

Say it's not so...is it really that time of year to start exercising?

Let's face it...there are very few people who actually love to put on shorts and tennis shoes and move around until you sweat a gallon. But it needs/can be done.

1. **See your doctor before you start.** He/she will be able to give you personalized tips to get a good workout and keep you safe.
2. **Suck it up and do it.** Making excuses is easy but you have to make time for it. If you really wanted to exercise, you'd be able to find time.
3. **Start slow.** If you finally decided to put down that bag of potato chips and move, you shouldn't start with an hour long marathon of pure cardio. Know your limits and do what you can.
4. **Go more often.** Start with walking a few minutes a day until you build up stamina. Do you really want to start exercising only to land on the couch for two weeks because you injured some muscle you didn't know you had?
5. **Find a partner.** If one friend can't commit to a regular schedule, find several that can be available a certain day or time.
6. **Don't forget this is not temporary.** You need to change your lifestyle to be healthy. You can slowly change your eating habits and exercise schedule. Before you know it, you will eating baked potato chips with your tuna sandwich after you finished walking three miles with a few of your friends.

Thank you webmd.com for the great tips.

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"If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all." - Joey Adams

"You win some, you lose some, and some get rained out, but you gotta suit up for them all." - J. Askenberg