

Top 5 TIPS FOR ANYONE STARTING AN EXERCISE ROUTINE

Everyone at some point has been the “new” person at the gym. You have those new gym clothes all ready to go and are anxious to start...but maybe you aren’t quite sure what that “start” looks like? Questions like these run through your mind, “what if I can’t find the locker room?”, “How do I sit on that machine over there?” or “what do I even pack in my gym bag?”

We asked a few of our staff and members what the Top 5 tips are to anyone just starting a workout routine (these are great tips for anyone though!).

Top 5 things to remember as you kick off your new year for a new you:

1) Try something new.

“When I first started working out, I watched people covered in sweat come out of the cycle room and wondered why anyone would do that to themselves. Then, I tried a class. Turns out, I liked cycling! Today, I am a cycling instructor and I never would be unless I just gave it a try.”



There are a variety of things to try at the Y! Download the Y’s app and have the group fitness schedule at your finger tips and find a class or program to try out this week or just [view the schedule here](#).

2) Take advantage of the gym “specials”.

This is one of the best times of the year to save a few \$\$\$ on something related to health, fitness or exercise. Stores have their big fitness clothing and equipment sales. Grocery stores are plugging salads and smoothies and gyms are offering some of the best deals around.

At the Y, we have not just one...but two specials right now! Click on the links to grab a deal today!

#1 – [Join the Y in January and pay nothing until February, not even a joining fee.](#)

#2 – [Buy 3 sessions with a personal trainer & get a session free!](#)

3) Start out slow

“The first week I started exercising, my body let me know that I did way too much! I couldn’t roll over in bed, walk down stairs or even sit down without feeling all sorts of muscles that I forgot I had.” – Jane, Y Member

If you are just starting out, remember that Delayed Onset Muscle Soreness (DOMS) is normal but typically happens about a day or so after your workout. If you start slow and gradually build up the time and intensity of your workouts, you will have less soreness associated with DOMS.

4) Ask questions

Not sure how to work a machine? What weight to start at? How fast or slow to move the weights? Maybe you even are curious what a button will do on a machine?

Staff members at gyms are there to help you and are ready for your questions! At the Y, our members are often found helping each other too.

5) Be respectful of others.

Many gyms have rules that should be followed for the safety of you as well as those around you. Remember the Golden Rule and treat those around you as you would want to be treated. Taking #selfies with a person in the background, having a conversation on the phone, not wiping the equipment off after you use it...these are just a few examples of what not to do at the gym. See if your gym has a "code of conduct" or rules that should be followed.

Go grab a water bottle, put on those new workout clothes and have a great start to your new you!

Sign up today to get a jump start on your new year and new you with the Y's Personal Trainer special. [Click here to claim that discount today!](#) (valid until January 31st, 2017)

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