

## **EXERCISE - BEING THE PERSON YOU CAN BE**

Having a goal that truly excites you is the first step to setting up an exercise program. You may want to be 10 pounds lighter by the next school reunion, have more muscle tone in the dress you will be wearing at your daughter's wedding, you may want to quit smoking or drinking or eating fried food or you may want to compare your athletic skills with what you could do in school. You have to have a goal that makes you really want to take the next step.

Once you have your personal goal in mind, you need a reasonable timeline in which to achieve the goal. Let's say you want to lose 10 pounds in six months. You can do that with a good exercise program and a good diet.

Let's start with the exercise program. Think about what you enjoy doing. If you like to be outside you can ride a bike, hike, walk, run swim, play tennis, endless possibilities. Include some of the fun activities that you enjoy and then try some new stuff. If you prefer to be inside, join a gym with a friend who can work out on the same days and at the same time that you do. Hire a trainer if you don't have a work out friend.

If you decide to run, you can run even if it is new to you. You could walk a mile three times the first week, two miles the second week, run a mile and walk a mile three times the next week and by the fourth week you could run and walk two to three miles three times a week. If this holds your interest you could add hills one of the days, add some short bursts of speed one day, you could even sign up for a 5k two months from the start of your program. In six to nine months you could run a marathon if you wanted to go that far.

It helps to have a friend to work out with. It keeps you both accountable, and it's fun. Find someone that has a similar schedule or similar child care issues. It helps to recognize what time of the day you enjoy working out and find someone that can work out at the same time.