Top 10 Workout Tips

10. Have a partner
Having a partner will provide motivation and accountability for both of you.

9. Do not live and die by the scale
The scale is not an accurate measure of your fitness level when you incorporate resistance training into your program. Muscle is heavier than fat, therefore, the scale is deceiving. Instead, use paper tape or simply notice the way your clothes fit.

8. Do some homework
Don’t be afraid to ask questions. There are plenty of wonderful resources both on the Internet and in magazines. You can always talk to trainers, but make sure they are certified.

7. Tell people you are starting a program
Believe me, they will ask how it’s going. Plus they will notice results.

6. If something hurts, stop doing it
But know the difference between mild discomfort and real pain.

5. Nutrition is essential
Pay attention to what you are eating. If you are consuming “unclean” foods, then the benefits of your program may be hard to attain.

4. Be consistent
Set times and dates and stick to them. This will ensure you establish a routine, and when you break that routine, you might be a bit disappointed.

3. Find an activity that you can lose yourself in
There are numerous activities out there, especially on a college campus that you can participate in. Whether it’s racquetball, running, pilates, sport clubs or intramurals, get active.

2. Drink plenty of water
Water is the essence of life! One of the simplest things you can do to improve your overall health. The benefits are numerous. Speeds metabolism, aids in digestion and can provide satiation, which means you eat less.

1. Set goals
Set attainable goals for yourself. Whether that goal is a new bathing suit or dropping a couple of pant sizes, make it something you really want. Establish a date you expect to reach this goal and stick to it. There is no better feeling than accomplishing a goal—and setting a new one.