

The “Get and Stay In Shape” Plan-

This is a plan for those of us who know we are out of shape. Perhaps just a little, perhaps a lot. We have been active in the past but due to lack of time or resources we have let ourselves get a little more unhealthy than we would like to be. This plan will not only get you back into the kind of shape you want to be in, but it will help you stay in shape, stay healthy and to give you a big energy and confidence boost.

This plan involves 3 workouts per week. You should try and have 2 days of rest in between each workout. Feel free to exercise on your off days, things like walking, jogging or sports are a good way to exercise everyday.



Congratulations!!!!

By deciding to start this workout plan you have made a choice that is going to positively impact your own and the lives of those around you, you should be proud of yourself for making this first step!

Here are some things to keep in mind before you start this program:

- 1) Please consult your doctor before starting this workout plan, they know your body and your limits better than you are I, so print this off and take it to them, it's better to be safe than sorry.
- 2) You will need to keep hydrated both throughout your workouts and throughout the day, aim for 8 glasses of water a day to keep yourself properly hydrated.
- 3) Know your limits; I cannot tell you if something is too heavy for you or too much for you, know your limits and stay within them.
- 4) Feel free to take music or a book with you to the gym, this is very popular and should make the time go quicker.
- 5) Make sure to wear comfortable clothing at the gym, jeans are too constrictive, try shorts and a T shirt or sweatpants and a sweater.
- 6) Find a workout partner (family member/spouse/friend/colleague), they will help keep you motivated and make your workouts more fun. It is also much harder to blow off the gym on those days where you don't feel like working out when you know there is somebody there waiting for you.
- 7) Find a way to motivate yourself, only you know how best to do that, set goals, tell them to people or treat yourself once a month, whatever it takes to keep you motivated, DO IT!
- 8) Finally, remember that everybody goes to the gym for different reasons, so always remember why you are there, it does not matter what anybody else is doing, you are there for you and your goals and that is the most important thing.

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” ~Plato

**Enjoy yourself, have fun, be safe, be smart
and be healthy!!!!**

