









# STEPS FOR SUCCESS



Listed below are some simple steps to get started.

CONSULT YOUR DOCTOR	FITNESS YOUR WAY	START SLOW AND BUILD	SET REALISTIC GOALS AND HAVE FUN
 <p>Before beginning your fitness plan, speak with your doctor about any limitations on your physical activity and for suggestions to fit with your health status.</p> <p>As you get started with your exercise program, know your health history, particularly any conditions or injuries that might limit vigorous exercise.</p> <p>Plan your activities accordingly.</p>	 <p>Choose cardio, core and strength training activities that support your fitness goals and are enjoyable. Exercising should be fun — not a chore.</p> <p>Make sure to include cardio exercise as well as strengthening activities for your bones and muscular fitness, as well as core activities (targeting your abdomen, lower back and hips), stretching and balance training.</p> <p>If you do not enjoy running or walking, try taking a Group X® class or try other pieces of cardio equipment our clubs have to offer — like the elliptical or stationary bike. If you don't like lifting weights, try doing exercises using different equipment like tubing or medicine balls. You can also do a variety of exercises using your own body weight.</p> <p>24 Hour Fitness provides a variety of ways to get your heart rate up and strengthen your body.</p>	 <p>If you haven't been exercising regularly, ease into your new fitness regimen. Every little bit counts such as taking the stairs instead of using the elevator.</p> <p>As you build strength, remember to stretch every time you exercise to eliminate muscle imbalances.</p> <p>Also, be sure to warm up before each workout, cool down after a session and stay hydrated.</p>	 <p>Give your exercise program some structure by setting time, distance, and strength goals that are difficult enough to challenge you, but achievable enough to keep you motivated.</p> <p>Engage in exercise following these guidelines: for adults, 30 minutes at least 5 days a week of moderate level activity; for adolescents, 60 minutes at least 5 days a week of moderate level activity. Remember, every little bit counts!</p> <p>At 24 Hour Fitness, you can have fun while you are achieving your fitness goals.</p>
TRY A VARIETY OF ACTIVITIES	CROSS-TRAIN TO AVOID INJURY	BUILD A SUPPORT SYSTEM	MAKE FITNESS PART OF YOUR DAILY ROUTINE
 <p>Mix up your exercise program by participating in a different activity each day.</p> <p>24 Hour Fitness offers a variety of Group X classes and equipment to support your fitness goals — try swimming laps, participating in strength training, or joining a Group X class you haven't tried before.</p>	 <p>Cross-training (e.g., on an indoor bike or elliptical) at least once a week is another great way to add variety to your fitness routine.</p> <p>This also helps to prevent boredom and allows your muscles to recover, reducing the likelihood of overuse injuries.</p>	 <p>Whether you meet a friend at the gym, join a Group X class or sign up for personal training with a 24 Hour Fitness Personal Trainer, establishing a support system can help motivate you to maintain your fitness regimen.</p> <p>Consider participating in a community event like a local charity walk.</p>	 <p>Once you have begun exercising regularly, physical activity will become a natural element of your daily schedule. If you stay fit with fun and engaging activities, exercise will help boost your physical and mental health, improve sleep, help manage your weight, and help you look and feel better.</p> <p>Physical activity is an important step towards a healthier future.</p>