How to start an Exercise program

Everyone knows that in order to stay in good health, exercise must be part of your lifestyle. Many people know they need to exercise but can’t simply find the time, while others may have time but aren’t motivated. Here’s a quick four step program to add energy and fitness in your life:

[Step 1. Just Do It](#step1)

[Step 2. Keep a record](#step2)

[Step 3. Commit to yourself](#step3)

[Step 4. Consult your doctor](#step4)

Set a small, reasonable goal. For example, go for a brisk walk 3 times a week. In no time at all you’ll be walking for an hour five times a week.

Plan your exercise time in advance and record your progress. Its especially motivating to note how you feel. At first you might feel sore or tired but in a few weeks, you will have more energy and fewer aches and pains.

Commit to yourself that you will exercise at your minimum goal level for two months no matter what happens

Most people can begin a program of easy to moderate walking with no ill effects. But if you have a hidden health problem or a chronic health condition, you will need your doctors opinion on how to continue.