

vitaMin

Vital health information in a minute!



Spring is here and the weather is warming up. If you want to be healthy and fit by this summer, start your fitness routine *today*. Ready?

Set goals

The first step is to set clear goals. Do you want to lose 10 pounds or run for 30 minutes? Set incremental goals – maybe lose one pound a week or run for 10 minutes a day, and increase your run time by one minute each day.

Write down your goals and post them on your bathroom mirror or refrigerator.

Prepare

Prepare for success by making time for your fitness routine on your calendar each day. Start by stocking your refrigerator with healthy food, throwing out junk food or buying a pair of running shoes. Get ready to attain your personal goals.

Plan your fitness routine

What will you do each day to work toward your fitness goals? Write down the details so that you can follow your plan exactly. Be very detailed day-by-day and note how long you will stick to the plan.

Just do it

Start exercising and eating healthy each day as you planned. Sometimes the hardest part is actually getting to the gym or taking the first step of your walk or run, but once you get going you will be glad you did.

Track your progress

Keep a notebook to track your workout and what you eat each day. That will keep you accountable and will help you stay on track. And when you look back, take pride in what you have accomplished.

Keep an eye on your goal

If you follow these steps, you will start to accomplish your goals. When you attain your goal, it's time to set a new one. Enlist a buddy or exercise partner and keep each other on track.

Time to tackle a 5K?

Running or walking a 5K is an excellent goal. You'll get motivation and enjoyment from participating in a race, and a 5K (3.1 miles) is the perfect distance to start with.

Summer and fall are the most popular seasons for road races. To find a race in your area, contact your local running club or ask for a schedule at a local sports store.

Some things to keep in mind if you have never run a race:

- Get medical clearance from your doctor before you start training.
- Visit a running store to get expert advice on the right running shoes for you.
- Always warm up by walking for 5-10 minutes and end your workout with a cool-down.
- When you train, alternate between walking and jogging. Gradually increase the jog time over a period of eight weeks until you can run for 30 minutes without stopping.

Make your goal to run for 30 minutes three to four times a week. Your stamina and fitness will continue to improve, and soon you'll be ready for your first 5K!



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. All models are used for illustrative purposes only.