

# Exercise Success Tips

Exercise and physical activity are great ways to help you burn calories and guard against storing excess calories as body fat. These activities also contribute to physical fitness and health.

Any movement (along with the daily living functions of your body) will burn calories. It is only when you burn more calories than you consume that you will lose weight. Just 100 extra calories per day can cause a weight gain of 10 pounds per year! For every 3,500 excess calories you consume, you will gain one pound. Keep that from happening with a balanced, exercise routine.

## Start Slow

Start new exercise programs slowly and vary your activities. Beginning too fast will dramatically increase your risk of injury or burnout.

If you have been sedentary for a long time, you should start by walking for a few minutes per day at an easy pace. Visit your physician to make sure that you are physically able to start an exercise routine. This is especially important if you are new to exercise, have diabetes or heart disease, or are dealing with a health issue that may require special care.

## Add to It

Think of ways to add to activities that you are already doing. Can you take a walk during lunch? Park farther away? Hand deliver messages? Clean your house more frequently? Jog with the kids?

For some families, putting exercise equipment in front of the TV is a big help. We recommend any of the following...

- Stationary bike
- Treadmill
- Stair-climber
- Exercise ball, resistance bands, or weights



If you are watching your kids take part in sports, take a walk around the perimeter of their practice area. Volunteering to help coach is another opportunity to be more active.

Put on your workout clothes when it is time to work out. Do it before you can talk yourself out of getting started. Even if you can't work out at a planned time, you may be able to fit it in later. Being fully prepared makes exercise more likely.

## Find a Friend

It helps to have a workout buddy. You are not as likely to skip out on your exercise plans if you know that you have someone waiting on you.

Maybe you have a friend at work who can jog with you at lunch? Or a neighbor that likes to go for a walk on the weekends? Think about people who might be willing to exercise with you.

## Get Active

Visit [www.active.com](http://www.active.com) and take a look at the walking and sporting events in your area. The site features everything from charity walks to bike rides, 5ks, 10ks, marathons, and even triathlons.