

Stuck at home? Seven tips to get started with fitness

Starting a fitness routine is a tough and overwhelming choice. Especially if you are a beginner and can barely differentiate between a bench press and a cross trainer, let alone know what goals you can achieve with either. Staying motivated to work out may very well be hard, but not impossible. Fitness experts share some cardinal rules to help your fitness expedition take off. If you are ready to make serious changes to your lifestyle while stuck at home again...

MAKING A COMMITMENT

You need to understand that this is a process that will require full commitment at your end. You need to be absolutely ready for taking on this challenge since fitness is all about finding the perfect balance. It will get difficult to reach your desired goals with a lack of self-commitment.

SET A CLEAR GOAL

The first step before getting into a fitness routine is to understand what your aim is. Whether it is to lose weight, improve cardiovascular health, build flexibility or build muscle power. Determining what you want will lead you to taking up a fitness routine in alignment with your goal.

START SMALL

While your body is capable of change, it is impossible to expect that you will be able to do 3 repetitions with heavy weights on the first day that you begin your fitness journey. You could try a class that will help you find the best exercise routine based on your fitness goals. It may not necessarily be working out in the gym, but could also be pilates, yoga or even Zumba.

KEEP IT GOING

The process of fitness can be tiresome and may even make you give up. That is when you need to spring up and get back into the routine. You need not do the same exercise every day, instead try brisk walking or doing 5-10 *Suryanamaskars* to keep the momentum going.

FIND A FRIEND

A workout buddy who has similar fitness goals like yours can be of great support in this jour-

EATING RIGHT

Now that you have started on your fitness journey and have gotten the motivation to exercise, it's time to watch what you eat. Without the right kind of food, your fitness routine will go for a toss. Healthy food and plenty of water is the fuel that your body needs. It is essential to consume carbohydrates, proteins and healthy fats in equal amounts.

ney. They can be your cheerleaders when you feel low and demotivated, and you can also hold each other accountable to your fitness goals. After all, who doesn't like a partner- in-fitness.

BE KIND TO YOURSELF

This project you have taken up is just for yourself. It is important to celebrate the small wins like increase in the number of sets you do or the number of miles you ran and treat yourself. You could even buy those cool athleisure outfits that you were eyeing to sustain the excitement and make it a fun experience. You must reward yourself for all that hard work that you put in.

— IANS



