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Introduction

Have you ever begun and then stopped a fitness programme? You're not alone if you said yes. Many people begin exercise programmes, then abandon them because they are bored, do not like it, or the results are sluggish. Here are seven suggestions to keep you focused.

Start with basic objectives and work your way up to longer-term objectives. Remember to set targets that are practical and attainable. If your expectations are too lofty, it's easy to get overwhelmed and give up.

If you haven't exercised in a while, for example, a short-term target could be to walk 10 minutes five days a week. And brief bouts of exercise may be beneficial. Walking 30 minutes five days a week could be an intermediate target. A long-term aim may be to walk a 5K distance.

The Department of Health and Human Services recommends at least 150 minutes of moderate aerobic exercise or 75 minutes of intense aerobic activity per week for most healthy adults, or a combination of both. Exercise at a higher intensity will have even more benefits.

At least twice a week, integrate strength training activities for all major muscle groups into your workout routine.

Find sports or hobbies that you like, and then change up your routine to keep things fresh. Try something new if you're bored with your workouts. Become a member of a volleyball or softball league. Consider enrolling in a ballroom dancing programme. Examine a fitness club or a martial arts facility. If you choose to exercise at home, there are several different types of exercise classes available online, including yoga, high-intensity interval training, and kickboxing. Alternatively, take a walk or jog in a local park. Find out if you have any hidden athletic talents or passions.

Remember that exercise doesn't have to be boring, and if you're having fun with it, you'll be more likely to stick with it.

If it's difficult to find time to workout, don't make excuses. Workouts should be scheduled just like any other significant operation.

Physical exercise can also be incorporated into the daily routine. Instead of taking the elevator, take the stairs or park further away from the shop. When watching the kids play sports, walk up and down the sidelines. On a work break, go for a stroll.

If you work from home, take breaks to rest, walk, or climb the stairs. Squats, lunges, and sit-ups