Short Workout Checklist

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# Tasks:

☐ **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.**