

# Tiger Tips #1 – Getting Started



## By Tiger Coaching & Personal Training

- Making a commitment to yourself to start a fitness program is the first step to developing a healthy lifestyle and achieving your goals.
- Your next step if you are just starting your fitness program should be a **visit to your physician** to make sure everything checks out before you start. Not to mention that when you go back in a year, you'll be able to see your improvement!
- Once you've gotten the OK from your doctor, it's time for the exciting part. Too often when people make the decision to begin a fitness or exercise program, it is overzealous and ultimately dangerous. **The best way to begin is with baby steps.** Remember, you may be starting after years of inactivity, give your body time to adapt.



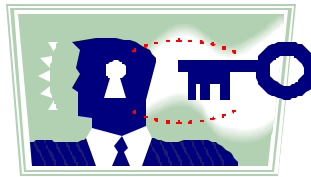
- Like anything new, starting an exercise program must be done with careful planning and regular practice. Generally, I suggest evaluating your schedule to figure out where you can feasibly fit in just **15 to 20 minutes of walking**. For most beginners, **two or three days per week** are a good start simply because it is manageable. Once you feel that you can comfortably fit two or three 20-minute walks — **or the activity of your choice** — into your schedule, you can begin to lengthen the time. For example, if you're walking Monday, Wednesday and Friday for 20 minutes, add five minutes onto one or two days a week. Stick with that for a while (generally three or four weeks) before adding on more time. **Your goal? Four-five days of cardiovascular exercise for 45 to 60 minutes.** Don't worry about reaching that goal today or even tomorrow. **Pace yourself.** Remember, too much too soon is what causes most people to quit exercising or become injured.



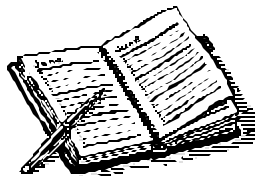
- After about two months of sticking with your walking program, it's time to consult a professional and **begin adding weight-training exercises**. Again, **start with one set, one day per week until you reach two to three days a week of regular weight training**. Weight training takes time, don't rush it. You should be sure you have the proper technique and are following safe training guidelines. (We will cover those in a future tip).



- **Don't underestimate the importance of a positive mental attitude**. Reward yourself on a daily basis for making positive changes. Avoid being hard on yourself if you miss a workout here or there due to family or work related activities, resume the next day as scheduled. **Remember we need to maintain balance in our lives** between, workouts, family, and career. **Avoid negative thoughts** or input from others, remain positive, look at your progress and remember it takes time and patience to do it right and make a permanent lifestyle change. The mental component of healthy living is essential. **Be positive with yourself** and explore a variety of exercise options so you can discover what is right for you.



- Trainer tip: **Writing down some goals both short term and long term** along with keeping track of your daily exercise is a wonderful way to gauge your progress. Whether it's a notebook or a formal exercise journal, tracking your activity will motivate you to work harder and advance yourself to the next level. Good luck!



#### Quote of the week:

You are what you think. You are what you go for. You are what you do!  
--Bob Richards