

TIPS TO START YOUR

#RUNROUNDTHEGLOBE AND #CYCLETOTHEMOON

SAFELY AND EFFECTIVELY

Note: If you are unsure of your health status or have multiple medical issues, consult your doctor before starting a new exercise. Working with your doctor and fitness professional can ensure a safe and effective participation in this challenge, as well as achieving your health and fitness goals.



ASSESS YOUR FITNESS LEVEL

How long does it take for you to walk or run 1 km? How far can you cycle in 30 mins without being overly tired? Find out your fitness level through tests such as the **6-Minute Walk Test** or **YMCA 3-Minute Step Test**. Understand how fit you are before you get active, so that you do not start too light or vigorous. Record and measure again after every month to track your improvement!

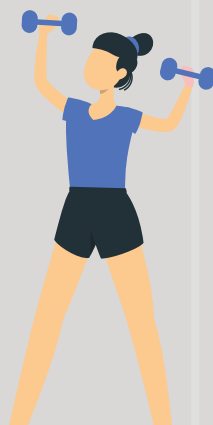
SET GOALS AND ADOPT THE STAIRCASE APPROACH

Once you know your current fitness level, set realistic **goals**. If you intend to achieve 50 km of walking or running in a month, divide this number across the desired number of exercising days. Stay within your comfortable capacity for at least 2 - 3 sessions before making it more challenging. Take one step at a time for a steady progress!



PROGRESSION RULES ARE NOT MEANT TO BE BROKEN

To induce adaptations i.e. become stronger or fitter, you will need to exercise at a level greater than your accustomed capacity. Advance by increasing the intensity (how difficult), duration (how long) or frequency (how many times a week), but do not increase simultaneously. If you prefer working longer instead of committing more days, so be it. Find your sweet spot!



LISTEN TO YOUR BODY

Working harder and faster is not necessarily better! Plan your rest days and do not get tempted to push further when you feel great. The American College of Sports Medicine (ACSM) recommends taking at least one day of rest before working similar muscle groups again. For beginners, alternate days of rest. For intermediate and advanced levels, alternate between working hard on one day and easy on the next.



References:

- ACSM's Resources for the Health Fitness Specialist - ACSM's Guidelines for Exercise Testing and Prescription