

### Stepping it Up!

#### Increase Your Workout Time

The goal for Week Three was to work out five days a week, working up to at least thirty minutes each time. You also learned how to figure out your resting heart rate and your target heart rate. Hopefully you have been doing this to find your heart rate each time you exercise and finding your resting heart rate weekly. Since you have now been doing exercise for about five weeks, your resting heart rate has probably gone down from your original heart rate in week three.



This week, you should begin working out either more than 30 minutes a day, or for more days than five in a week. If you still have not reached five days a week of exercise, use this week to jump start your work-out program. Increase your activity in 10-minute shifts so that you're doing *at least* thirty minutes of cardio. If you can find time for another 10-minute shift, do so! Also, think of different ways to change your daily habits into workouts so that working out becomes easier.

#### Increase Your Strength Training



Strength training is just as important. Focus on increasing the number of days that you are doing these muscle exercises rather than the quantity in which you are doing them. Remember, however, that your muscles need a full 48 hours to rest after you strength train. Otherwise, you could increase pain, soreness, or injure yourself.

## **Increase the Variety**

Variety is important, both physically and mentally. First, doing different activities that are fun can help you keep up an activity program. Repeating the same activity over and over can be boring and not motivating enough. Physically, your body begins to “get used to” your workout routine after about six weeks of doing the same movements. In order to include other muscle groups and to make sure your body is getting the most out of your workout, vary your program. This could mean doing a completely new activity or just switching the order in which you are doing activities. For example, if you normally do bicep exercises before tricep exercises, switch to doing the tricep exercises first.