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How much how many exercises pdf for beginners

Written by Arlene Semeco, MS, RD — Updated on March 2, 2017 Regular exercise is one of the best things you can do for your health. As soon as you start exercising, you will begin to see and feel the benefits that physical activity can have on your body and well-being. However, working the exercise into your routine takes a lot of determination, and sticking to it in the long term requires discipline. If you're considering starting exercise but don't know where to start, this article is for you. Here's all you need to know about starting a routine and sticking to it. Sharing on Pinterest Regular Exercises has proven to significantly improve your health (1). Its biggest benefits include helping you achieve and maintain a healthy body weight, maintaining muscle mass and reducing your risk of chronic disease (2, 3, 4, 5). In addition, research has shown that exercise can lift your mood, boost your mental health, help you sleep better and even enhance your sex life (1, 6, 7, 8). And that's not all - it can also help you maintain good energy levels (9). In short, exercise is powerful and can change your life. Summary: Exercise can improve mental function, reduce the risk of chronic disease and help you lose weight. There are different types of exercise, including: Aerobic: Usually the core of any exercise program, it consists of periods of continuous movement. Examples are swimming, jogging and dancing. Strength: Helps increase muscle strength and strength. Examples such as resistance training, plyometrics, weight lifting and sprinting. Calisthenics: Basic body moves are performed without exercise equipment and at an average aerobic rate. Examples are lunges, sit-ups, push-ups and pull-ups. Intense interval training (HIIT): Includes a repeat of short bursts of intense exercise followed by low-intensity exercises or rest periods. Boot camp: High-intensity circuits based on time combining aerobic exercises and resistance. Balance or stability: Strengthens muscles and improves body coordination. Examples such as Pilates, tai chi and core enhancement exercises. Flexibility: Helps restore muscles, maintain range of motion and prevent injury. Examples include yoga or individual muscle tensioning exercises. The above operations can be performed individually or in combination. It is important to do what suits you best and to have fun with it. Summary: Common types of exercise include aerobics, strength, calisthenics, HIIT, boot camp, flexibility and stability. You can do them individually or in combination. It is important to consider a few things before you start an exercise routine.1. Check your healthIt is important to consult your doctor and get a physical medical examination before starting an exercise routine. This is especially important for those unfamiliar with strenuous physical activity, as well as individuals 45 years of age or older. Early examination can detect any health problems or conditions that may put you at risk of injury while exercising. It can help you optimize your workouts, make it easier for you and your personal trainer to understand your limitations, and create an exercise plan tailored to your specific needs.2. Plan and set realistic goalsMon when you decide to start exercising regularly, try to create a plan that includes steps and goals that can be achieved. One way to do this is to start with a plan of easy steps to follow. Then you can continue to build on it as your fitness levels improve. For example, if your goal is to complete a five-kilometre run, you can start by formulating a plan that includes shorter runs. Once you can complete these short runs, increase the distance until you can run the entire five kilometers continuously. Starting with small goals will not only increase your chances of success, but will also give you motivation in every step of the way.3. Make It a HabitAnother key component of exercise success is to stick to your routine. It seems to be easier for people to maintain an exercise routine for long periods if they make it a habit and do it regularly (10). A review of the study concluded that replacing an unhealthy behavior with a new healthy habit is a great approach to maintaining it in the long term (10). Moreover, doing a schedule or exercising at the same time every day are good ways to maintain your routine and make it last. For example, you can make exercise a habit by planning to work out right after work every day. Summary: Before you start exercising, check your health and plan with real goals. Then make exercise a habit by combining it into your daily routine. You don't have to be a high performance athlete or used to work out for hours to start exercising today. Current recommendations from the American College of Sports Medicine on physical activity include at least 150 minutes of moderate aerobic exercise per week (11, 12). These 150 minutes can be configured any way you want. For example, you can practice 30 minutes five times a week or work out 35 to 40 minutes a day. However, recent studies have shown that packing this minimum requirement into one or two training sessions per week can be as beneficial as spreading sessions throughout the week (12). Overall, it's important to start slowly and increase the intensity as you build your fitness levels up. Finally, although a daily amount of physical activity is necessary for good health, allowing your body to rest is important too. Not let your body recover from the stress of exercise increases the risk of injury, such as muscle strains and stress fractures, and can lead to overtraining syndrome Exercising too much can also weaken your immune system and increase the risk of infection, hormonal imbalances, depressed moods and chronic fatigue (13, 14, 15). Summary: The minimum recommendation for exercise is at least 150 minutes per week. However, it is important to start slowly and let your body rest over time. Here's an easy follow, a week the program does not require equipment and will only take 30-45 minutes per day to complete. This program can be tailored to your fitness level and taken as challenging as you want. Second: 40 minutes of moderate speed jogging or fast walking. Tuesday: Rest day. Wednesday: Walk fast for 10 minutes. Then complete the following circuits, resting 1 minute after each set but not between exercises. Stretch then. Thursday: Rest day. Friday: 30 minutes of cycling or moderate speed jogging. Saturday: Rest day. Sunday: