

# 30 MINUTES CHALLENGE

*No BS Guide to Staying Healthy & Fit*



You know too well that keeping an active lifestyle can improve your overall health, but you're just too confused about where and how to start with it. Plus, you've always thought that you get a tight schedule every day that you can't squeeze exercising anymore in your routine.

We understand your dilemma, and we're here to help.

Truth be told, exercise isn't just about doing all those routines that you see ripped people do.

You don't necessarily have to run for miles every morning or lift weights at the gym. Anything that makes you move and sweat can be considered exercise—even dancing happily in the privacy of your room helps you burn calories.

What's crucial as you start adopting a more physically active lifestyle, though, is knowing that obstacles do exist and that procrastination is something you'll have to beat to succeed. Well, by following our simple guide here, going through each step of the process should be easier.

You'll manage to come up with your goals and have the right mindset as you begin. And, you will be ready to keep your

momentum and avoid the temptation of setting things aside or quitting. We'll even help you take it to the next level once you're ready.

In this guide, we will talk about the many benefits of exercising. You will also learn how you can get started with the benefits of exercising. And most importantly, you'll discover a couple of under 30-minute at-home routines to reap the benefits of exercising.

Ready to get healthy? Let's get started.



# **BENEFITS OF EXERCISING**

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Again, it's generally known that exercise is crucial to staying fit and healthy. But have you ever wondered how it helps? Aren't you a bit curious about the benefits of exercise? Well, knowing what's in it for you is one of the best ways to stick to something.

There is a myriad of advantages to getting into exercise and ultimately into a healthy lifestyle. Here are some of the best ones you can get to enjoy, regardless of your age, sex, or career:

### ***Physical Wellness***

1. Reduces body fat
2. Builds muscle
3. Strengthens bones
4. Maintains heart function

5. Strengthens lung function
6. Improves brain function
7. Improves immune system
8. Aids the digestive system
9. Nourishes your skin

### ***Mental Wellness***

1. Sharpens memory
2. Improves mental agility
3. Boosts creativity
4. Improves concentration
5. Stimulates production of endorphins
6. Increases relaxation
7. Promotes better sleep
8. Aids in anger management

### ***Emotional Wellness***

1. Improves mood
2. Reduces stress
3. Feels less anxious
4. Reduces feelings of depression

### ***Social Wellness***

1. Boosts self-esteem and confidence
2. Presents the opportunity to socialize
3. Helps you make friends
4. Alleviates loneliness

### ***Disease Treatment and Prevention***

1. Cancer
2. Diabetes
3. Stroke
4. Heart disease

5. Hypertension
6. Obesity
7. Asthma
8. Back pain
9. Traumatic disorders
10. Addiction

### ***Productivity***

1. Relieves workplace stress
2. Boosts energy
3. Improves alertness
4. Sharper memory and thinking skills
5. Reduces chances of afternoon fatigue
6. Decreases lost workday productivity
7. Builds social connections

## ***Children***

1. Improves fitness
2. Builds leaner bodies
3. Promotes good posture
4. Improves academic scores
5. Enhances problem-solving
6. Encourages better outlook in life
7. Contributes to happiness

## ***Seniors***

1. Reduces the risk of falls
2. Reduces fear
3. Encourages independence
4. Prevents or delays disease
5. Prevents osteoporosis
6. Prevents arthritis

7. Delays the development of disability
8. Improves cognitive function
9. Reduces the risk of developing dementia
10. Promotes social engagement
11. Increases life expectancy
12. Improves quality of life



# COMMON MYTHS

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### **1.) How much time do you have to spend working out?**

Do you then need to work out and train like a competing athlete in order to reap the benefits of exercise for your brain and mind?

The answer is a resounding “No”!

Simply allocating thirty minutes of moderate exercise, three days a week, is the minimum for a healthy body & mind. And what’s even greater news for busybodies is that this chunk of thirty minutes need not be spent in one go. They can be further cut down into three ten-minute segments throughout the day.

Experts say that whether you exercise for thirty minutes straight or break it down across the day does not affect the benefits.

## **2.) Is one type of exercise better than another?**

This depends on your specific goals.

Some types of exercises are better fit for a specific goal. For instance, if you want to increase your breathing and heart rate, you may opt to do aerobic exercises. If you want to strengthen your muscles, you should engage in strength exercises.

