

5 tips for beginner exercise

Here are five simple, low-pressure exercise tips that fit into almost any routine:

1. Start Small (Seriously Small)

- Think **5–10 minutes** instead of a full workout.
- A short walk, a few stretches, or light bodyweight moves still count.
- Small wins build consistency, which matters more than intensity.



2. Pick Activities You Actually Enjoy

- Dancing, biking, yoga, swimming, hiking, or even cleaning with music.
- Enjoyment removes the mental friction that usually stops people.



3. Attach Exercise to an Existing Habit

- Do squats while waiting for coffee to brew.
- Stretch after brushing your teeth.
- Walk during phone calls.
- Habit stacking makes exercise automatic.



4. Stay Hydrated and Fuel Properly

- A glass of water before moving helps energy and focus.
- Light snacks like fruit or nuts can prevent sluggishness.

5. Rest and Recover

- Rest days prevent burnout and injury.
- Gentle stretching or slow walks still keep your body active without strain.

