



The

EASE OF EXERCISE

10 HIGHLY
EFFECTIVE
LOW-IMPACT
EXERCISE TIPS

TABLE OF CONTENTS

Key Factors to Consider When Exercising	3
General Low Impact Fitness Tips	5
Low Impact Fitness Tips for Women	8
Low Impact Fitness Tips for Men	10
Easy Fitness Tips for Kids	12
Fitness Tips for Low Impact Exercises	15
Exercising with a Health Challenge	17
Low Impact Family Exercise	20
Why Healthy Eating Impacts Your Fitness Routine	22
Low Impact Fitness and Nutrition Tips	25

KEY FACTORS TO CONSIDER WHEN EXERCISING

There is more to exercise than just getting up each morning and going for a daily walk or visiting the gym. Exercising correctly involves making changes in your entire lifestyle. Why? Because this is the best way to derive the most benefit from exercising.

To start with you can choose to do a low impact exercise routine such as walking, swimming or even lifting light weights. Your aim is to exercise for at least 20 minutes and have your pulse rate increase by approximately 75%. Sipping on water during this time is recommended to help keep you hydrated.

Before you begin your actual workout you should eat a small meal that consists of carbohydrates and some protein. If you attempt to exercise while hungry your body will start to feel weak and you won't have the energy to complete even twenty minutes. Try to eat about an hour before you are due to begin your workout.

Stretching is really important as it allows your muscles and your core body temperature to increase. Have you ever noticed how dogs and cats stretch after getting up? They very rarely get up and run, unless of course someone is at the front door!

After your workout if you feel hungry you should eat a piece of fruit. It has been shown that eating fruit after exercising allows your body to use the simple sugars in the fruit more effectively.

During the day you should try to eat six small meals that consist of plenty of fresh vegetables and small amounts of protein. In addition to this you want to drink around 64 oz of water as this will help to remove toxins and other unwanted waste from your body.

Sleep is another essential part of exercising and living healthy. Without enough sleep you won't have the energy and drive to exercise regularly. It is recommended to get around 8 hours of solid sleep if possible. If you have trouble sleeping try purchasing a new pillow which conforms to your body. It is possible to get pillows that are specifically designed for those who sleep on their backs, stomach and/or side.

Trying to reduce stress is important for everyone and less stress will allow you to concentrate on getting the most out of your workout. In addition try to limit your consumption of alcohol and avoid smoking.

If you follow the above advice you will notice that you can really reap the most benefit from each and every workout session.

GENERAL LOW IMPACT FITNESS TIPS

The following fitness tips can be applied to all low impact exercises. It is important to follow these tips as they will help reduce your chances of injuring your body especially if you have not exercised in a while.

1. If you have not exercised in a long time check with your doctor before beginning a new program.
2. While exercising if you feel dizzy or experience pain stop exercising immediately.
3. Work out at a pace that is comfortable for you.
4. Never exercise if you are sick and have a fever.
5. Perform exercises which incorporate both stretching and have a cardiovascular component.
6. Drink plenty of water, around 70% of your body is water which you lose during sweat, so it is important to replace this each day.
7. A protein bar or banana make a good pre-workout snack.
8. Make sure you have all the correct equipment so you can work out effectively.
9. Wear loose, comfortable clothing.
10. Good shoes are crucial for exercising without getting sore feet.
11. Choose running shoes which are cushioned and which support your arches.
12. Performing a warm up will enhance your exercise.

13. Stretching after exercising helps to reduce the severity of aches and pains the next day.
14. Eat a high energy snack after you have completed your exercise.
15. Don't eat a large meal for at least an hour after your workout.
16. Incorporate exercise into your life gradually.
17. If you are new to exercise start off with 10 minutes segments a couple of times each day.
18. Getting 8 hours of straight sleep will help improve your exercise performance.
19. Eating sensibly goes hand in hand with leading a healthy lifestyle.
20. No one is ever too old to work out, start slowly and seek medical advice if you have an ongoing medical condition.

Try to choose a low impact exercise that helps to target any trouble areas. For example bending and stretching will help tone and tighten your legs and buttocks. Performing crunches will help tighten your abdominal muscles. Exercises like walking, swimming and cycling will provide you with a whole body workout and help to increase your stamina and energy levels.

Just remember that eating a healthy diet is very important. You can make small changes like cutting back on the amount of soda you drink each day.

Small steps really do make a huge difference when it comes to improving your lifestyle.

LOW IMPACT FITNESS TIPS FOR WOMEN

It really is important for women to approach exercise differently than men. Of course it is possible to exercise with your spouse or boyfriend but as a woman you have certain things to be cautious about. This will depend upon your age as well.