## **3.) Only Early morning exercises are beneficial and I can't wake up early or I don't have time in morning?**

Early morning exercise makes the most of your biology and psychology. Science proves that exercising in the morning works because your body's hormonal composition during that time is aligned with your goal.

You get more energy from your fat reserves in the morning which is essential for working out.

However, the most important thing about exercise is to pick a time of the day where you can stick with your schedule.

After busting these myths, let's get into nitty-gritties of starting exercise.



# **MINIMUM AMOUNT OF EXERCISE PRESCRIBED BY VARIOUS AUTHORITIES**

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The AHA (American Heart Association) and the ACSM (American College of Sports Medicine) have set the recommended minimum amount of moderate-intensity and vigorous-intensity exercises.

Primary care physicians are encouraged to tell their patients to engage in sufficient physical activity. The current minimum exercise recommendations for different age groups and demographics are as follows:

**Adults**

At least 150 minutes per week of moderate-intensity exercises or at least 75 minutes of vigorous-intensity activities is recommended for adults. Moderate-intensity and vigorous-intensity activities can be combined to achieve an equivalent amount of needed physical activity. The

elderly are also required to do additional balance training and fall prevention for at least 3 times a week.

### **Young People**

Children and young adults must do moderate to vigorous physical activity every day for at least 1 hour. Part of this requirement is bone-strengthening exercises and resistance training at least 3 times per week.

### **Patients with Diabetes**

If you are diabetic, you need to perform exercises to prevent hypoglycemia. One exercise you can do is short-distance running. Other resistance training exercises are bicep curls, bench press, shoulder press, barbell squat, push-up, sit-up, body squat, and chin-up.

## **People with Hypertension**

Research has discovered that dynamic resistance training is helpful if you are suffering from hypertension. You just need to be careful in ensuring that the load is not too much for your physical capacity.

## **Osteoarthritis Patients**

Research suggests that exercising is also good for pain reduction if you have osteoarthritis. Recently, treatment for the condition was modified from “not recommending exercise” to “highly recommended exercise.”



# EASING EXERCISE INTO YOUR LIFE

## **EASING EXERCISE INTO YOUR LIFE**

Were you motivated by the benefits we listed above?

While knowing the why's of exercising helps you get motivated, it may not be enough. You also need to have the right mindset and a smart approach to make exercising a habit—and actually stick to it.

It is the mental barrier that keeps us from escaping our sedentary rut on top of our busy schedules. That's why it's time to address this once and for all.

In just about every journey, the most difficult part is always getting started. But of course, you always got to start somewhere. It's difficult to get that first move going. However, once you get it going, your chances of sticking to a healthy lifestyle become much better.

So, where should you begin, and how can you get started? Follow these steps to get your fitness journey on the right track:

Follow these steps to make exercising more fun for you.

**1.) *Ask yourself why you're doing it***

It is important that you know why you're doing what you are doing to begin with. Likewise, it is crucial that you are doing this for the right reasons.

Before getting engaged in workouts, we encourage that you write down all the reasons why you want to exercise. From the deep to the trivial, every answer that comes to your mind is correct.

**2.) *Ditch the all-or-nothing attitude***

Spending hours on the gym can be grueling for many of us. Just thinking about the monotonous or painful activities can discourage you from starting an active lifestyle.

If that rings a bell to you, it's time you ditch the all-or-nothing attitude. You don't have to force yourself taking on a full-blast routine, risking to lose your drive

in just a few weeks. Start with little exercises, which brings us to our next point.

### ***3.) Start small and build momentum***

A little exercise is better than nothing.

Exercising for 30 minutes every other day may sound good, but can you follow through? Check your expectations. Remember that failing an ambitious goal can heavily impact your hope and confidence.

That said, it's always best to start small. A few minutes of jumping jacks, squats, or running in place can already have a profound effect on your health. Most importantly, it is more likely achievable which can build your confidence and momentum.

### ***4.) Choose fun activities that make you confident***

Speaking of confidence, there are some exercises that can make you feel clumsy whether you like it or not. It's the hard truth.

But that doesn't mean you should get swallowed by it. The key is to choose an activity that makes you feel happy. Completing an exercise that gives you the most fun allows you to stick with it.

Running might seem fun, but are you really ready for the intensity it entails? You might be interested in swimming, although are you willing to drive at least an hour to the nearest pool each time you need to exercise?

