

## 10 Tips For Those Just Starting To Get Into Shape



If you're anything like me, creating a viable fitness routine can be challenging. In a modern age of easily accessible fitness apps, clean eating recipes, and workout videos, it can be hard to not feel overwhelmed. There is so much information readily available for anyone looking to start living healthier. Here are some tips to help you start living your best life!

### 1. Establish an everyday routine.

It's definitely a struggle figuring out where to start when trying to transition into healthy living. Giving yourself an established routine or schedule can keep you on track with workouts and meals. A lovely morning routine you can set for yourself would be giving yourself an hour of your time. Pour yourself a cup of coffee and crack open a book or relax with a nutritious breakfast. Giving yourself time to unwind and prepare for your day is essential for your overall health by mentally decompressing. At the end of your hour, make a list of workouts you would like to try and plan your meals ahead of time to better understand how you would like to start your fitness journey. While deciding which parts of your body you would like to work on and which workouts are best for you, plan out your meals for the day. It helps significantly understand what you would like to focus on in your active routine and your kitchen routine. Many fitness apps and online websites provide healthy and delicious recipes that are amazing to use and incorporate into your kitchen. By giving yourself a set daily morning routine, it becomes a healthy habit!



## 2. Understand your body type.

One of the most critical steps to getting into shape is understanding your body type. Each body type has a specific set of needs that need to be met that are different from the others. This is why what can work for your best friend most likely will not work for you. Everybody is beautiful and unique in its own way; it needs its own set of focuses. You need to identify three different types before establishing a fitness routine: ectomorph, endomorph, and mesomorph. An ectomorph is a naturally long and lean body type. Typically with a faster metabolism, with little muscle mass. This body type struggles with gaining muscle, which is essential to note if you're looking to tone up. Due to lighter muscle mass, the recommended training method would focus on resistance training to build muscle strength and strengthen your body for higher endurance. Pair this with a diet filled with healthy fats and high amounts of protein for the best results. This is vastly different from an endomorph, which is a large build. Bodies in the endomorph category tend to have a broader bone structure, are on the shorter side with a curvier, fuller figure with the ability to store fat easily due to a slower metabolism. While ectomorphs struggle to gain weight and stay lean, endomorphs have difficulty losing fat and toning up. A key aspect of shaping up as an endomorph is focusing on high-intensity workouts for fat loss and gaining muscle. Maintaining a diet of fewer carbs and eating healthy fats and protein is a great way to feed your body the fuel it needs. Incorporate your carbs from veggies and fruits to help balance out your diet.

Undereating is never recommended for any body type, so it's crucial to keep your body fueled with all the nutrients it needs. Lastly, the best of both worlds, a mesomorph is a mix of endomorph and ectomorph. Mesomorphs can gain and lose weight quickly and build muscle efficiently. This body type usually has a long torso with short limbs. Since they gain strength quickly, most athlete's body types are mesomorphs. Due to a fast-paced metabolism, high muscle build, and the ability to lose weight fast, it is essential to focus on maintaining a healthy muscle mass. A mixture of an ectomorph and endomorph workouts can benefit best. Focus on building endurance for your muscles while doing high-intensity exercises. You can build strength, tone, power, and experience fat loss. A balanced diet of healthy fats, proteins, and complex carbs are recommended. Mesomorphs can handle higher amounts of complex carbs than an endomorph or an ectomorph. Understanding your body type and applying diet and workout routines will ensure the best quality results for getting into shape.



### 3. Strengthen your core.

A strong core is a healthy body. It is what helps keep your body healthy and prepared to take on challenging workouts. When starting to move, try endurance and muscle building training to create a strong core. Start light, and you'll see how reliant every exercise is utilized through your core. It's essential to focus on that first before attempting any more strenuous workouts. This helps keep your body healthy without injury. When starting to get into shape, many people ignore this and injure themselves during their fitness journey because there wasn't a core focus. Core muscles work together to protect your spine from challenging weight loads and to keep your strength up during high-intensity training. It carries the power of your workout from your



lower body into your upper body. Without a stable core, injuries can occur, which can set back your journey. Work at your best and build your muscle endurance for a healthy body!



#### 4. Transform your diet and stay hydrated.

When trying to get into shape, there is more work to it than only working out. Half the effort is in the kitchen. Unfortunately, a diet filled with fries and ice cream isn't ideal for getting into shape. Fill your kitchen with cleaner foods like yummy fruits and veggies! Invest in a reusable water bottle to help stay hydrated throughout the day. When working out, your body dehydrates, and you lose a ton of water, so replenish yourself with fruits and luscious veggies. The internet is abundant with clean eating recipes and ideas for living healthier. When pairing your workouts with a clean diet, you will see results! It's essential to keep your body filled with the best nutrition possible to rebuild muscle and provide fuel. Keeping your kitchen habits healthy will lead to overall body health and maintain a positive mindset. With a more nutritious, cleaner diet, your natural energy levels will start to rise, and your body will feel more alert. The sluggish feeling when not eating well will dissipate, and you feel more prepared to take on a day full of exercise. Not only is a balanced diet good for your overall physical health, but for your mental health as well. All the nutrients necessary for proper brain function will be utilized, which will help you look forward to your next workout!



