

TIPS FOR STARTING AN EXERCISE PROGRAM

Cedar Park, TX – May 25, 2009

Memorial Day is upon us, and that means cool fun in the hot sun, delectable BBQ lunches, and plenty of lazing around the house. Tomorrow is a new day, however, and if you haven't started a summer [workout](#) program yet, here are some simple tips for starting things off right.

Tip #1: Set your goals

Before you lift your first [weight](#) or walk your first mile, it is very important to set a few goals. Setting goals is an easy way to stay on target, and they help you re-focus your energy if you find yourself skipping workouts.

Tip #2: Reward yourself

Do you have your eye on a certain handbag or a designer wrist watch? Stick to your [exercise](#) schedule for a set amount of time and then reward yourself for a job well done!

Tip #3 Find a Buddy

Do you want a guaranteed way to stick to your workout routine? Find an exercise buddy and promise to hold each other accountable. It may be no big deal to miss a workout if you're alone, but it's much harder to skip out on a friend.