

Best Exercise Program - 4 Steps To Get Best Exercise Benefits

So you have decided that you want to be fit and healthy but at a loss as to which exercise program will benefit you best. Before you decide to select or design a beneficial exercise program, there are a few things which you must do.

?Why do you want to exercise?

Define your exercise goals and objectives. Write them down so that this will serve as your constant reminder why you want to embark on an exercise program. It also serves to narrow down your search for the best program because you will know what to look out for. For example, you may want to lose weight steadily or you may want to build some muscle tone or you just simply want to get fit. Be definite in what you want to achieve so that you will have a clear direction and will choose the right exercise program to achieve your goals more effectively.

?What do you need to do to get the best exercise benefit

Now that you know what your goals are, decide which method is best for you to achieve your objectives. For example, if you are rehabilitating from some illnesses or surgery, you may need to hire a specialized trainer for your particular condition or if you simply want to lose some weight, do you have sufficient knowledge to lose weight permanently or do you need to do more research, read up some books or just hire a fitness personal trainer?

?Set definite time frame and exercise program

Have a time table drawn up. How many times do you need to exercise a week and for how long to get the best benefits from your exercise program. Ascertain the dates and timing of your exercise program and stick to it. This is crucial because many people without definite plans fail in their quest to get a fit and healthy body.

?Keep an exercise log book

This exercise log book is to keep track of your progress. In the log book, you will keep a record of how far you have jogged or swum or how heavy were the weights you were lifting so that you can improve your performance on your next exercise session. Without proper record keeping, you will be at best guesstimating on your past performances and chances are that you will not improve to get to your goals as planned.

This is the reason why you see people not getting any results even though they work out regularly.

So in order for to get the best benefit from your exercise program, you will need to set your goals and then define them, decide on the methods to get the best benefits and keep a record so that you can get there in record time with your solid exercise program.

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