

anxiety mental  
health reset

# Exercise Prescription





# TIPS FOR getting started

**1** **Check Your Health.** It's important to consult your doctor and get a physical medical examination before starting an exercise routine.

It can help you optimize your workout, making it easier for you to understand your limitations and create an exercise plan tailored to your particular needs.

**2** **Make a Plan and Set Realistic Goals.** Once you decide to start exercising regularly, try to create a plan that includes attainable steps and goals.

One way to do this is to start with a plan of easy steps to follow. Then you can continue building on it as your fitness level improves.

**3** **Make It a Habit.** Another key component of exercise success is to stick to your routine. It seems to be easier for people to maintain an exercise routine in the long term if they make it a habit and do it regularly. Replacing an unhealthy behavior with a new healthy habit is a great approach to maintaining it in the long-term.

**4** **Be Kind To Yourself.** Implementing a new habit is a process, not perfection.



# Habit Tracker

HABIT: \_\_\_\_\_

MONTH OF: \_\_\_\_\_

S M T W T F S

WEEK ONE



WEEK TWO



WEEK THREE



WEEK FOUR



NOTES



# Exercise Planner



**ACTIVITY**

**TIME**

**REPS**

**DAY 1**

- Example: Activity one description

20 min

5 times

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**