

Invest time and energy in yourself by exercising. The rewards are immediate and long lasting. You won't regret it!

10 tips one should consider before they start an exercise program:

1. Decide for yourself why you want to exercise. An excellent reason is to maintain your good health, functional fitness, and independence.
2. Make a commitment to exercise on a regular basis. Set aside a certain amount of time every day and stick to it! Be faithful to your commitment.
3. Always start with warm-up exercises and end with cool down exercises. Do what is comfortable; stop if you feel pain.
4. Remember, your comfort level changes daily, so don't get discouraged if you can't do the same amount of exercise as you did the day before.
5. If, after exercising, you find that fatigue and/or discomfort last longer than one or two hours, then cut back on your session the next day but don't stop completely. Try limiting the number of repetitions for that muscle group, then move on to a different set of muscles.
6. Don't overwork muscles; don't go for the burn! Use slow, controlled movements.
7. Never exercise hot or inflamed joints. If joints are stiff, use warm, moist heat before exercising.
8. Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep muscles flexible. You will find your everyday activities easier to carry out and you'll have less pain. Your confidence, independence and surefootedness will increase.
9. Accept your limitations. Instead of focusing on what you can't do, think about what you can. Positive thoughts are known to produce positive results. The most important thing to remember is don't give up!
10. Stay Hydrated! Make sure you bring a water bottle to every exercise sessions.

Mature Fitness, FIT AT FIFTY . . . AND BEYOND by Mary Ann Wilson, R.N.