

\*If you have any concerns about starting an exercise program or questions about what kind of exercise may be best for you, talk to your doctor first\*

# FIT(ish)

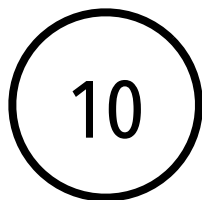
*THERE IS NO ONE TRUE WAY.  
FITNESS AND EXERCISE ARE NOT  
ALL OR NOTHING.  
MOVEMENT IS MEDICINE.*

## A Beginner's Guide to Fitness

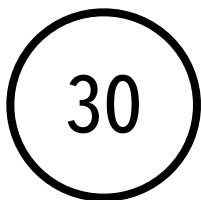


### \*MAKE A GOAL AND BE SPECIFIC\*

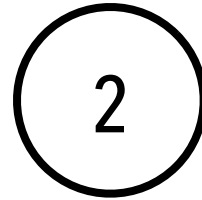
SOON IS NOT A DAY, MORE IS NOT A NUMBER. Have a specific goal of number of times per week, distance run or walked, or time you will spend exercising. Start low and go slow. It can be good to have a big goal, but in order to be successful you will need to break that down into smaller, more manageable pieces. Doing too much, too soon can lead to injury, frustration, and quitting altogether. It is better to consistently be active 1 or 2 times a week rather than trying to exercise every day, failing, and quitting. Track your sessions to show your progress!



**MINUTES OF EXERCISE CAN IMPROVE FOCUS AND ATTENTION**



**MINUTES OF EXERCISE CAN IMPROVE MOOD FOR UP TO 12 HOURS**



**30 MINUTES OF EXERCISE ONLY TAKES UP 2% OF YOUR DAY**

## FIND A FRIEND



**YOU ARE 6X MORE LIKELY TO STICK TO YOUR GOALS IF YOU WORK OUT WITH A FRIEND**



## \*MAKE IT FUN\*

"But I don't like to exercise..."

LET'S GET THIS STRAIGHT:

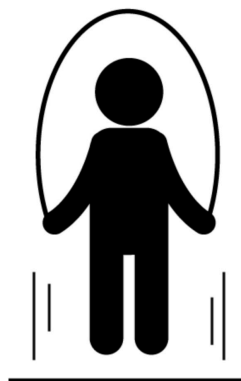
Exercise ≠ Running      Exercise = Moving

If you like to run, walk out the front door and go for it. But if the thought of running makes you want to vomit, don't run! Forcing yourself to do something you hate is a great way to set yourself up for failure. Find something you enjoy- walk, do yoga, go for a hike, be a goofball at the playground, go swimming, dance around (or, worst case scenario, clean your room)

## FIND A TIME



**THERE ARE 24 HOURS IN A DAY. MORNING, AFTERNOON, OR EVENING- SCHEDULE IT!**



# \* MAKE YOUR FITNESS ABOUT WHAT YOU CAN DO\*

YOUR FITNESS GOALS should focus on what you want to do, not what you want to look like. Exercise can change the shape of your body, but not getting that flat stomach you wanted does not mean you have failed. Getting your body moving is its own reward. You will be able to do more than before you started.

DO NOT THINK OF EXERCISE IN CALORIES. Exercise to enjoy your body and build new skills- not to burn off calories from dessert. There is no faster way to resent your workout and make yourself feel bad than by making your workout a punishment for eating. Also- don't use your exercise as a reason you can eat more food! Eat healthy when you are hungry.

## RESOURCES

YOUTUBE

*FITNESSBLENDER*

Over 300 free workout videos

YOUTUBE

*THE BODY COACH TV*

Short interval workouts for beginners

YOUTUBE

*YOGA WITH ADRIENE*

10 to 60 minute yoga videos

APP

*ZOMBIES, RUN!*

Free- 4 Missions to start+ 1 new/week

APP

*WORKOUT*

\$2.99- Body weight exercise plans

WWW.

*WWW.RUNHIGH.COM*

List of all upcoming road races in W PA



## \*MAKE IT HAPPEN\*

***YOU WILL NEED TO MAKE A PLAN and change what you are currently doing. You will need to change something. Change your YouTube subscriptions to focus on health and exercise (and actually do a video- start short!) Change your habits so that you take a walk before you go home after school. Change your mindset- this is something you can do- you are a person who works out!***