Well, keep in mind that the simplest options, such as taking a stroll, are perfectly good, especially if you've been sedentary this whole time or if you don't have much time on your hands. It's often ideal to start with the easiest, though still sufficiently fun activity (or activities) as you begin to adopt a healthier lifestyle.

Getting frustrated with a routine's difficulty and the other challenges that come with it will only make you consider quitting way before you notice any benefits. And if you do end up quitting, getting started once more might become harder.

Always go for activities that suit your lifestyle, abilities, and taste.

### ***5.) Reward yourself***

Giving yourself some treat after completing an activity can help you keep going.

Go for something that you look forward to. This can be as simple as relaxing rewards like a warm bubble bath, pampering yourself with a hot bath or a manicure, delighting yourself with a weekend-long Netflix binge.

Think of these rewards to keep you motivated with your goals.



**SIMPLE EXERCISES YOU CAN  
DO AT HOME OR AT WORK**

## **SIMPLE EXERCISES YOU CAN DO AT** **HOME OR AT WORK**

Now that you have learned how to start the habit of exercise, it's time to get that body moving. Here are two simple workouts you can do at home for 20-30 minutes.

*Pro-tip:* Choose one activity that appeals to you the most from below exercises. This will help you get started and build momentum. Eventually, you can take on the full workout we prepared below.

### **Exercise #1: Take a walk**

Any form of physical activity can help your mental health, but the simplest and the easiest to do is walking.

It doesn't require any equipment, and you don't have to pay gym fees to do it. You don't even have to spend hours walking. Even a 10-minute walk can do wonders to your mood and mental health.

This might just be the best way to ease yourself into a more active, healthier life because it's sustainable. Walking isn't punishing, except perhaps if you have a severe mobility condition. It lets you move around without subjecting yourself to harsh goals, so you get to just enjoy the experience.

Besides. It's a low-impact exercise so you're not likely to ruin your joints.

The best part is that it's a form of cardio exercise, which, according to science, is the best kind of exercise for improving alertness and getting a mood boost.

That you get to enjoy beautiful scenery is a wonderful bonus.

### **Exercise #2: Go For A Swim**

If you love the water, this is the one activity you should seriously consider getting yourself into swimming.

Swimming gives you the benefits of cardio exercise and strength training, so you get the best of both worlds. In fact, research shows that it's as relaxing as yoga, allowing you to get into a meditative state.

Part of the reason is that water can be calming. In fact, for some time now, human beings have always used water to distress. Remember how good you feel during a bath or a shower – that's how powerful water can be in getting you into a better mental state.

This relaxing effect could be because when you swim, you need to focus on the strokes you make and your breathing, so your body automatically tunes out the noise in your surroundings.

And just like walking, it's a low-impact activity. If you don't overdo it, you're not likely to be causing damage to your joints.

It also burns plenty of calories, so if you're looking to lose weight, this is a great activity.

### **Exercise #3: Calm Your Mind With Yoga**

This might seem like an obvious choice, but no list about the best physical activity for mental health is complete without yoga. It's blowing up because it just works.

Yoga is very soothing. It's the ultimate exercise for self-love and touching base with who you are. Doing yoga is like giving yourself a massage. It allows you to focus and shake off your worries with breathing techniques. It makes you feel empowered, especially when you are able to connect your body, your breath, and your thoughts.

The body's relaxation response is backed by science – your focus on your breath triggers a parasympathetic response from your nervous system, allowing your body to wind down and get into a state of rest.

Contrary to popular belief, yoga is not always some intense exercise that requires you to be insanely flexible. There are poses that promote stillness and there are some that promote movement. You can start slow with the basic poses and salutation exercises and even develop your own flow.

Yoga is all about moving at your own pace, which is a mindset that can help those suffering from anxiety.

#### **Exercise #4. Ride A Bike**

If you love speed and the outdoors, there are few things that can beat the feeling of the wind on your face – and that, and more, is what cycling can give you.

Just like any form of exercise, this causes a rush of endorphins and other happy hormones like dopamine and serotonin, giving you a mood boost.

Cycling has a relaxing effect on the brain brought by the regular and uniform movement. It's similar to swimming in that sense. The rhythmic movement has a stabilizing effect on mental and physical function.

Cycling also promotes positivity and thoughts of well-being. Cycling regularly can help boost your confidence and self-esteem.

Doing it regularly also keeps your circadian rhythm in sync and help you sleep better.

