

How to Stick With It

Now that you're on the road to fitness, the key is to stick with it. **Tips:**

Exercise first thing in the morning. Studies show that people who exercise in the morning, before the responsibilities of the day pile up, are more likely to stick to their routine.

Vary your exercise. Bike one day, swim the next and play basketball with friends the day after that.

Get a partner. You can keep each other motivated and enjoy each other's company while you walk, jog or bike.

Reward yourself. Put a few dollars into a savings account every time you exercise. At the end of the month, do something special with your "fitness dividend." **ideas:** Go to a play, buy new clothes or have dinner with a friend.



Play It Safe

Getting sidelined with an injury won't help your fitness success.

Safety check:

- ✓ If you're over 40 or you haven't exercised for a while, get a checkup from your doctor before you start an exercise program.
- ✓ Warm up and cool down every time you exercise. Stretch gently and exercise at a lower intensity for 10 minutes before and after your exercise session.
- ✓ Pay attention to your body. If you are in pain, dizzy or breathless, slow down or stop exercising.
- ✓ Drink plenty of water.

Step It Up

Lack of physical activity is a risk factor for heart disease, the No. 1 killer in America.

In order to improve the fitness of your heart and lungs, exercise at a higher intensity for 30 minutes or more several times a week.

How do you know if you're working hard enough? Or too hard? You should be breathing heavily when you're exercising, but not so breathless that you can't speak or get enough air. You should feel energized, not exhausted.

Stay on Target

Exercise within your "target heart rate" to maximize heart benefits. **Here's how:**

- Subtract your age from 220. That's your maximum heart rate.
- Calculate 50-75 percent of your maximum heart rate. This is your target heart rate.
- Take your pulse often while you're exercising, and try to stay within your target zone.

If you're a beginner, work at 50 percent of your maximum heart rate. As you become more fit, work up to 75 percent.



FITNESS YOU CAN FIT IN ANYTIME, ANYWHERE

The Fast Way to Feeling Great

DON'T HAVE TIME TO EXERCISE? SURPRISE!

If you're sitting down reading this, stand up. Now raise yourself up on your toes and slowly lower yourself down. Repeat a few times. Guess what? You're exercising. You don't have to be an Olympic-class athlete to do something good for your body. Thirty minutes of moderate activity most days of the week is enough, experts say, to gain the health benefits of exercise. Even several 10-minute chunks of activity that add up to 30 minutes or more a day are good for your body.

Make Exercise a Habit

What will 30 minutes a day get you? You'll experience many benefits, for both your body and your mind. **Here are some of the rewards of regular exercise:**

- Feeling happier
- Weight loss
- More energy
- Looking and feeling younger
- Better digestion
- Lower cholesterol
- Healthy bones, muscles and joints
- Reduced risk of osteoporosis
- Better sleep
- Healthier heart
- Less stress

Calories add up fast —

but so do 10-minute chunks of calorie-burning exercise. One half-hour of sweeping the driveway or mopping the floor burns off a can of regular soda (150 calories). A half-hour of running around with your kids or the dog can burn off two slices of bread (200 calories). Add a bike ride to and from the store and a brisk walk at lunch, and you'll eliminate that brownie (300 calories).

Ways to Fit Fitness Into Your Day

Six in 10 adults don't exercise regularly, and another two in 10 are only barely active. But it doesn't have to be that way. Instead of getting discouraged by how little time you have to exercise, focus on finding just three times during your day where you can fit in 10 minutes of movement. If you need inspiration, here are a few ideas.

1. **MOW** or rake the lawn (calories burned: 100).
2. **SWEEP** or mop the floor vigorously (calories burned: 150).
3. **BIKE** to run errands (calories burned: 200).
4. **WALK** to your favorite store or restaurant (calories burned: 150).
5. **JOG** in place while waiting for the laundry spin cycle to finish (calories burned: 300).
6. **SHOVEL** snow (calories burned: 300).

TRIMMERS AND TONERS

7. **WEED** the garden.
8. **CLIMB** the stairs instead of taking the elevator.
9. **PARK** at the other end of the lot and walk.
10. **RIDE** a stationary bicycle or do calisthenics while watching TV.

