

Published based on [A 5-Step Program to Getting Back in Shape](#)

A 5-Step Program to Getting Back in Shape

Starting on an exercise regimen can be hard to commit to, a reason why most individuals to be unsuccessful in being consistent with it. Medical professionals at the Mayo Clinic recommend seeing a physician before starting any exercise or weight loss regimen since every person is different and should be assessed for medical conditions beforehand. Most experts also say that some heart and orthopedic medical conditions may pose health hazards to persons engaging in anaerobic exercise. This includes any type of weight lifting activities. Presuming that an individual has been seen by their doctor and can move forward with activity, it is suggested to start slowly if they have not been exercising regularly. Starting slowly with a moderately-paced slow jog for 20 -60 minutes, hinging on each person's condition, is a perfect place to start.

Get Started Now: Overcoming Obstacles in Weeks 1 and 2

Walking not only raises your heart rate, but it also augments blood flow to muscles and provides the catalyst for a higher metabolism. When training for a sports or team sporting game, start with an hour of quick walking (at a rate of about 4 to 4.5 MPH) for week 1 with 2-minute intervals of running every 5 minutes. Weight loss is also a result of this type of interval training, as recommended by personal trainers. If an individual has a considerable amount of weight to lose and is experiencing pain in their feet, the cause is usually due to flat feet. Seek immediate treatment for flat feet from a podiatrist before continuing. [Treatment for flat feet](#) that is addressed immediately in one's exercise regimen can halt more severe foot problems from happening later.

The Mechanics of the Cardiovascular System

The next 2 weeks of the plan should hone in on endurance training. Giving your muscles the essential oxygen they need during activity can be attributed to an increased ability to exercise for longer time spans. Whether briskly jogging or otherwise, the heart will compensate its pumping performance as it starts to more efficiently pump blood and oxygen to each muscle. The next step is to increase running intervals for weeks 4 and 5 by running for five minutes and walking for two minutes. For those just starting out, maintain the activity for thirty minutes; advanced athletes should continue for up to 60 minutes. If foot pain develops in this period of training, make an appointment with a physician about possible plantar fasciitis, a frequent ailment among people with high levels of activity. These types of conditions cause swelling and ripping in the foot tissues. Ask the specialist about [exercises for plantar fasciitis](#) that remedy the problem. The best treatment is ongoing and consistent therapy including plantar fasciitis exercises .

Staying the Course Through Weeks 5 and 6

If you get enthusiastic and decide to go to the next level, in the final period of training for an athletic event, or for those who are trying to get back into shape is to go running for 10 minutes and slow the pace for 1 minute. At this point, novices are now in the intermediate stage and should keep this pace for thirty to forty minutes; advanced runners should do 60 minutes. Whether intending to lose weight or increase staying power, a running routine like this will improve cardiovascular health from the start. If painful foot conditions continue to be a problem at this stage and treatment has already been received, try using [running shoes orthotics](#). These arch supports not only provide support and cushion for ultimate comfort, they can avert injuries by relieving the effects of excess pronation.

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