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Publisher: Joanna Lorenz  
Project Editors: Brian Burns and Anne Hildyard  
Photographer: Phil O'Connor  
Illustrator: Peter Bull  
Designer: Nigel Partridge  
Copy Editor: Charlotte Judet  
Indexer: Diana Lecore  
Production Controller: Pirong Wang

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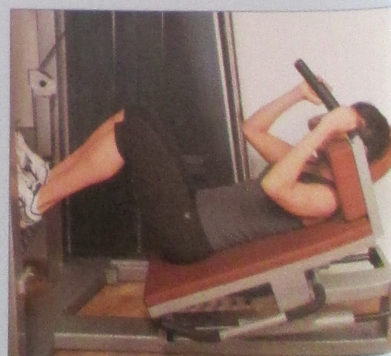
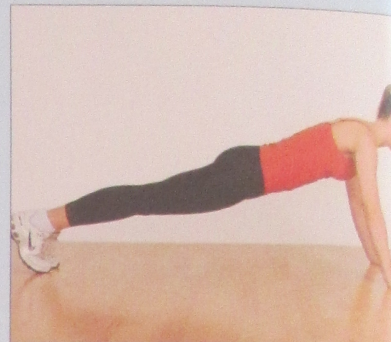
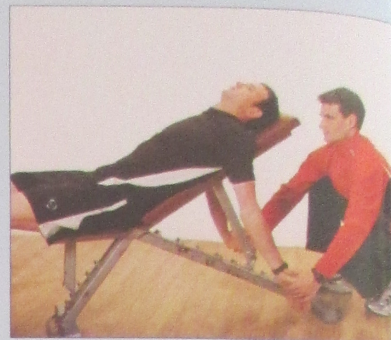
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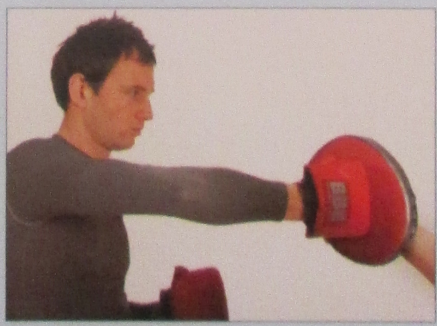
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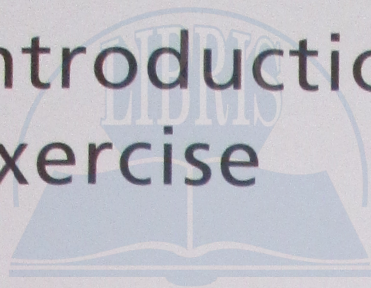
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# Introduction to Exercise



Going to the gym and jumping on the treadmill will not necessarily give you the results you want from your exercise regime. There are so many different exercises that you can do, some of them far more beneficial than others.

This book will give you an understanding of which exercises will help you to achieve your goals, with detailed descriptions of how and when to do them so that you can be confident that you are exercising correctly. To achieve fast, effective, long-lasting results you will need variation in your training. Each exercise lists the muscles used so you can determine which part of your body is being exercised, giving you the chance to change your exercises and challenge your body to promote better results.

This is a chance to create the new you – a healthy mind and a fit body. You will grow in confidence as you learn more about yourself, how to test your fitness, and which exercises work for you.

Before you begin exercising, decide what you want from your exercise routine. Do you want a six-pack for a summer beach holiday? Is building muscle or losing weight important for you? Whether it is looking great for your wedding day or staying fit through pregnancy, de-stressing or keeping fit while travelling, beating the opposition on the sports field or trying to stay young that interests you, there is a plan for achieving your goal in this book.

It's not just exercise that will make you fit and healthy; nutrition is just as important. Everything you eat has some effect on you – your food can turn to fat or energize you; it can help you to improve your fitness level, recover from exercise, change your body shape and alter your self-image. This book will provide you with an understanding of the effect that different foods have, the optimum nutrition combination and the best time to eat and drink.

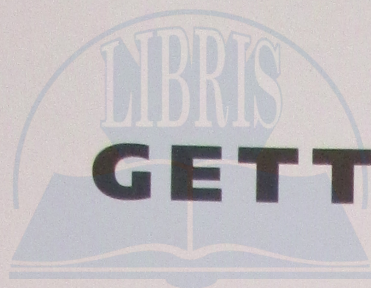
There is always some exercise you can do. Even if you are injured, there are exercises that will help you to recover. This book provides you with basic knowledge to help with diagnosing injury, understanding the recovery process and preventing the injury from recurring.

Exercise is not just about sweating buckets in the gym. Core stability and flexibility training are just as important to prevent injury and give you the strength to train harder, push big weights, run marathons or cope with the demands of everyday life.

Regular exercising will not only help you to gain physical fitness, providing a big boost to your self-esteem; you will also have increased energy, and benefit from a more active and positive outlook.

*Right: There are no short cuts to getting fit, but it is much easier if you have the right information about appropriate training.*





# GETTING STARTED

Before you begin your journey to a fitter lifestyle, this chapter outlines a realistic approach to a successful fitness training programme, including accurately assessing your starting point, setting achievable goals, taking and analysing body measurements, performing fitness tests to measure your progress, keeping a training diary, and determining which exercises are best for you. Armed with this new knowledge, you will come to appreciate why you are not intended to live a sedentary lifestyle, and commit to making health and exercise priorities in your life.



*Above: Whatever your fitness goals may be, you will certainly enjoy achieving them.  
Left: Fitness training will help you discover more about yourself.*