

Creating An Exercise Schedule

There are several factors that should be taken into account when creating an exercise schedule:

1. **Time:** Determine how much time you have available each day. Consider your work schedule, family commitments, and other activities. It's important to be realistic and to schedule your exercise during a time when you are most likely to be able to stick to it.

Exercise

2. **Intensity:** Determine the intensity of your exercise. This should be based on your fitness level and your goals. It's important to start with a manageable intensity and to gradually increase it over time.

Intensity	Duration	Frequency	Rest
Low	30 min	3 times/week	1 day
Medium	45 min	4 times/week	2 days
High	60 min	5 times/week	2 days
Very High	75 min	6 times/week	1 day

3. **Consistency:** It's important to be consistent with your exercise schedule. Try to exercise at the same time and place each day.

- 4. **Flexibility:** Be flexible with your schedule. If you can't exercise on a particular day, try to make up for it on another day.
- 5. **Progression:** As you become fitter, you should gradually increase the intensity and duration of your exercise.

6. **Enjoyment:** Choose activities that you enjoy. This will make it easier to stick to your schedule.

7. **Support:** Consider joining a gym or a fitness class. This can provide you with the motivation and support you need to stay on track.

Conclusion

Creating an exercise schedule is a key to achieving your fitness goals. By taking the time to plan and to be consistent, you can make exercise a regular part of your life.