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A workout habit has a way of building momentum: Once you're doing something, anything, it's easy to add something else. But if you're a total beginner, sometimes the things you see other people doing may not even seem possible for you. That's not true, though: Everybody has to start somewhere. Believe it or not, experienced exercisers have a similar problem as beginners: Everybody wants to be further along than they are right now. Even people who run ridiculously fast are often bummed they can't run even faster. When you're starting out all you need to do is train however you can—maybe you can't run at all, but you can walk—and build from there. So here are a few suggestions to get you started.If you can't squatLots of "easy" bodyweight programs ask you to perform a squatting motion without any added weight. But if that's already more than you can do, try one of these: Sit in a chair, and stand back up. Lean your back against a wall and slide down until you're in a sitting position (this is called a wall squat). Hold onto a countertop or the back of a chair while you do a squat. For any of these, it's okay to squat as low as you can, even if that's not all the way to parallel. You can work on going lower over time. I'm a person who can appreciate the great diversity of squats in our world. High squats, low...Read moreIf you can't do pushupsPushups are another move you'll find in simple beginner workouts, but not everyone can do a pushup on their first day. Pushups get easier the higher your hands are, and harder the higher your feet are. So for the easiest beginner version, put your hands on a wall around shoulder height. Lean into the wall, then push yourself back to a standing position. Once those become easy, choose a lower surface, like a table or countertop. Then move to a chair, and so on. This progression is arguably better than doing pushups on your knees, because no matter which level you're on, you are practicing holding your entire body straight in a plank position. Knee push-ups are a classic modification for anybody who can't do full push-ups, or can only do a...Read moreIf you aren't ready to pick up weightsDumbbells come in all sizes—and fortunately for beginners, the smallest ones are also the cheapest. If your gym doesn't have dumbbells small enough, any store with a sporting goods section will likely have some one- and two-pound dumbbells you can pick up and add to your gym bag. But if you're not even ready for dumbbells, that's okay. A half-liter water bottle weighs about a pound. Same with a can of soup. Larger water bottles, wine bottles, and milk jugs can take you up a bit further in weight; we did the math for you here. You can also hold books, roller skates, or tote bags full of literally anything. (Two water bottles in a grocery bag? That's a two-pound weight.)Need to start even lighter? It's okay to do weight workouts using literally nothing. Make your hands into fists and go through the motions. If you're following a video that does a million reps of bicep curls or tricep extensions, your arms will get tired even if they're empty. Just move up to the water bottles as soon as you're ready. Dumbbells and kettlebells may still be hard to come by, but containers of water are widely...Read moreIf you aren't ready to follow a videoWith these substitutions, you may feel ready to start following along with beginner level workout videos. But what if you can't handle exactly what's on the screen? Remember, your goal should be to do a workout at your current level of fitness, not to complete a certain number of reps that you theoretically could do if you were in better shape. So if the video asks for 30 seconds of pushups and you just can't do that many, do as many as you can and rest for the remainder of the time. It's fine to bounce from video to video until you find something at your level, but keep an eye out for one that seems like fun but is just out of your reach. Do it anyway, modifying it or resting as needed, and then bookmark it and come back to it next week. Chances are good you'll be able to keep up a little bit better—and if you keep coming back to that same workout week after week, you'll eventually master it. Consistency breeds momentum. I work out every day. I don't really get sore. I don't worry if I have to miss a workout. I make...Read moreIf you aren't ready to do a cycling workoutLet's say you want to do a workout from a Peloton-like cycling instructor. You've got your bike, you can pedal, but pretty quickly you're out of breath and feel like you can't keep going.These workouts are easy to adjust: All you have to do is pay attention to the instructor's voice and facial expressions and ignore any specific numbers. It doesn't matter if she's asking you for a "20" or a "50." If the instructor looks and talks like she's on an easy bike ride, adjust your resistance so you are on an easy bike ride. If she looks like she's working hard but not dying, adjust your resistance so you are working hard but not dying.If you aren't ready to runWalk. That's it, that's the strategy. Walk across the room, walk down the block, walk a mile. Walk slowly. Eventually you'll find yourself walking further or faster. Maybe you'll reach a point where you want to start running; maybe you'll just enjoy your