

Short Workout Checklist

By Kimberly French

- ☐ Get a Physical
 - ☐ Visit your doctor's office for a medical check-up.
 - ☐ Find out if there are any fitness activities you should avoid.
 - ☐ Have a basis for measuring your progress later on.
- ☐ Getting Started
 - ☐ Be sure to get instruction on the proper workout technique.
 - ☐ Make appointment with a personal trainer for introductory session.
 - ☐ Learn how to use the exercise equipment properly.
 - ☐ Get a heart rate monitor to stay within your target heart range.
- ☐ Workout
 - ☐ Always warm up first.
 - ☐ Use proper breathing techniques.
 - ☐ Begin your workout program with low to moderate activity.
 - ☐ Gradually increase the duration and intensity of your exercise sessions.
 - ☐ Include a variety of sports and exercises in your fitness routine.
 - ☐ Drink water before, during and after your exercise sessions.
 - ☐ If you experience severe pain or swelling during your exercise session, you immediately stop working out.
 - ☐ Always cool down by slowing down and stretching again at the end of your routine.
 - ☐ Schedule recovery days in order to make sure your body has ample time to rest.