Women are more prone to developing osteoporosis as they age. So if you are over 40 you want to pay attention to your joints. If you feel any sudden or sharp pain that doesn't go away quickly you should visit your doctor for a check up.

Women over 50 will be experiencing plenty of hormonal changes and this can affect how your body reacts to certain activities. The best thing you can do for your body is to listen to what your body is telling you and heed any warning signs.

For example if you wanted to take up a new sport after not exercising for a while you are not going to suddenly start running 5 miles a day. You have to get your body adjusted to this new regimen by starting out slowly and working your way up to increasing your distance.

Low impact exercises are really your best bet. This can include simple things like going for a walk, swimming or even playing a round of golf. It is always advisable to warm up and stretch your body before you begin exercising. About five to ten minutes of warm up time is advisable.

The same goes for your cooling down period. Ensure that you slow your heart rate down during the last ten minutes of your workout and then make time to gently stretch your muscles and tendons. This way you are less likely to risk injury and be put out of action before your exercise routine even becomes a habit.

One of the best activities for women of all ages is water aerobics. These classes are popping up at more and more fitness facilities everywhere. Classes can last anywhere from 30 minutes to a full hour. There are normally classes for beginners, advanced and seniors. Participating in a water aerobics class is fun, gentle on your joints and a great way to meet new people.

If you are an overweight woman then low impact exercises are strongly recommended. Depending on how much weight you need to lose you can start off by walking to the end of your street each day. Each day try to increase the distance and within two weeks you should notice a huge improvement in your endurance and stamina.

LOW IMPACT FITNESS TIPS FOR MEN

When starting a new exercise program many men tend to do too much too soon and end up injuring themselves. Whether this is their male streak or they just like to go full force once they have made a decision no one will ever really know. No matter what your age is you should start off exercising by taking up a low impact sport first.

Older men or anyone with a health issue needs to be careful about rushing into a fitness plan. Walking is a great activity and one that is gentle on your joints. From here you can always work up to something more strenuous. If walking sounds boring to you then why not go out for a hike? You are still getting the same benefits but have the opportunity to tackle a more challenging trail if you wish. It would be wise to go with a partner or at least tell someone where you are going and your expected return time.

It is always a good idea to set yourself a fitness goal. This could be walking 10 miles, swimming 50 laps or lifting weights. The reason for this is that it helps to keep you motivated and on track. With an end goal in sight you are more likely to get up each morning and make the time to fit in your exercise routine.

Men do love to lift weights and use gym equipment either at home or at their local health club. This is a great idea and is a good way to meet up with other individuals who have the same interests as you. Just remember to start out with a low weight and work your way up slowly and carefully.

If you decide to take up walking or hiking you always want to warm up before you head outside. To stop you from getting bored on your walk you could take along your MP3 to listen to. Carrying a water bottle will help you keep hydrated and you should stop every 15 minutes for a drink of water. When you return home take the time to cool down and stretch your muscles before relaxing.

Low impact exercises are those that last for at least 20 minutes with your pulse rate increasing about 75% over your normal rate. By keeping these two points in mind you will derive the most from your exercise without incurring any muscle strains or other injuries.

EASY FITNESS TIPS FOR KIDS

It can be really difficult to get your kids to exercise these days. There are so involved with video and computer games as well as their homework, that they don't seem to think about exercising at all. As a parent you need to come up with some inventive ways of getting your kids outside into the fresh air.

The first tip that I can give you is to make exercise fun and more of a game. This can be done in several ways.

- Going for a scenic hike
- Playing a game of soccer, volleyball or baseball with your kids
- Going for a family bike ride
- Going camping for a weekend
- Jumping rope
- Using an outdoor trampoline
- Swimming at the pool or beach

For example if the entire family goes on a camping trip your kids can go looking for firewood, swimming and even fishing. This provides them with exercise and fun at the same time.

Back at home even building a new picnic table or tree fort is exercise. You don't have to think about running or doing pushups and jumping jacks to get exercise. The more fun and less like a regimented exercise the activity is, the more likelihood your child will enjoy their time and want to do it again.

It really is important to get your children into the habit of exercising regularly. Obesity in children in the Western world is at an all time high. This is mainly due to lack of exercise both at home and because of cutbacks in the education system. Many schools today offer very limited programs when it comes to sports.

Other easy tips to encourage your kids to exercise more are to get them to take the stairs instead of using an elevator. As a family when you visit the mall park your car further away so everyone has to walk further to get to the entrance.

Get into the habit of going for a family walk or go swimming together on the weekends. Depending on where you live you can go ice skating or cross country ski-ing and even skateboarding together. This way you are actually practising what you preach to your children and this can make a huge difference.