**Exercise #5. Dance like nobody's watching.**

Dancing can make you feel good. Nietzsche, of all people, once said that a day spent without dancing is a wasted day.

Research showed that dance can help relieve anxiety disorders. Those who can dance the tango are known to have lower stress levels. In fact, for some people, it's more effective than medication. This isn't to say that you should not take your medication. You should – but you should also give dancing a try.

Get up on your feet, and just let go. Don't worry. There's no right or wrong way to dancing. So long as you're not causing physical discomfort to yourself, you should be fine.



# **30 MINUTES** **WORKOUT PLANS**

**FULL 30 MINUTES WORKOUT PLANS TO REAP**  
**ALL BENEFITS OF EXERCISING**

**PLAN #1: 30-Minute Full-Body Circuit**

Start with a five-minute warmup followed by 25-minute exercises. Rest for 30 seconds after every two exercises. This workout helps get your blood pumping and metabolism going.

**Initial 5 minutes: Warmup**

Combine jumping jacks, burpees, and mountain climbers to get your muscles warm and heart rate up.

**1. Jumping jacks**

How to Perform:

1. Stand upright with your arms at your sides and legs together.
2. Slightly bend your knees.

3. Jump into the air.
4. Stretch your arms out and over your head as you jump. For your legs, spread them to be about shoulder-width apart.
5. Jump back to original position.
6. Repeat.

## **2. Burpees**

How to Perform:

1. Stand in a squat position, pushing your hips back, knees bent, and back straight. Ensure your feet are shoulder-width apart, back straight, and weight in your heels.
2. Place your hands onto the floor directly in front, so they're just inside your feet.
3. With your weight now on your hands, jump your feet back to softly land on your toes. This gets you into a pushup position.

4. Keep your body in a straight line from your head to heels.
5. Do one push up, ensuring you don't stick your butt in the air or let your back sag.
6. Jump your feet back to the original position.
7. Stand and reach your arms over your head.
8. Quickly jump into the air and land with knees bent, back into the squat position.
9. Repeat.

### **3. Mountain Climber**

How to Perform:

1. Get into the plank position. Ensure you are distributing your weight evenly between your toes and hands.
2. Pull your left knee up into your chest.
3. Repeat the movement with your right knee.

4. Continue alternating the action with both knees.

### **Next 25 Minutes: Exercise**

Perform the whole circuit, and then repeat everything one more time. Have a 30-second rest after every two exercises.

#### **1. Squats**

Works out your legs, lower back, abdominal muscles, quadriceps, hamstrings, and calves. Squats also promote body-wide muscle.

How to Perform:

1. Plant your feet on the ground.
2. Bend your knees.
3. Lower yourself in a controlled manner.
4. Repeat, going for 30 seconds of reps.

## **2. Reverse Lunge to High Knees**

Challenges your balance and body awareness, which helps you strengthen your glutes and quadriceps muscles.

How to Perform:

1. Stand with feet together.
2. Step your left foot back and bend at both knees at 90°. Maintain your pelvis neutral and hips square to the front.
3. Stand back up. While doing so, bring your left knee forward and up until it reaches your chest.
4. Bring your left foot back on the ground, returning to your original position.
5. Repeat the movement with your right foot.
6. Continue alternating for 15 seconds each side.

### **3. Push-ups**

Strengthens the chest and arm muscles. This works your upper body strength including your shoulders, triceps, and pectoral muscles.

How to Perform

1. Position your body face-down on the floor.
2. Lower your body until your chest nearly touches the floor.
3. Raise yourself up using your arms.
4. Repeat, going for 30 seconds of reps.

### **4. Shoulder Taps**

Challenges your core and arms. This allows you to gain more stability in your trunk as well.

How to Perform:

1. In a kneeling-plank position, ensure your legs are hip-width apart and your body forms a straight line. Make your ankles crossed.
2. Lift your left palm to the top of your opposite arm, keeping your shoulders and hips level and squared in front of you.
3. Pause for a second before returning to your original position.
4. Repeat with your right palm. Do this for 30 seconds.

## **5. Side Lunges**

Works out the side of the glutes and quadriceps muscles. This helps your legs build stability and strength as well as improve balance.

