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Getting Physical for the First Time by Celia Maciomhair

Article published on March 30th 2012 | Fitness

Deciding to get out of that couch and work out deserves a well-deserved applause and probably even a congratulatory speech from your friends and family. This is not to say that they are patronizing you, but it does take some courage to finally decide to undertake exercise for your healthâ€™s sake. So if this is your first time to work out, you should take these tips to heart.

It would be good if first timers like you undergo a medical checkup to assess your bodyâ€™s condition, especially for those who have heart conditions, back or joint problems or balancing problems. Those with chronic illness like diabetes should likewise see a doctor first before undergoing a workout. It is essential that you be medically cleared first before opting for gym sessions.

Meanwhile, if itâ€™s your first time to hit the gym after several months or years, it would be best to ask a gym instructorâ€™s help to guide you with your first workout sessions in a long time. Do not be afraid to ask for advice and help. Your instructor can gain valuable insights about your questions and his assessment of your capabilities can be a baseline for your initial workout, for example, he can ask you to start with low weights and advise you to increase workout routines gradually.

Of course, you cannot fully enjoy exercising without wearing the right gear. Many injuries could happen if people donâ€™t take the time to get themselves well-equipped for this activity. Proper gear includes wearing sports shoes that are capable of providing the right kind of support for your body and activity type.

If your instructors are not around, you can ask a friend to help you out or better yet, invite them to go on an exercise too. It will definitely be more motivating to have a friend work out with you especially if you have the same goals as them. It would also be good if you do a workout routine everyday to acquire fitness La Jolla centers provide their clients.

More importantly, both you and your friend, and a La Jolla fitness instructor should be able to set a goal for your fitness program. More than just working out, you should be able to achieve something from it like losing weight or developing muscles. Establishing a goal will keep you motivated in achieving your desired body.

If things do not work out as planned or negative health symptoms appear, you temporarily stop your workout. At La Jolla sports club complexes, undergoing certain amounts of discomfort is normal to get your body accustomed to the routines. However, if you are starting to feel physical pain, you should immediately stop exercising.

Article Source:
http://www.articleside.com/fitness-articles/getting-physical-for-the-first-time.htm - Article Side

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fitness la jolla, la jolla fitness, la jolla sports club

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