

F.I.T T.I.P.S.

Find an activity or exercise that you enjoy doing, is convenient and not too costly

Invest quality time and effort into your exercise program. Commit yourself to making an exercise program a vital and important part of your day. Make exercise as important as your coffee in the morning, checking emails or watching your favorite TV show in the evening.

Time of day. Think about your daily schedule. When do you have some time to commit to an exercise program? Don't sign up for a 5:00pm aerobics program if it is hard for you to get off work at 5:00. What time of the day does your body best respond to exercise? Don't start an early morning running program if you like to sleep late.

Training partner. Get a training partner, a friend, coworker or a physical therapist that can motivate you to exercise.

Individualize your program to your needs. Each person is different with their exercise goals. Use a combination of weight training, aerobic activity, walking or swimming for best results.

Patience. Be patient with your expectations of an exercise program. It may take six to nine months for you to notice significant gains. Remember that it may have taken you many years to get out of shape. Variety in a program can make this time pass quickly.

Success of an exercise program depends on your commitment to making lifestyle changes in an effort to become more healthy and fit.

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