



GETTING THE MOST OUT OF... EXERCISE



Everyone's fitness goals and schedules will be different but there are a few key habits that, by incorporating into your exercise plan, can help you remain consistent and gain the most out of your sessions.



Consistency is key

- › Schedule workouts like you would any other important appointment. Over time, you'll learn when you prefer to exercise, for instance first thing in the morning or after your dinner has settled. No one is the same and scheduling a time that works for you will help improve consistency.
- › Remember: some exercise is always better than none.



Be prepared

- › Pack your exercise bag the night before.
- › Keep a set of workout clothes in your car or office as a back-up.
- › Have a contingency plan for when you can't do your usual routine.



Set smart goals

- › **Specific:** prepare clear, well-defined objectives.
- › **Measurable:** progress should be quantifiable (e.g., jog for 10 minutes).
- › **Achievable:** goals should be realistic for your current fitness levels. Try not to compare your goals to others.
- › **Relevant:** make sure they're aligned with your overall health goals.
- › **Time-bound:** set deadlines for your goals (e.g., be able to jog for 10 mins by 3 months' time).



Warm-up and cool-down

- › Although not the most exciting part of exercise, it's essential to incorporate warm-ups and cool-downs into your sessions. They only need to be 5 to 10 minutes long.
 - Warm-ups prepare your body for upcoming impact/exertion.
 - Cool-downs gradually allow your body and heart rate to return to resting state.
- › Include stretching to improve flexibility and reduce injury risk.



Mix it up

- › Combine different types of exercise:
 - Aerobic (cardio) for heart health and endurance.
 - Weight (resistance) training for muscle growth and bone strength (this can include zero-equipment body weight training).
 - High-Intensity Interval Training (HIIT) boosts metabolism.
 - Flexibility/balance for mobility and injury prevention.
- › Variety prevents boredom and promotes overall fitness.



Listen to your body

- › Pay attention to pain versus normal muscle fatigue.
- › Rest when needed to prevent overtraining.
- › Adjust intensity based on how you feel each day. **Remember that a shorter or less intense workout is better than skipping it entirely.**



Fuel your body correctly

- › Eat a balanced diet to support your exercise routine. Refer to the “**Macros and Meal Planning**”, “**Healthy Eating**” and “**Sugar Intake**” leaflets for more nutritional information.
- › Consider a small pre-workout snack around 30 minutes before exercising. Aim for something rich in carbohydrates for energy.
- › After your workout, refuel with protein-rich foods for muscle repair.



Stay hydrated

- › Drink water before, during, and after exercise.
- › Monitor your urine color – light yellow (similar to the color of lemonade) indicates good hydration levels.



Rest and recovery

- › Allow adequate time between workouts for muscle repair.
- › Aim for 7 to 9 hours of quality sleep each night.
- › Consider incorporating active recovery days with light activities between intense workouts.



Make it enjoyable

- › You’re more likely to turn up for something you enjoy, so choose activities you genuinely like. For example, some may prefer hiking while others may enjoy dancing.
- › Exercise with friends or join classes for motivation and accountability.
- › Listen to music or podcasts during your workouts. If safety is a concern, try using one earbud or listening out loud on your phone speaker.



Track your progress

- › Keep a workout journal or use a fitness app to log your activities to keep track of progress.
- › Regularly assess improvements in strength, endurance, or measurements.
- › To help with accountability, share your goals with family or friends.
- › Celebrate small victories along the way.



You can speak with a member of the **ZUPREME Trial Team** for more exercise tips.