How to Perform:

1. Stand with feet parallel and shoulder-width apart, with your hands clasped in front of your chest.

2. With your right foot, take a big step to the side, lowering into a lunge with knee bent at 90°. Ensure your torso is as upright as you can.
3. Keep your left leg straight. The left leg should not be locked, and both of your feet should point forward.
4. Hold the position briefly.
5. Push off with your right foot.
6. Pause for one second before doing a side lunge to the left.
7. Repeat for 30 seconds.

## **6. Side Planks**

Strengthens your core, obliques, shoulders, and legs. It develops strength and stability while working out the deep muscles of your lower back.

How to Perform:

1. Begin on your side with elbows on the floor directly underneath your shoulder and your feet together.
2. Raise your hips and contract your core to position your body in a straight line from head to feet.
3. Hold the position for 15 seconds.
4. Repeat on the other side.
5. Do this exercise for 15 seconds each side, for a total of 30 seconds reps.

## **7. Leg Lifts**

Works out your core muscles and strengthens your lower abdominal muscles.

### How to Perform

1. Lie down on the floor with your legs stretched out in front of you.
2. Slowly lift your legs up to 90°, pointing at the ceiling.
3. Slowly lower your legs on a count of ten.

4. Repeat for 30 seconds.

### **8. V-Ups**

Works out the core while challenging your balance and coordination. This also encourages good posture.

How to Perform:

1. Lie down on a flat surface, arms stretched over your head and legs straight.
2. Lift your legs up simultaneously with your upper body.
3. Keep your core tight as you touch your toes.
4. Slowly lower your body back down to your original position.
5. Repeat for 30 seconds.

Once you've completed all the exercises, repeat the entire circuit again.

## **PLAN #2: 20-Minute Workout for Beginners**

To start, do this routine twice a week. Then, go for a longer sequence, more weight, or both after a few weeks.

Begin the session with two minutes of cardio warm-up. For the remaining 18 minutes, perform five strength exercises for three sets each. This is great for a full-body and well-rounded workout.

Note: This workout requires lightweight dumbbells.

### **Initial 2 minutes: Cardio warmup**

Perform these cardio warmup exercises for one minute each to loosen your muscles and get your heart pumping.

#### **1. Run and jump in place**

How to Perform:

1. Bend your arms at your sides while you stand.

2. Complete these moves in sequence:

- a. left knee up
- b. right knee up
- c. left heel to backside
- d. right heel to backside

## **2. Low-impact jumping jacks**

How to Perform:

1. Stand straight, with your arms bent at a 45°.
2. Step your left leg out simultaneously with your left arm going above your head.
3. Return to your original position.
4. Repeat on the right side.
5. Go faster while maintaining good form.

## **Next 18 minutes: Strength exercises**

Once you've warmed up, it's time for some strength exercises. Do the following with 30-45 seconds of rest between each exercise.

### **1. Wall squat**

Strengthens your calves, hamstrings, quads, and glutes while providing additional stabilization.

How to Perform:

1. With your back on a wall, position your feet a large step out in front of you.
2. Squat down against the wall until your knees are bent at 90°. Stay in this position for 5 seconds.
3. Extend your legs to go back to your original position.
4. Repeat 10 reps for a total of three sets. Rest for 30 seconds between each set.

### **3. Bridge**

Works your hamstrings, glutes, and your core. This exercise removes the pressure from your lower back. For optimum results, squeeze your glutes at the top while going slow and keeping it controlled.

How to Perform:

1. Lie with your back on the mat, palms facing down at your sides, knees bent, and feet on the floor.
2. Push through your feet and raise your back and butt off the ground as you inhale. Your body should go for a straight line between your shoulders and knees at the top.
3. Lower your back down to the ground. Do it slowly.
4. Repeat 10 reps for a total of three sets. Rest for 30 seconds between each set.

#### **4. Standing overhead dumbbell press**

Works out your upper body and core, improving stability and strength. For this exercise, you'll need 5-pound lightweight dumbbells.

##### How to Perform

1. Stand with one dumbbell in each hand.
2. Bend your elbows to position them right above your shoulders. Your palms should be facing forward.
3. Extend your arms and push the dumbbells upward. They should go above your head and make your core engaged while your spine remains neutral.
4. Lower the dumbbells back down as you bend your elbows. Stop when your upper arms are parallel with the ground.
5. Repeat 10 reps for a total of three sets. Rest for 30 seconds between each set.

## **5. Incline dumbbell chest press**

Strengthens pectoralis muscles to improve posture. For this exercise, you'll need 8-10 pound dumbbells.

