

Anatomy of a Workout

A balanced fitness routine should include:

Primary components

- Cardiovascular training – brisk walking, biking, swimming, and dancing
Strength training – weight bearing exercises for your muscles and bones
- Balance training – particularly important for older individuals to help decrease fall and fracture risks

Secondary components

- Core exercises – for a strong midsection
- Flexibility training – stretches and exercises for increased range of motion
- Fun – you're more likely to exercise regularly if you enjoy it!



Considerations Before Starting

Starting points

- Take measurements and track:
 - Total time spent working out and number of days/week you're active
 - The amount of weight you lift, etc.
 - Changes in pulse rate, weight loss, or changes in BMI

Make a plan

- Personalize your exercise plan by making it work with your own fitness goals, life schedule, and activity interests. Write it down to stay on track!

Start slow

- Become familiar with exercise equipment, listen to your body, and break up your exercise intervals throughout the day.
- Ask the exercise specialists in the fitness center to show you how to use different machines and to answer any questions you may have.

Set goals

- Set and monitor specific goals that you can track along the way!