##### 5. Identify your fitness goals.

After realizing your body type, identify which parts of your body you would like to work on. Whether that be strengthening your core, perking up your booty, or gaining rock hard abs, target which parts you want to get into shape. That also includes diet changes, such as switching from soda to sparkling water and mineral water. Create a schedule of your workouts and know your body's limits. Remember, rest days are essential to let your body reset itself and take a day break to recover from your previous workouts. Go according to your body type and see which exercises will best be utilized by your body. Understanding the difference between gaining muscle and tone muscle will also help determine the number of reps of each exercise and the amount of weight to use with each activity. Keeping a clear head and a focus on your goals will contribute to staying motivated. Going by a schedule of each part of the body you would like to exercise will create a routine that will be efficiently followed the longer you work. Identifying your goals and visualizing your success will help keep you going!





## 6. Get enough sleep.

The average human requires seven to nine hours a night. When getting into shape and spending large amounts of energy on exercise, your body will need all the sleep it can acquire to help fulfill your health goals. Sleep is crucial because it gives your body time to repair muscle, rest to prepare for your next exercise, build up strength, and maintain energy. When we do not receive the proper amounts of sleep, our systems slow down, impacting our energy levels and the hormone levels in our body required to get into shape. The more active the lifestyle, the more energy being used, thus needing more extended sleep. Give your body the amount of time it needs to prepare itself for long workouts. It also helps build up your strength, so you gain endurance and have higher stamina. A good habit to start when getting into shape, and staying to your routine, is creating a set bedtime and wake up time. Ensure you will be getting the proper amount you need to start your day. Your body clock will reset itself to your set schedule, contributing to staying on the right path to achieving your fitness goals.



7. Understand fitness is a process. It is a marathon, not a sprint.

Many people face a toxic habit when starting their fitness journey is weighing or measuring themselves every day after a workout or eating well. Everyone's body works differently, so don't feel discouraged if after a week you see a slight adjustment to no adjustment at all to your physical appearance or weight on a scale after a few weeks of exercise and maintaining a healthy diet. Fitness is about living a healthier life for YOU. You're creating a thriving lifestyle that makes you feel confident and excited about your journey. It is a daily choice to switch to a healthier lifestyle to get into shape and be proud of your progress!



8. Don't give in to the fad, trendy diets and supplements spewed over social media.

It's hard to scroll through Instagram and not compare your body to an influencer's post with hundreds of thousands of likes. These influencers are also guilty of promoting various diet products guaranteed to slim your waistline down and drop the number on a scale. There are multiple Instagram pages filled with tips and recipe ideas for different diet lifestyles such as keto and paleo. While these diet fads have worked for hundreds of people, it is not necessarily healthy for every body type. Diets and weight loss supplements are all endorsed by social media influencers showing products that offer viewers speedy weight loss methods instead of the traditional route of clean eating and exercising. While these diets and effects work, they all cause weight gain just as fast as weight loss. Many of these methods are also not endorsed by the FDA, so these products' ingredients are not approved or proven to show fast results. Not only are fads shown not to work correctly, but they are expensive and often come with a subscription system. On the diet side, keto and paleo diets are also proven to be useful and cause side effects and, at times, malnutrition because the diets hinder an individual from eating certain foods. While social media influencers may have fantastic, toned, and beautiful bodies, most do not use the products they endorse. They follow traditional routes of healthy eating and exercise, so be aware when you see these postings on Instagram!





9. Make a diary full of before-and-after pictures, recipes, workout plans, and body measurements.

Tracking your progress to look back later is the most rewarding aspect of getting into shape. At the start of your fitness journey, log your weight, body measurements, and fitness goals. Write down the reasons why YOU chose to get into shape and the work you're willing to put in. Over the next few weeks and following months, log the entries of your meals and the different workouts you've done. Keeping a log helps keep accountability for yourself and as motivation. Look at all the previous entries to see your efforts to keep up with yourself. When you look back on your previous entries, the excitement of seeing your hard work pay off will show! Try to go sixty days, and month by month, keep your diary updated. You'll be able to see your transformation before your eyes through your pictures and measurements. Use a reward system! For every goal you reach, treat yourself to a new outfit or a fresh mani-pedi to pat yourself on the back for your hard work. Getting into shape is not easy, but keeping a diary with a reward system will help keep your progress and motivation on track!



10. Make your workouts fun. Hike with friends, get a gym buddy, or run with your dog!

Working out repeatedly with the same weight exercises and cardio can lower morale. By trying to integrate fun exercises into your workouts boosts your energy and keeps up motivation. Plan a fun hike in a beautiful area with a great view with your friend. They can help keep you company and keep up while providing entertainment. Pack up some waters, and hit the road. Or, if you prefer an indoor environment with air conditioning, bring a friend to the gym. Working out with entertainment helps keep up morale and makes work seem fun. They help with accountability and being a personal cheerleader when you don't feel you can complete a set or go an extra minute on the treadmill. When your friends aren't available to join you in your daily exercise routine, grab your dog! Take on the heat and take a walk around your neighborhood, take a trail at the beach, or a beautiful shady park. Exercise can be fun when it's not monotonous, so don't be afraid to change your exercise routine!