walks. If you can't decide where to startStart literally anywhere. There isn't a wrong answer. Maybe you start walking, but it turns out you hate walking. Well, you're already moving your body a couple times a week, so you can swap out the walking for something else. Or maybe you start doing pushups every day, but after a while your wrists are aching. You can choose to address that problem and continue your pushups, or you can look back on how far you've come, congratulate yourself, and pick a different thing to try for the next chapter of your fitness journey. After all, you've already started, so why not keep going? Written by Arlene Semeco, MS, RD — Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS — Updated on February 8, 2021Regular exercise is one of the best things you can do for your health.In fact, you'll begin to see and feel the benefits consistent physical activity can have on your body and well-being quickly.However, working exercise into your routine takes a lot of determination, and sticking to it in the long term requires discipline.If you're considering starting to exercise but don't know where to begin, this article is for you. Here's all you need to know about starting a routine and sticking to it.Share on PinterestLumina/Stocksy UnitedRegular exercise has been shown to improve your health significantly (1).Its primary benefits include helping you achieve and maintain a healthy body weight and muscle mass and reducing your risk for chronic diseases (2, 3, 4, 5).Additionally, research has shown that exercise can lift your mood, boost your mental health, help you sleep better, and even enhance your sex life (6, 7, 8).And that's not all. It can also help you maintain good energy levels (9).In short, exercise is powerful and can help improve your life.SummaryExercise can help to improve mental function, reduce your risk for chronic disease and manage your weight. There are various types of exercise, including: Aerobic. The core of any fitness program should include some form of continuous movement. Examples include swimming, running, and dancing.Strength. These exercises help increase muscle power and strength. Examples include resistance training, plyometrics, weightlifting, and sprinting.Calisthenics. These moves are usually performed without gym equipment using large muscle groups. They're done at a medium aerobic pace. Examples include lunges, situps, pushups, and pullups.High-intensity interval training (HIIT). This type of exercise includes repetitions of short bursts of high-intensity exercise followed by low-intensity exercises or rest periods.Boot camps. These are timed-based, high-intensity circuits that combine aerobic and resistance exercises.Balance or stability. These exercises are designed to strengthen muscles and improves body coordination. Examples include Pilates, tai chi poses, and core-strengthening exercises.Flexibility. These types of exercises help muscle recovery, maintain range of motion, and prevent injuries. Examples include yoga or individual muscle-stretch movements.The activities above can be done individually or combined. The important thing is to do what works best for you and to have fun with it.SummaryCommon types of exercise include aerobic, strength, calisthenics, HIIT, boot camps, flexibility, and stability. You can do them individually or combined.It's essential to consider a few things before starting a new workout routine.1. Check your healthIt's important to consult your healthcare provider and get a physical medical examination before starting an exercise routine.This is particularly important for those new to strenuous and vigorous physical activities.An early checkup can detect any health problems or conditions that could put you at risk for an injury during exercise.It can also help you optimize your workout, making it easier for you and your personal trainer, if you choose to work with one, to understand your limitations and create an exercise plan tailored to your particular needs.2. Make a plan and set realistic goalsOnce you decide to start exercising regularly, try to create a plan that includes attainable steps and goals.One way to do this is to start with a plan of easy steps to follow. Then you can continue building on it as your fitness level improves.For example, if your goal is to finish a 5-kilometer run, you can start by building a plan that includes shorter runs.Once you can finish those short runs, increase the distance until you can run the whole 5 kilometers in one session.Starting with small achievable goals will increase your chances of success and keep you motivated every step of the way.SummaryBefore you start working out, get a health check-up and make a plan with realistic goals. Then, make exercise a habit by incorporating it into your daily routine.3. Make it a habitAnother key component of exercise success is to stick to your routine.It seems to be easier for people to maintain an exercise routine in the long term if they make it a habit and do it regularly (9).A review of studies concluded that replacing an unhealthy behavior with a new healthier habit is an excellent approach to maintaining it in the long term (9).Furthermore, making a schedule or exercising at the same time every day are good ways to sustain your routine and make it last.For example, you can make exercise