

## A Fitness Plan

To start a fitness plan you first need to find out where your fitness is at. So the first thing you must do is:

Assess your fitness by -

1. Check your pulse before walking a set distance.
2. Time how long it takes to walk that distance.
3. How many sit ups you can do.
4. Measure the width of your chest.
5. What is your body mass index.

Next thing to do is to set out what your goals are. Are you doing this just to lose weight or feel better about yourself.

Start off slow, the worst thing to do is start doing too much too fast. Start off with a set distance to walk or run and the next time try to go a bit further.

Do activities that you enjoy, if you don't like running try swimming. If you like doing something you are more likely to carry on doing it.

Next you must allow your body to recover, set out a timescale that is manageable and try to stick to it.

Before you start your routine make sure to warm up properly.

Do some stretches, like jogging on the spot. Without doing this you could easily pull a muscle and that will set you back.

Break things up if you have to, set it out in 15 minute sections is a good way to do it. If you are doing a run, run for 15 minutes then take a 5 minute break then do another 15 minutes.

Try mixing things up, one day you could do a run the next could be a swim or maybe a game of tennis. Whatever feels best for you.

If you're not feeling great one day take a day off, the best thing to do is listen to what your body is telling you.

The last thing to do is monitor your progress from week to week. Do the first steps again and see if there is an improvement.

## About the Author

Ian Bennett operates <http://www.megaweightlossplan.com>, a blog about weight loss. He loves giving away stuff and right now when you sign up you will get a great Newsletter. and it's all FREE!

Check it out at: <http://www.megaweightlossplan.com>

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