

Tip sheet

Exercise

Are you looking to transform your life and reap the benefits of regular exercise? Building an exercise routine is a fantastic way to supercharge your physical and mental wellbeing.



Benefits of exercise

Physical health

- Strengthens your heart and reduces the risk of several health conditions
- Builds muscle and strengthens bones
- Exercise can boost your immune system, making you more resilient to illness.
- Physical activity can help you sleep better and feel more energised.

Mental health

- Triggers the release of endorphins, which can alleviate stress and boost your mood
- Scheduling workouts can build discipline and time management skills
- Exercise can sharpen your focus, memory and cognitive abilities.

Building your exercise routine

Set clear goals

Defining your goals. Writing them down will help you stay motivated and on track.

Start slow and progress gradually

Don't rush in. Start with manageable sessions and slowly increase your intensity and duration.

Choose activities you enjoy

Find exercises that you can look forward to, rather than feeling like a chore.

Schedule regular workouts

Consistency is key. Plan your exercise sessions and treat them like appointments to be kept.

Mix it up

Avoid boredom by incorporating a variety of exercises and continuing to challenge yourself.

Listen to your body

Pay attention to your body's signals. Rest when needed and don't push through the pain. The activity will get easier the more you stick with it.

Bring in a friend

Exercising with people can help you stay accountable and motivated.

Above all, please remember to be kind to yourself. Building a routine and seeing the positive change takes time

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