

GET MOVING!
Exercise Tips from Bally Total Fitness

With more than 40 years of experience in the fitness industry, the experts at Bally Total Fitness share their secrets for getting into shape, and more importantly, staying there. By setting realistic weight loss goals for yourself – a healthy expectation is 1-2 pounds per week – and sticking to a workout plan, you should begin to see the results.

1. Plan your days for the gym ahead of time and stick to your plan.
2. Start slow. Begin by exercising 2-3 times a week and move up from there.
3. Forget about how much you weigh. If you're trying to slim down, the number you really want to focus on is your body-fat percentage.
4. Workout with a friend to help keep you motivated.
5. Seek fitness advice from a personal trainer to avoid injury and make the most of your time in the gym.
6. Stay hydrated. By the time your body lets you know you're thirsty – you're already dehydrated.
7. Stretch properly before any fitness routine to avoid injury and soreness.
8. Incorporate weight training into your weekly routine to help you build lean muscle mass, increase the amount of calories you burn and increase your metabolism.
9. Switch it up to stay interested and motivated: cardio every Tuesday and Thursday; strength training on Monday and Wednesday.
10. Include cardiovascular training even if you're trying to increase muscular strength and endurance.
11. Aim to hit your eating and workout goals 80 percent of the time – you don't always have to give 100 percent.
12. Don't have time to hit the gym? The following 24-minute exercises burn approximately 100 calories each:
 - Stair climbing
 - Housework
 - Gardening
 - Grocery shopping
 - Mowing the lawn
 - Washing your car or bike
13. Find the time to work out when you're traveling. Bring along easy to pack products like resistance bands, hit the hotel gym or even enjoy the great outdoors.
14. Cool down after cardiovascular exercise in order to return to a resting heart rate safely.
15. Jump into a group exercise class. Most classes are made for any fitness level.

For more information visit www.ballyfitness.com or call 1-800-FITNESS.

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