

Get in shape and get results using varied exercises and SMART goals!

Why exercise?

Exercising is good for many reasons. Not only does exercise help you look great and stay in shape, it is good for your health too.

Exercising on a regular basis helps to:

- reduce body fat
- increase energy levels
- decrease stress
- prevent disease
- build muscle
- improve flexibility

The American Heart Association recommends that you exercise for at least 30 minutes most days of the week.



Setting SMART Goals

The first step to getting into shape is setting a SMART goal. SMART stands for:

Specific
Measurable
Attainable
Realistic
Timely

Your goal must be all of these things to be a **SMART** goal.

Example of a goal that is not SMART:

“I want to lose weight.”

Example of a SMART goal:

“I want to lose 5 to 10 pounds by the end of this month by walking fast for 30 minutes with my baby on Monday, Wednesday and Friday every week and only eating fast food once a week.”

See the difference? This is a detailed plan with a timeline.



Types of exercise

Exercise is any activity that gets your heart rate up and gets your body moving more than it normally does. The most important rule of exercising is making it fun! If you hate running, then setting a goal to run every day is not **realistic**. This is not a **SMART** goal.

Cardiovascular exercise

Anything that keeps your heart rate up, such as:

- walking fast or jogging
- basketball, soccer, football, etc.
- biking or swimming
- dancing

Resistance exercise

Anything that makes your muscles work harder, such as:

- Push ups and sit ups
- Lifting weights
- Pilates or yoga

Exercise is more fun when you have variety. Include both types of exercises to look and feel your best.

