

EXERCISE TIPS FOR BEGINNER



1 SET GOALS BUT BE REALISTIC

Things like goals, schedules and progress tracking may sound very serious but they are simply the best way to stay motivated, focused and invested in what you're doing



2 KEEP IT FUN

Play sports that required equipment. You also can boost your activity level and regain your childhood enthusiasm by trying not just for kids activities like swing on a swing set, play hopscotch and play tag. Plus you also can listen to music while exercise



3 EXERCISE WITH FAMILY OR FRIENDS

Find someone to be your exercise buddy. Pick someone who is full of energy, fun and who you look forward to spend time with. You can encourage each other which is going to help you both get into better shape even faster



4 STAY HYDRATES

Water helps fuel your muscles so drinking before, during and after exercise will boost your energy levels and may help to prevent cramp.



5 PROPER WARM UP AND COOLING DOWN

Warming up help reduce muscle soreness and lessen your risk of injury while cooling down after workout allows for a gradual recovery of pre-exercise heart rate and blood pressure



Resources:

1. Bannan, K. (2020). Making Exercise Fun from <https://experiencelife.com/article/making-exercise-fun/>
2. The right way to warm up and cool down from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20045517>
3. Keeping hydrated for exercise | Health Information | Bupa UK. from <https://www.bupa.co.uk/health-information/exercise-fitness/hydration-exercise>