please contact Liz DellaPorta at edellaporta@partners.org or call 617-726-8654.