a habit by planning to work out right after work every day or first thing in the morning. It's important to choose a time that works best for you. SummaryThe minimum recommendation for exercise is at least 150 minutes per week. However, it is important to start slowly and let your body rest from time to time.Below is an easy-to-follow, 1-week exercise program that doesn't require equipment and will only take you 30–45 minutes a day to complete.This program can be adjusted to your fitness level and made as challenging as you want.Monday: 40-minute moderate-pace jog or brisk walk.Tuesday: Rest day.Wednesday: Walk briskly for 10 minutes. Then, complete the following circuits, resting 1 minute after each set but not between exercises. Stretch afterward.Thursday: Rest day.Friday: 30-minute bike ride or moderate-pace jog.Saturday: Rest day.Sunday Run, jog, or take a long walk for 40 minutes.The 1-week program above is just a simple sample to get you started. For more workout ideas and plans, check out the following links:SummaryThere are various exercises you can do. The plan above is just one example to help get you started working out.Drinking fluids throughout the day is essential for maintaining healthy hydration levels.Replenishing fluids during exercise is essential for maintaining optimal performance, especially when exercising in hot temperatures (10, 11).Moreover, hydrating after your workout can help you recover and get you ready for your next training session (12, 13).2. Optimize your nutritionBe sure to consume a balanced diet to support your fitness program.All food groups are necessary to sustain healthy energy levels and get the most out of your workout. Carbs are vital, as they can fuel your muscles before exercise (14).Carbs are also important after exercise to replenish glycogen stores and assist with the absorption of amino acids into your muscles during recovery (15).Additionally, protein helps improve muscle recovery after exercise, repairs tissue damage, and builds muscle mass (16).Lastly, regularly consuming healthy fats has been shown to help burn body fat and preserve muscle fuel during workouts, making your energy last longer (14).Click these links for more info about pre-workout and post-workout nutrition.3. Warm upIt's important to warm up before your workout. Doing so can help prevent injuries and improve your athletic performance (17, 18).It can also help improve your flexibility and reduce soreness after your workout (18).Simply start your workout with some aerobic exercises like arm swings, leg kicks, and walking lunges.Alternatively, you can warm up by doing easy movements of the exercise you're planning to do. For example, walk before you run.4. Cool downCooling down is also important because it helps your body return to its normal state.Taking a couple of minutes to cool down can help restore normal breathing patterns and even reduce the chance of muscle soreness (18, 19).Some cool-down ideas include light walking after aerobic exercise or stretching after resistance training.5. Listen to your bodyIf you're not used to working out every day, be mindful of your limits.If you feel pain or discomfort while exercising, stop and rest before continuing. Pushing through the pain is not a good idea, as it can cause injuries.Also, remember that working out harder and faster is not necessarily better.Taking your time to progress through your fitness program can help you maintain your routine in the long term and make the most of it.SummaryBe sure to stay hydrated, eat a balanced diet, warm up before exercising, cool down afterward, and listen to your body.The key to staying motivated and making exercise a habit is to have fun while doing it. This helps you to not dread exercising.Like the sample exercise program shown above, you can mix up activities while keeping it fun for you.If you're able to and want to, joining a gym or taking a virtual fitness class like yoga or Pilates, hiring a personal trainer, or doing team sports are good ideas to help increase motivation and enjoyment (19).Working out as a group or with a friend can also help maintain accountability and motivate you to keep up your exercise routine.Furthermore, tracking your progress, such as logging your weightlifting levels or noting your running times, can help keep you motivated to improve your personal records.SummaryTo maintain your motivation, try mixing up your workouts, joining a gym, or participating in a team sport. And be sure to track your progress.Starting a new exercise routine can be challenging. However, having real objectives can help you maintain a fitness program in the long term.There are many different types of physical activity to choose from. Find a few that work for you and be sure to vary them occasionally.The goal is to start slowly, build up your fitness level, and let your body rest from time to time to help prevent injuries.Keeping track of your progress or taking a virtual group class are examples of actionable steps that can help you stay motivated and achieve your goals. It's also important to eat a healthy diet and hydrate regularly as well as check in with your healthcare provider to monitor your health.So what are you waiting for? Start exercising today! Last medically reviewed on February 8, 2021

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