Setting limits for television, video, computer and cell phones is sometimes a necessity in order to get your children active again. As your child becomes more active they will sleep better, have more energy and will probably lose a few pounds in the process too.

FITNESS TIPS FOR LOW IMPACT EXERCISES

A low impact exercise is one that is classified as lasting for at least twenty minutes with an elevated heart rate. Now this doesn't mean that you have to suddenly start jogging or training for a marathon. There are many ways to participate in a low impact fitness routine plus there are a few things you should know before starting one.

- If you have any type of major health issue then check with your doctor before starting a new exercise routine
- Invest in a good pair of shoes suited for your chosen activity
- Dress appropriately in clothes that repel sweat
- Always start off slowly and increase the time spent on your exercise each week

Moderate works are key when it comes to low impact exercises. At first you may only be able to manage a few minutes of any kind of exercise. By taking the time each day to do just a little more you will quickly see your fitness level increase.

Set yourself small goals each day. It could be something like walking to your mail box or to the end of the street. Then the next day try and go just a little further, until before you know it, you can easily walk around the block.

To improve your fitness you want to increase your metabolism rate and this can be done by eating smaller meals frequently throughout the day. Try to include small amounts of protein as this helps fuel your body and gives you more energy to exercise.

Just eating more healthy foods will make a huge difference in your entire lifestyle. You will notice that you don't feel as tired and sluggish and that you have more desire to get out and do things. Small changes like this can have a really drastic effect on your body.

Another tip when starting a low impact exercise is to have patience with yourself and don't get frustrated if you are not progressing as quickly as you hoped. This is very true if you have started exercising with a friend or your spouse. Their body may become accustomed to the new exercise more quickly than you. Don't worry your body will adapt too.

When starting any new low impact exercise be sure to use any necessary equipment that will keep you safe and make your workout more enjoyable. If you do what you enjoy you are more likely to stay motivated and stick with it.

EXERCISING WITH A HEALTH CHALLENGE

Exercise is good for everyone, but for some it can prove to be more difficult to get the proper amount of exercise time in each week. If you are dealing with some type of health issue you will understand just how difficult it can be to exercise every day.

For certain conditions low impact exercises can be really beneficial. Regular exercise has actually been shown to help those who are suffering from depression, anxiety attacks, and can even help slow down osteoporosis.

Low impact exercises help to release the endorphins in your brain which in turn make you feel more alive and alert. If you suffer from achy and sore joints exercise will help make you feel better. The tough part is just getting going!

If exercising is challenging because your body hurts then there are a couple of things you can do.

- Take a warm bath or shower to warm your joints before exercising
- Start exercising very slowly
- Visualize yourself exercising

- Listen to music while warming up

These tips have been very helpful to people who have to live with the pain of arthritis each day. Sometimes not focusing so much on your body actually allows you to get moving a little quicker each day.

Every time you exercise you must always pay attention to your body. If your routine is too much then slow the pace down. Don't try to keep up with the rest of the class.

After exercising your body may feel a little sore and tired. This is to be expected and perfectly normal. But if you are experiencing lots of pain more than 2 – 3 hours later then you may want to seek medical attention. Always inform your doctor when starting any new exercise program especially if you have a health challenge. They can possibly recommend ways and methods to help ease your body into your new routine.

If you suffer from asthma your doctor can advise you on how to use your inhaler so that you can get the most out of your exercise routine without having an attack. Many Olympic athletes deal with asthma and still manage to exercise and train daily.

Once you have found ways to exercise around your health issue you will find that your mind and your body both feel much better. Within a couple of weeks you will probably notice that you can exercise a little longer without feeling so sore afterwards. Don't let any health problem stop you from exercising, with a little help and determination you can manage anything.

LOW IMPACT FAMILY EXERCISE

Exercising as a family has lots of benefits. First it provides you with some great quality time together. Plus it shows your children that exercise can be fun and is a great way to instil some healthy habits into them. Too many children today spend so much time in front of computers and video games that they don't understand the benefits of getting some exercise.

Exercise doesn't have to be running and huffing and puffing around the gym. There are plenty of easy low impact exercises that can be done together. A couple that come to mind are walking, hiking, swimming and golfing. What better way to get outside with your family and have fun! Just teaching your young child how to ride a bike or learn to skate is exercise! You are showing them how to be active and get some much needed fresh air.

Many parents put their children into baseball, soccer and even karate lessons, which is fine. But what is better is when both parents and children exercise together. So why not go on a family hike once a month?

To get your children into the habit of exercising you could allow them to pick the activity. It could be going on a mountain bike trail, ice skating, horseback riding, even going out to play miniature golf.

