

How to start a **SUCCESSFUL** exercise program



What you will need?

- **Clearance from your doctor.** If you have a cardiologist, they will advise on level of exercise and **what kinds** are best for you, especially when considering weight lifting.
- **Comfortable clothes.** Dress for indoor or outdoor exercise. Clothing should allow you to breathe, not too tight and cotton and dry fit fabric works best.
- **Water bottle that holds at least 32 oz.** Drink at least 8 oz. one hour before exercising, 8 oz every 20 minutes of moderate level exercise and another 8-16 oz. after your workout.
- **The right shoes.** **Running shoes** can be used for just about any type of exercise. Certain sports played in a court like basketball and tennis require **court shoes**. The difference? Running shoes provides supports, stability and cushions your feet. Court shoes provide mostly lateral support and stability. Orthotics or insoles may be recommended.
- **A good night sleep.** Getting 7-9 hours of sleep nightly, especially the night before you are planning your workout session, will allow you to have the energy you need.
- **A Health Coach.** If you need help getting started with forming a plan that works with your schedule, provides you professional help where needed and ensures accountability, health coaching may be a great choice for you.



How to put your best foot forward

- Start stretching. Stretching first before starting any type of strenuous exercise routine helps promote circulation, allows joints to move through a full range of motion and decreases risk for injuries.
- Keep a daily record. Many apps can help you chart your daily progress. Some things that may be useful to track: Type of exercise; amount of time spent; 15-second pulse before and after; blood sugar before and 30 min after if monitoring.
- Stay at a continual and rhythmic pace when doing a brisk walk **Avoid using weights** when walking as this can increase risk for joint injury.
- Stay active during the day. Seek ways to move more with every daily activity.
- Avoid high sugary drinks. Drinking water is the best way to replenish your body with lost fluids. If sweating excessively for a long period of time, sports drinks may be helpful.
- Wait after eating. Wait at least 30 minutes after you eat to begin an exercise routine, including walking.
- Walk on level surfaces. If on an incline on a treadmill or outside, slow your pace down.



Safety first

- Do not exercise during the high heat of the day (10 am to 2 pm). This is when the sun is at its strongest and UV exposure is the most hazardous.
- Warm up for 10-15 minutes before beginning a lengthy workout by stretching and raising heart rate slowly.
- Carry or wear a medical I.D that shows your name, address, medical condition and medications.
- **If you have diabetes:** 1. Check your blood sugar before and 30 minutes after exercise. 2. Inspect your feet before and after exercise. 3. Check your pulse before and after. 4. Bring a 15-20 gram carbohydrate snack and water bottle.
- Stop activity immediately and seek medical attention if you feel:
 - Pain in the chest, teeth, jaw, arms or ears
 - Irregularity in pulse or heartbeat (ie. palpitations)
 - Shortness of breath (and can't catch breath after stopping)
 - Lightheadedness, dizziness, excessive fatigue
 - Nausea and/or vomiting
 - Pain in a joint that restricts movement



Benefits of exercise

- Strengthens your heart muscle
- Lowers resting heart rate and blood pressure
- Lowers blood sugar levels by increasing muscle sensitivity to insulin
- Lowers excess body fat
- Lowers total cholesterol level, triglycerides and low-density cholesterol
- Boosts overall energy level
- Lowers stress
- Lowers risk for cardiovascular disease which can lead to stroke, heart attack and kidney failure
- Helps prevent disability which can lead to immobility
- Improves mood and promotes a sense of well-being