

## Tip for getting started on a fitness plan

Contributed by Triston W. Torn  
Sunday, 24 February 2008

**Taking it slow and easy** Walking is the easiest, cheapest way to work for most people. The research shows that people who have a sedentary lifestyle, which is also at a moderate amount of physical activity guide the health benefits of exercise. It is important to start slowly if you have been inactive for a long period of time. The speed and length of your walk should match your fitness level. It may be necessary for you to start with only 10 or 15 minutes walking and increase your you feel capable. A good way to measure weather you are working too hard is if you are unable to carry on a conversation-- if you can't talk-- slow down your walk! A healthy, injury-free walk is one in which you can easily continue talking while you walk.

**Stretching for injury-free workouts** According to a report by 1991, almost half of all women are walking for the exercise on a regular basis, but only 26% of women do stretching exercises.

**Back and neck stretch** Stretch the back, neck and abdominal muscles before exercise can prevent sprained back and neck.

**Foot stretching** Foot pain can be prevented, which is gently by the Achilles tendon. Drag the foot backwards and hold for 10 seconds, repeat 10 times. Properly fitted and attached foot ware is also important for prevention of foot injuries.

**Stretching muscles** Gently stretch all the major muscles before a workout to prevent muscle strains and pulls. Strengthen the muscles in the front of your thighs by contracting and relaxing the muscles of your right knee. Agreement on behalf of ten and relax repeat 10 times on each leg.

**Shin stretching** Shin injuries can be prevented with a slow warm-up before stretching and after each workout. Arch adequate support is equally important that the training is an area of soft grass, instead of asphalt.

**Shoulder stretch** After workout shoulder pain is constant and rolling straight on the shoulders backward in a circular motion, which also stand and hold the chair while bending at the waist, so that your back is parallel to the ground to make 25 circles with your free arm And on the other side again.

**Elbow stretch** Forearm strength can be built up by doing reverse curls with light weights or squeezing a rubber ball.

**Eating your way to injury prevention** An adequate nutrition for all those who participate in endurance sports such as running, jogging, cycling and includes the consumption of large amounts of carbohydrates prior to an event or work out session. Studies have shown that the store muscle glycogen depletion leads to fatigue, resulting in injury. A diet that is rich in carbohydrates (60 to 70 percent of daily calorie intake), increases the amount of glycogen stored in the muscles, but the carbohydrates to consume, shortly before a training session to be useful. It is also a good idea to consume carbohydrates soon after a serious work.

What if I already have osteoporosis or another bone disorder? Even people with bone and joint security conditions may participate in a balanced program of moderate physical activity. Swimming is probably the best overall activity for those who are afflicted by diseases of the bones and joints - no emphasis is placed on the joints and the water supply exceptional, non-resistance to stress. But I don't have time to exercise Their daily hours can be traced back to the segments of the time perhaps brisk walking one hour in the morning and an hour gardening or other physical activity in the evening. Keeping a daily activity could help you record your daily workout.

Keep in mind that a lot of movement is better than none, and if you, a routine exercise, you will have to exercise a minimum hour, three to five times a week for good health.