

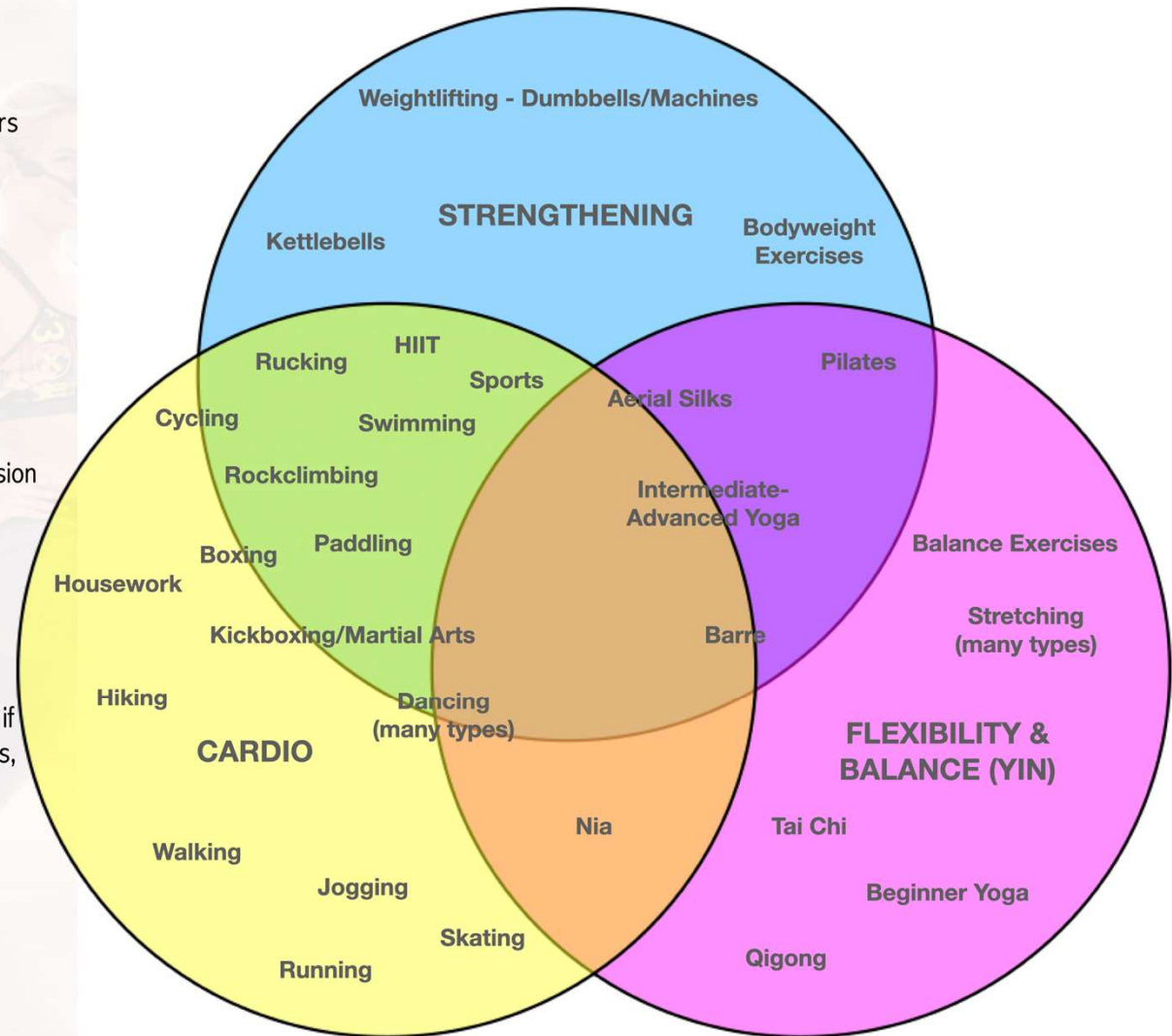
EXERCISE TIPS

- * Focus on your own journey, don't compare yourself to others
- * Find activities YOU enjoy
- * Find your "WHY" (reasons to exercise)
- * Find a TIME that works for you
- * Set achievable goals, celebrate small victories
- * For any new activity, start low & go slow
- * Exercise with a partner(s) or group/class
- * Consistency is key, schedule your workouts
- * Get adequate rest & sleep + good nutrition
- * Vary our workout types & intensity
- * Remember to warm-up and cool-down + stretch every session
- * Aim for 2.5+ hrs/week of exercises: include cardio, strengthening, and flexibility & balance each week
- * Focus on progress, not perfection
- * Wear proper attire & footwear
- * Be patient & kind to yourself, don't get discouraged
- * ANY exercise is better than zero
- * Pay attention to your body: STOP & seek medical attention if you develop chest pain, severe shortness of breath, dizziness, nausea, fever, cold sweat, and wounds



Additional Resources:

<https://www.josephmadambamd.com/community-type/get-fit/>



General Exercise Tips + Types of Cardio, Strengthening and Flexibility/Balance