As with any exercise you want to make sure that your kids are wearing the correct type of clothing. This includes any protective clothing such as helmets, knee and elbow pads. If you are hiking then a good hiking boot is essential. You want to prevent injuries if at all possible.

Before you head out for the day or afternoon make sure that everyone has had the chance to warm up. This could be just doing a few jumping jacks or running on the spot for a couple of minutes. Even bending over to see who can touch their toes is a great warm up exercise that is fun for the family.

Make your chosen activity more enjoyable by taking along a camera and shooting a few pictures of your family outing. If you are hiking or walking you never know what animal, bird or unusual flower you might see.

Always go out prepared by having a small first aid kit in your car or better yet carry it along in a back pack. Hiking is a great way to teach your children how to read a map and use a compass. They won't even realize they are learning something new as they'll be having so much fun.

WHY HEALTHY EATING IMPACTS YOUR FITNESS

ROUTINE

As much as you may have heard that eating healthy and exercising go together many people just don't put the two together. This is really a shame as the benefits you get from improving both aspects of your life improve tenfold when combined.

If all you change in your life is to take up walking or cycling you will still get some benefits, but not as many. Think about it this way. If you start walking thirty minutes a day but still continue to eat the same foods and drink tons of pop or beer, do you think you will lose weight or feel better. You may to some extent but you could feel so much better if you change what you eat as well.

It really isn't that difficult to change what you eat. You don't have to totally revamp your diet, just make some small changes.

To start off you can make the following changes:

- Switch sugary drinks for water
- Light beer for regular beer
- Muffins for donuts

- Fruit instead of cookies

By doing just one of the above changes you could easily lose 10 pounds in your first month. If you can't quit one of these habits cold turkey then just cut back each day. It takes about three weeks to form a new habit so it won't take you too long before you will automatically grab water instead of a can of pop.

When you eat correctly and this includes eating more fruits and vegetables along with lean meats you are fuelling your body. This one aspect allows your body to perform an exercise better. For example if you are walking or cycling you will find that you can cycle or walk further when you eat in a healthy manner.

Consuming too much fat or sugar makes you feel lazy and lethargic. In turn this makes you not want to get out and exercise so your motivation will be lacking.

Try to listen to your body and see how you feel just by drinking 8 glasses of water each day for one week. Believe me you will notice a huge improvement in your energy level. Plus you will also notice that you will be sleeping much better. Sleep is another huge factor in making your workout more effective.

Just try to remember that whatever you put into your mouth will have some type of impact on your body, good or bad. By being aware of changes in your mood and energy level you will see what foods help energize you, and you will know which foods to avoid. So now you have all the tools you need to get the most of your exercise routine.

LOW IMPACT FITNESS AND NUTRITION TIPS

Exercise and nutrition do go hand in hand. If you suddenly begin exercising strenuously without adequate nutrition you are going to start feel weak and sick before you know it. This is why it is important to eat properly and keep hydrated before, during and after your exercise routine. Before starting your exercise program make sure that you have eaten something. A small amount of protein with some complex carbohydrates is a good choice. This snack will help fuel your body and provide you with energy while exercising.

Being properly hydrated is crucial for anyone at any time but especially when doing some form of physical exercise. You should always try to carry a water bottle with you and sip on water every 10 minutes or so. Being hydrated will help prevent your muscles from becoming too sore and helps reduce painful muscle cramps.

If you feel shaky after exercise your body may be requiring some food. So eating another small snack is advisable. Try eating a piece of fruit such as an apple or handful of grapes. This should be enough to see you through until your next meal.

Eating healthy during the day will also help your body get the most benefit from your exercise. If you are attempting to lose weight then cut back on sugars, starches and fats. Instead you want to concentrate on eating plenty of fresh fruits and vegetables. Protein is important and should be eaten in small portions. It is recommended that you eat lean, low fat choices of protein such as chicken, turkey, fish and avoid eating too much red meat.

The top tips for both fitness and nutrition can be summed up into the following points:

- Always drink enough fluids before, during and after exercising
- Eat a small snack before working out
- Eat fresh foods as much as possible
- Always take the time to warm up and cool down to avoid injury

If adding a low impact exercise to your lifestyle is a new concept then pick something that you will enjoy. Many types of activities can be classed as low impact. Walking, cycling, swimming, dancing, ice skating and golfing are just a few of your choices.

Pilates and yoga may sound easy to do but they are low impact workouts that can be very strenuous and good for your body. Don't forget too that

you don't have to stay with one exercise. Pick a variety and do them once a week or a couple of times each month. This way you are less likely to get bored and will stick with your new exercise plan.