

BACKUP PLANS

Exercise module

Rainy Day Exercise

Don't let rain melt away your plans for exercise. If it's not raining too heavily, an umbrella and proper clothing can keep your outdoor plans alive. But, if it's raining heavily, or you hear thunder or see lightning, consider walking in a mall. In the morning hours, many malls open their doors before the stores do. You can walk in the main corridors as if it were an inside track. There are many other exercise options available too. In fact, using a variety of different activities can keep your exercise sessions enjoyable and exciting. Using a variety of exercises in a fitness program is called "cross training."

Sick Days

Nearly everyone gets a cold from time to time. A typical head cold with no fever or deep chest cough is OK to work out through. You may need to drink extra water and cut your intensity by 30–50% for a few days, but you should be able to continue your program. If you have a fever, however, all bets are off. No exercise until the fever is gone. Same goes for a deep chest cold; do not exercise until you're able to breathe normally. If you have any questions, contact your doctor.

Tips for Developing a Safe, Effective and Successful Exercise Program

As you continue with your exercise program, here are some general guidelines to follow and remember that one of the goals of an exercise program is to help you find new and creative ways to increase your activity level to help you lose weight faster. By simply altering some of your usual routines, you can increase your activity level and have fun too!

Do...	Don't...
Drink plenty of water before, during, and after exercise	Bounce when you stretch
Dress properly	Wear rubber suits to increase sweating
Wear well-made shoes appropriate for your activity	Do straight leg sit ups—bend your knees
Breathe when doing strength training	Exercise right after eating—wait 2 hours
	Take a hot sauna, shower or steam bath until 10 minutes after exercising