



Starting out, people often exercise too much, risking injury.

If you have health conditions such as arthritis, osteoporosis, or a recent back injury, check with your health care provider before starting an exercise program. The best exercise is a low-impact activity.

Moving too fast: Don't expect a quick fix. Instead, gradually increase your activity level. You can't expect to lose weight or improve your health overnight.

Doing the same old thing: Doing the same old cardio routine for years can become boring and ineffective. Try a new activity or mix up your routine. You can also try interval training, which alternates periods of high and low intensity. This can help you burn more calories and improve your cardiovascular health.

Failing to support your back: Everyone has back pain at some point in their life. To prevent back pain, it's important to maintain a healthy weight, exercise regularly, and use proper lifting techniques. If you have back pain, talk to your doctor about the best way to manage it.

Thinking cardio is enough: While cardio is an important part of any fitness routine, it's not enough on its own. You also need to strength train to build muscle and improve your metabolism. This will help you burn more calories and maintain a healthy weight.

In addition, always warm up with low-intensity exercise before your main workout. Track your progress to make the most of your workout effort.



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