Tips to Start a Healthy Exercise Program
Angie Frederick, MS, ACSM-H/FI

1. Make the decision to be active!
2. Talk with your physician to be sure you don’t have any underlying issues, especially if you haven’t been active for 6 months or longer and/or if you’re over 45 years old.
3. Assess your current fitness & nutrition level.
   - Cardiovascular, muscular strength & endurance, flexibility, body composition, etc.
   - Many fitness centers offer services but be sure the staff is trained &/or certified.
4. Set attainable goals.
   - Choose exercise or activities you enjoy
   - Write them down
   - Hire a personal trainer to help set goals and develop a program
5. Schedule exercise into your daily calendar, just like a meeting
   - Finding an exercise partner or personal trainer can help keep you motivated
6. Review your goals and track your progress regularly
   - Keep an exercise diary or notes in your calendar with at least the activity and how you feel about it
7. Reassess goals and fitness level on a regular basis
   - Revise goals as you reach them
   - Reassess fitness level about every 8-12 weeks.
8. Have fun!

If you’d like help getting started, Campus Rec can help! Personal Trainers are nationally certified and can assist with assessment, goal setting and motivation. A full schedule of Group Fitness classes are also available to keep your program fun as well.

Tips to Start a Healthy Nutrition Plan
Karen Miller, MS, RD, LMNT

1. Keep a 7 day food journal.
   - Include everything you eat and drink for 7 days.
   - Include times, if you're hungry or not and what you're doing while you eat.
   - People are more likely to make changes if they take a true inventory of what their habits are and what needs to be changed.
2. Choose one or two areas that you really want to focus on.
   - For example: Including 5 servings of fruits and vegetables or including 3 servings of dairy
3. Continue to keep periodic food records and reassess.
4. Consult a professional
   - A registered dietitian is someone who has the education and experience to help you make dietary changes.

Karen is a registered dietician at Campus Rec and the University Health Center. She can assist you in meeting your nutrition goals. You can also go to MyPyramid.gov for a calorie and eating plan as well as a food and exercise tracker.