

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.