

10 Ways to Ease into Fitness

Are you a newbie to the exercise scene? Did you used to work out in the past, but are out of your [exercise routine](#) and don't know how to start up again? Don't be discouraged! You don't need to hit the gym for an hour right off the bat. Use these tips to ease yourself into (or back into) a routine that works for you!

- Tighten your abs and glutes while doing dishes. For example, squeeze your glutes when you're washing a plate, and then abs when you wash any silverware. While you're at it, why not throw in some kegels too?
- Stairs, stairs, stairs! Unless you have some physical limitations, taking the stairs should be your first choice whenever possible and is a great quick [indoor exercise](#). You could make a rule: if there are less than 5 flights, you're hiking up the stairs!
- Save time trying to find parking and take a spot a little further away. This will help you sneak in a few extra steps in your day.
- Think about exercising in 15-minute increments instead of all at once, such as taking a brisk walk with the dog for 15 minutes in the morning and doing a little yoga or ab exercises for 15 minutes in the evening.
- Use coffee and bathroom breaks at work to do 5 minutes of stairs or some walking lunges (if no one is looking!).
- Move around during tv commercial breaks. Get up and pace the room, or do sit-ups, squats, push-ups, or jumping jacks. Besides, who wants to watch commercials anyway? [Variety](#) is key!
- Set a "sitting timer"—Try not to let yourself sit for over an hour, whether at home or at work. Get up and [stretch](#), or take a quick 5-minute walk before getting back to work or relaxing. Better yet, invest in an adjustable standing desk or adjustable computer stand to get your blood flowing throughout the day.
- Ease into mornings by adding just 5 minutes a day of fitness when you wake up. Start with stretching, then add lunges and maybe some planks. Before you know it, you'll be waking up early for spin class!
- Every week, add on another 3-5 minutes to your walk or run. You'll reach the 30 minute work-out mark in no time and won't even realize the difference - especially with your [runner's high](#)!
- Allow for recovery. Give your body time to recover from your workout. Regardless of how much you used to workout in the past, listen to how your body is feeling *now*. Don't push it, or you may be left with an injury or other issue keeping you from exercising.
- See [7 Sly Ways to Fit in Exercise](#) and [7 MORE Sly Ways to Fit in Exercise](#) for easy ways to squeeze fitness in.

Getting enough exercise doesn't have to be (and shouldn't be) limited to going to the gym. Making little changes in your daily activities can greatly effect your fitness and ability to engage in exercise. Keep in mind that no matter the change, it's important to listen to your body and rest (or get active) as needed. Don't worry about trying to implement many changes all at once—start with one tweak at a time and go from there!