Jogging, jogging or long walk for 40 minutes. The one-week program above is just a simple template to get you started. For more ideas and workout plans, see the following links: Summary: There's a variety of exercises you can do, and the plan above is just one example to help you get started. Drinking liquids throughout the day is essential to maintain a healthy level of hydration. Replenishing fluids during exercise is critical to maintaining optimal performance, especially when exercising at hot temperatures (16, 17). Moreover, hydration after your workout can help you recover and get you ready for your next training session (18, 19).2. Optimize your nutrition Be sure to consume a balanced diet to support your exercise program. All food groups are needed to maintain healthy energy levels and get the most out of your workouts. Carbs are especially important because they can fuel your muscles before exercising (20). Carbs are also important after exercise to replenish glycogen stores and support the absorption of amino acids into your muscles during recovery (17). In addition, protein improves muscle recovery after exercise, repair tissue damage and build muscle mass (17, 18). Finally, regular consumption of healthy fats has been shown to help burn body fat and conserve muscle fuel during workouts, making your energy last longer (20). Click these links for more information on nutrition before workouts and after workouts.3. BootIt is important to warm up before your workout. Doing so can help prevent injury and improve your athletic performance (21, 22). It can also improve your flexibility and help relieve aches and pains after your workout (22). Simply start your workout with some aerobic exercises like arm swings, kicking legs and walking lunges. Alternatively, you can start by performing easy exercises of the exercise you are planning to do. For example, walk before running.4. Cool DownCooling down is also important because it helps your body return to its normal state. Taking a few minutes to cool down can help restore normal blood circulation and breathing patterns and even reduce the risk of muscle soreness (22, 23). Some cooling down ideas light walking after aerobic exercise or prolonged exercise after resistance training.5. Listen to your bodyIf you are not accustomed to exercising every day, pay attention to your limits. If you feel pain or discomfort during exercise, stop and rest before continuing. Pushing through pain is not a good idea, as it can cause remember that working out harder and faster is not necessarily better. Taking your time to progress through your fitness program can help you maintain your routine in the long term and make the most of it. Summary: Be sure to stay hydrated, eat a balanced diet, warm up before exercising, cool down afterwards and listen to your body. The key to maintaining motivation and making exercise a habit is to have fun while doing it. This allows you not to be afraid to exercise. Like the sample exercise program shown above, you can combine the activity while keeping it fun for you. Joining a gym or group fitness class like yoga or Pilates, hiring a personal trainer or doing team sports are also good ideas for increased motivation and enjoyment (24). Working as a team or with a friend can also assist in maintaining accountability and motivating you to keep up with your good work. Moreover, tracking your progress, such as logging in to lift your weight or noting your running time, can help keep you motivated to improve your profile. Summary: To maintain your motivation, mix up your workout, join a gym or sports team and track your progress. Starting a new exercise routine can be a challenge. However, having real goals can help you maintain a fitness program in the long term. There are many different types of physical activity to choose from. Find a few jobs for you and be sure to change them occasionally. The goal is to start slowly, build up your exercise levels and let your body rest over time to prevent injury. Tracking your progress or joining a fitness team can help you stay motivated and achieve your goals. It is also important to eat a healthy diet and hydrate regularly. So what are you waiting for? Start exercising today! An important component of successful exercise is to stick to your routine. It seems to be easier for people to maintain an exercise routine for long periods if they make it a habit and do it regularly (10). A review of the study concluded that replacing an unhealthy behavior with a new healthy habit is a great approach to maintaining it in the long term (10). Moreover, doing a schedule or exercising at the same time every day are good ways to maintain your routine and make it last. For example, you can make exercise a habit by planning to work out right after work every day. Summary: Before you start exercising, check your health and plan with real goals. Then make exercise a habit by combining it into your daily routine. You don't have to be a high performance encouraged or used to work out for hours to start exercising today. Current recommendations from the American College of Sports Medicine on physical activity include at least 150 minutes of moderate aerobic exercise per week (11, 12). These 150 minutes can be configured any way you want. For example, you can practice 30 minutes five times a week or work out 35 to 40 minutes a day. However, recent studies have shown that packaging asking for one or two training sessions per week can be as beneficial as spreading sessions throughout the week (12). Overall, it's important to start slowly and increase the intensity as you build your fitness levels up. Finally, although a daily amount of physical activity is necessary for good health, allowing your body to rest is important too. Not let your body recover from the stress of exercise increases the risk of injury, such as muscle strains and stress fractures, and can lead to overtraining syndrome (OTS). Exercising too much can also weaken your immune system and increase the risk of infection, hormonal imbalances, depressed moods and chronic fatigue (13, 14, 15). Summary: The minimum recommendation for exercise is at least 150 minutes per week. However, it is important to start slowly and let your body rest over time. Here is an exercise program an easy week to follow without equipment and will only take 30-45 minutes per day to complete. This program can be tailored to your fitness level and taken as challenging as you want. 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