

How to Create a Healthy Fitness Routine

By Janine Griffiths



Maintaining a regular fitness routine can be challenging in the beginning. For many of us, it might feel like a chore that's only too easy to talk ourselves out of. But by following these steps below, you'll be surprised how simple it is to commit to a healthy fitness routine.

Fitness Routine Tips

One of the easiest ways to get started is to set a realistic plan. Start small before gradually building momentum.

1. Assess Your Fitness Level

Most of us have a good sense of our general capabilities. But doing an initial assessment and recording your baseline scores gives you a starting point from which to measure your progress. Your overall fitness includes endurance, strength, balance, flexibility, and body composition or body mass index (BMI).

Your BMI measures height and weight, while body composition measures your fat and lean muscle. However, it is important to be aware that BMI rate is not always an accurate representation of body fat or indicative of where that fat is concentrated.

Therefore, it is helpful to enlist the support of a personal trainer, as they can also measure waist circumference and establish whether you are carrying excess fat around the organs. A personal trainer can also keep you motivated and accountable to ensure that you don't lose enthusiasm before you have obtained the results you were looking for. Alternatively, apps such as Google Fit, MyFitnessPal, and Fiit can help measure and track your overall physical fitness.

2. Set Realistic Fitness Goals

If you're just starting out, it's best to start slowly and incrementally increase the number of exercises you do each day until you get a routine you can stick to. If your goal is to force yourself to do an hour of daily exercise straight off the bat, it's less likely you will stick to it in the long term. This is why it is better to pace yourself. This is supported by research published in the [British Journal of Sports Medicine](#), which found that incremental exercise training is more likely to have a positive effect on motivation.

3. Be Consistent

For any plan to be successful, consistency is key. It is much better to exercise for a few minutes at a time each day than to exercise for an hour every once in a while. According to a study published in the [National Library of Medicine](#), multiple short bouts of exercise were proven to be effective in motivating people to exercise more and had a positive impact on cardiovascular health and obesity.

You are more likely to maintain an exercise routine over time if you make it a habit and do it regularly. Research shows that once you replace a negative habit with a healthier one, the effectiveness of your long-term fitness strategy goes up.

4. Schedule Your Workouts

Once you have a realistic fitness plan in place, schedule your exercises at the same time every day to get into a rhythm. Organizing your schedule and expectations ahead of time makes it much easier to commit to a routine and make it a regular part of the day, like brushing your teeth.

Why You Need a Healthy Fitness Routine

Exercising regularly can literally add years to your life. According to the [World Health Organization \(WHO\)](#), people who do not exercise have a 20% to 30% increased risk of death compared to those who exercise regularly. WHO's statistics also showed that up to five million deaths a year could be prevented if people were more active.

Adopting a healthy fitness routine can also play a role in helping to prevent serious diseases. Researchers from the [CDC](#) found that regular physical exercise can prevent serious diseases such as heart disease, diabetes, high blood pressure, obesity, and other conditions.

The evidence shows that following the steps above can not only improve the length and quality of your life, but it can also potentially help you to achieve other goals such as losing weight and boosting energy levels.

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