



Designing Your Fitness Program

Starting an exercise program can be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight; improve sleep habits, and self-esteem.

It's easy to say that you'll exercise every day. But you'll need a plan to be successful. As you establish a fitness program, keep these points in mind:

Tips to keep in mind:	Details	Resources to Check Out
Check with your Doctor	It is always best to check with your Doctor before starting any exercise program.	If you do not have a Primary Care Doctor, talk to your Health Coach to find one within your network.
Have a Present Mindset/Assess your Current Fitness Level	<ul style="list-style-type: none"> Take some time to evaluate where you are starting. It is common for our minds to remember what we <i>use</i> to do, keep in mind where your body and mind are today. Goal setting and benchmarking can help you be successful. 	https://www.acefitness.org/education-and-resources/professional/expert-articles/5256/why-a-positive-attitude-is-the-most-powerful-tool-for-reaching-your-goals/
Set Goals	<ul style="list-style-type: none"> Are you starting a fitness program to help lose weight? Or do you have another motivation? Having clear goals can help you gauge your progress and stay motivated. Follow the FIIT principle to guide your goals. 	https://www.acefitness.org/education-and-resources/lifestyle/blog/6763/a-guide-for-s-m-a-r-t-goal-setting/ FIT Principle: F requency: how often will you exercise? I ntensity: how is your breathing? T ime: how long will you exercise? T ype: what kind of exercise suits you?
Create Balance	<ul style="list-style-type: none"> 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week. It's best to spread out exercise during the course of the week. 	The Department of Health and Human Services recommends these guidelines for ages 18+.

For more information on FREE Health Coaching please contact 610-225-6277



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	<ul style="list-style-type: none">Strength training exercise is also important for all major muscle groups. Aim for at least two times a week. 12-15 repetitions for 1-3 sets on non-consecutive days.	
Get Started!	You have thought about a plan, talked to your Doctor, now it's time to move.	Here are some free exercise sites you may find helpful to start at home. Myfitnesspal YogawithAdriene Dailyburn FitnessBlender eFit30 DoYogaWithMe SparkPeople BeFit LivestrongWoman Hasfit
Exercise 3 days the first week	Start slowly: the biggest mistake people make is starting out too hard, too fast or too many consecutive days. This can lead to injury, muscle soreness and loss of motivation.	<i>A journey of a thousand miles begins with a single step. – Chinese proverb</i> <i>That's true when starting an exercise program too.</i>
Plan for Success:	Map out your week. Have a clear mindset of your goals. You can do this!	<ul style="list-style-type: none">Choose the best days to exercise.Check weather to determine if outside exercise will be best. Find alternate workouts and adapt instead of finding an excuse.Set out clothing the night before so you are ready for the workout.
Document Your Progress	If it's written or tracked, it happened! ☺ Track your workouts, what you did, how long/far/intensity and how you felt. This will serve as motivation to see all your progress and allow you to learn from your experiences.	Use paper/pencil Phone/Tablet Use social media/friends/Health Coach to help you keep accountable with your sessions.