How do I get started?
You don’t have to start working out 30 minutes every day to get into shape! You can work up to it. Here is an example of what you can do:

**Week 1 and 2**
10 minutes of fast walking on Monday, Wednesday and Friday.

**Week 3 and 4**
15 minutes of fast walking on Monday, Wednesday and Friday.

**Week 5 and 6**
20 minutes of fast walking on Monday, Tuesday, Wednesday, Thursday and Friday.

**Week 7 and 8**
30 minutes of fast walking on Monday, Tuesday, Wednesday, Thursday and Friday.

Starting off at 10 minutes three days a week is not hard. In less than two months, you will be in better shape!

Set your own SMART goal here:

__________________________________________

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FITNESS made easy

A quick guide to getting in shape and feeling great!

Tarrant County Public Health
1101 S. Main Street
Fort Worth, Texas 76104
817-321-4700

http://health.tarrantcounty.com
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.