



How to get back into exercise after winter

SPRING IS HERE

As we move out of winter into spring many people start to think about getting back into exercise. For those of you that have continued your exercise program over winter give yourself a pat on the back. Because it can be tough to maintain routines when the weather is cold and mornings dark

With spring just around the corner it is a great time to look at your exercising habits and put a plan in place. Here are my top 5 tips to help start this process.

- 1 Start small.** By starting small, we start to build confidence in what we can fit in and manage. As simple as this sounds it is often the thought of starting and how unfit we are that stops us. A simple 10 -15 minute walk can be a good place to kickstart your exercise plan.
- 2 Find an exercise buddy.** By exercising with someone even once per week you will be more likely to stay on track and motivated. You will very unlikely to stand your friend up but it is very easy to roll over and hit the snooze button if it is just you.
- 3 Plan it in.** Sitting down on a Sunday afternoon and looking at the week ahead, allows you to plan your exercise around your commitments. If you wait until you have time or when you feel like it, it is very unlikely to happen. Especially when you are starting back after a break
- 4 Start with something you enjoy.** If you love walking but hate swimming, then that's where you start. Alternatively if the thought of joining a gym makes you cringe then signing up for a locked in membership could be too overwhelming to start with. By gaining confidence with an activity that makes you feel good, you can add other options once you have a routine in place.
- 5 Set yourself a realistic goal.** This doesn't have to be running a marathon or doing a triathlon. Goals can be very powerful and an important driver to help you start an exercise habit. Write it down and tell someone else about it. This all helps to keep us accountable.
- 6 Get support.** The right support can make an enormous difference to help you get started. If you have health conditions or aches and pains then an Accredited Exercise Physiologist can help you know what type of exercise is best.

Increasing your exercise levels is one of the best things you can do to improve your mental and physical health. If you are not sure where to start we can help you.

www.truenorthwellness.com.au



Vicky Graham
Accredited Exercise Physiologist