How to Perform:

1. Position the incline bench at 30°.
2. Position the dumbbells at the sides of your chest.
3. Push the dumbbells straight up as you extend your arms. Do this until your elbows lock.
4. Return to your original position.
5. Repeat 10 reps for a total of three sets. Rest for 30 seconds between each set.

## **6. 45° incline row**

Works out your back muscles for a good posture. This exercise also strengthens your core. For this exercise, you'll need 5-8 pounds of lightweight dumbbells.

How to Perform:

1. With one dumbbell in each hand, extend your arms.
2. Hinge at the hips until your body is positioned at a 45°.
3. Maintain your neck in line with your spine.
4. Start pulling your elbows straight back, squeezing between your shoulder blades.
5. Extend your arms back to the original position.
6. Repeat 10 reps for a total of three sets. Rest for 30 seconds between each set.



# ADDITIONAL TIPS TO COMPLEMENT

## ADDITIONAL TIPS TO COMPLEMENT EXERCISE

1. **Make a formal exercise plan.** Plot your exercise time against your schedule for each day. That way, you can anticipate when you will exercise and will not be prone to forget it, especially in the early days when you're not yet used to exercise being part of your routine.
2. **Start the day with exercise.** Some people find that they are less likely to procrastinate on exercising if they do it first thing in the morning. Simply set your alarm 20 – 30 minutes earlier and get to it. This way, you'll also get to start the day on a healthy note.
3. **Change the way you travel to work.** Some people who believe that they simply don't have the time to exercise will be surprised that it is a block of time definitely available to them twice a day. Instead of sitting in a car or bus, why not walk, jog, or cycle to work instead?

4. **Maximize your lunch hour.** Check out nearby gyms. Or you could simply stroll around the block. This will definitely combat the post-lunch slump and boost your productivity in the afternoon.
5. **Groove to exercise videos** – Stay at home moms and home-based workers, listen up! You don't need to leave your house to squeeze in a workout. Look for an encouraging YouTube channel and try to get in on their fitness programs.
6. **Exercise while doing errands** – This technique will not only hit two birds with one stone, it might also save you gas money. If your destinations are quite far, you could also explore the idea of getting off the bus or train one station away and walk the rest of the way. Parking in a farther spot also works.
7. **Take the stairs** – This is a very easy way to incorporate exercise in your daily routine without much change, and without you even noticing it. Simply climbing up or down 2 – 3 flights of stairs is already a good start!

8. **Break up screen time** – You don't need to give up those TV shows or series you have grown to love. Why not do a series of planks or jumping jacks in between each episode?
9. **Show a dog some love** – Walking a dog is a quick and inexpensive way to exercise while making a furry friend happy.
10. **Join your kids in the playground** – This tip is not only healthy for you and your kids but also for your family's love tank as well.



**MAINTAINING MOMENTUM**  
**STAYING ENGAGED**

## **MAINTAINING MOMENTUM, STAYING** **ENGAGED**

There should be no finish line when it comes to a healthy lifestyle. A lifestyle built around exercise never ends for those who are motivated.

That said, you must stay motivated to continue exercising and keep on reaping its benefits. Even if you have accomplished your goals, even when you have eclipsed most of your expectations, the hunger for reaching new heights should always be present.

You need to keep that fire burning, even when the urge to quit (or at least settle for less) is looming. This urge will always be present, but your desire will help you overcome it.

There are many ways to stay motivated in working out, such as watching inspirational stories and thinking of new goals. Those are just some ways to do it. Here are a couple more ideas:

## **1. DON'T HESITATE TO DIVERSIFY**

Changing things up from time to time is one of the best ways to add variety to your workouts. It is also a great way to continue increasing your gains as you move forward.

With so many fitness activities that you can try, it would be quite counterproductive if you would limit yourself to just a single activity.

When you diversify your physical activity, you can enjoy some very nice advantages. It will help push your body towards limits it has yet to explore, and it also allows you to get in touch with a new set of people on your fitness journey.

Even something as simple as switching between cardio and strength training should work wonderfully, especially if things are starting to get monotonous. Also, it is possible to do both types in a single day.

## **2. HELP OTHERS GET STARTED**

You may eventually reach an advanced state in your exercise journey. But always remember that once in your endeavor, you also started out as a beginner.

One of the most fulfilling things that you can do as a fitness enthusiast is to share the lifestyle with someone else. And, the best way to do that is by helping others get started.

When you see someone who is getting started in their fitness journey, be that helping hand that will guide him/her to the process. Also, don't be afraid to encourage people to try a healthy lifestyle for a change.

### **3. WORKAROUND ANY NEW HURDLES**

There are many reasons why people tend to quit exercise. Among the top reasons include age, injuries, priorities, and burnout. They may seem like legitimate reasons to turn back on being sufficiently physically active, but the truth is that these things shouldn't ever hinder you.

These limitations may prevent you from enjoying exercise like you used to, but you can always make adjustments. Compromise, not quitting, is the best approach to staying fit even when life hits you.

*Key Takeaway: Keeping it going may not be easy. But staying motivated, diversifying, helping others, and*

*compensating will help you keep going even when things get tough with time.*



**MAXIMIZE & EVOLVE**  
**WHAT LIES BEYONDS**

## **MAXIMIZE AND EVOLVE: WHAT LIES BEYOND**

You can gain a lot of improvements simply by deciding that you want to exercise. But, have you ever wondered how you can get the best results possible in the long run? They say that the thing that separates the great from the good is that little extra. To get that edge, here are some of the things that you can do:

### **1. UNDERSTAND THAT IT'S NOT JUST EXERCISE**

There are some people who are in the gym almost every day, and yet they don't get that ultra-fit body. More often than not, it's what they do when they're not working out that's holding them back.

You also got to improve other aspects of your lifestyle to get the most out of your fitness routine. It's not enough to just work out and expect to have peak physique and performance. From following a more balanced diet to

cutting on some of your vices and excesses, all these matter in getting the results you want.

## **2. PERFECT YOUR TECHNIQUE**

Trainers would always emphasize that you need to follow the right form. If you want to maximize your progress, one of the best ways is to do it is to perfect your technique.

Using proper form allows you to work on the muscles targeted by each exercise most effectively. More than increased efficiency of motion, proper form is also essential for preventing injuries.

Whether you're running, lifting weights, or performing complex routines, make sure that you always follow the proper form.

## **3. UPGRADE YOUR GEAR AND EQUIPMENT**

A fully functional set of sportswear isn't just for the show. You need clothes and footwear that are appropriate for the

exercises you will be doing for optimal comfort, performance, and safety.

Also, if you choose to do exercises at home, you will have to invest in exercise equipment as well. Get exercise equipment based on financial and space considerations and adjust your routine accordingly.

#### **4. ASSESS YOUR FITNESS LEVEL**

If it seems that you've already plateaued, it's time to make an objective assessment of your fitness level. After all, it's useless to follow an inappropriate program (either too easy or too hard) for you.

One simple way to assess your fitness level is to check your heart rate. The faster your heart rate rises (and the faster you get exhausted) at a certain level of activity, the poorer your fitness level is.

Aside from giving your maximum effort in every workout, you should also constantly test your limits. Give your best in

every workout and you'll get rewarded for it sooner than later.

Still, we would recommend that you get assessed by a medical professional before engaging in any kind of physical activity. It's also likely that you'll get insights on activities that are better suited for you. More importantly, you'll get to find out if you have any health issues to address before trying to reach the next level.

*Key Takeaway: Maximizing your gains is all about putting in the extra work in your workouts. Improve your overall lifestyle, record your progress, master proper technique, and give your best in every workout.*



**WRAPPING UP**

## **WRAPPING UP**

Starting with your exercise journey won't be the easiest thing, especially if you've been sedentary all these years. But, as you've learned here, it can be done, and the challenge can be minimized.

As we advised above, you don't have to take on a full-blast routine if it doesn't work for you.

You may opt to simply pick a few exercises from our workouts that give you the most fun. Then, include them in your daily routine to get started with an active lifestyle.

Remember that the goal is to get started with exercising, and a little workout can already go a long way.

Staying physically active and working towards holistic health is an endless pursuit, although it's one that brings endless benefits as well. Succeed in staying motivated and continue to reach new heights, and you'll likely reap the best reward of all—a long, fulfilling life.

We hope that this guide inspired you to embrace exercise and make it part of your daily life. With so many benefits for your mind and body, so many exercise regime options to choose from, and so many simple tweaks you can do to your day to accommodate exercise, it would be a shame not to give it a try.

So, go ahead. Move it, spin it, walk it, groove to it. Get moving, have fun, and reap the benefits!