

# 7 Simple Steps to Start Your Fitness Journey

When it comes to getting active, we understand that it's not always easy to take that first step. Starting your fitness journey doesn't have to be complicated or overwhelming. By following these simple steps, you can ease into physical activity and gradually build confidence and consistency. Remember to listen to your body and make modifications as needed. And most importantly, have fun and enjoy.

## 1. Choose the Right Time and Make a Plan

Assess if it's the right time to start physical activity, avoiding starting when feeling exhausted, overwhelmed, or preoccupied. Determine the preferred physical activity, suitable time, and required equipment.



## 2. Start with Incidental Exercise

Incorporate short bouts of physical activity into your daily life (this could include household chores, walking the dog, gardening, or taking the stairs.)

## 3. Build Confidence in Small Steps

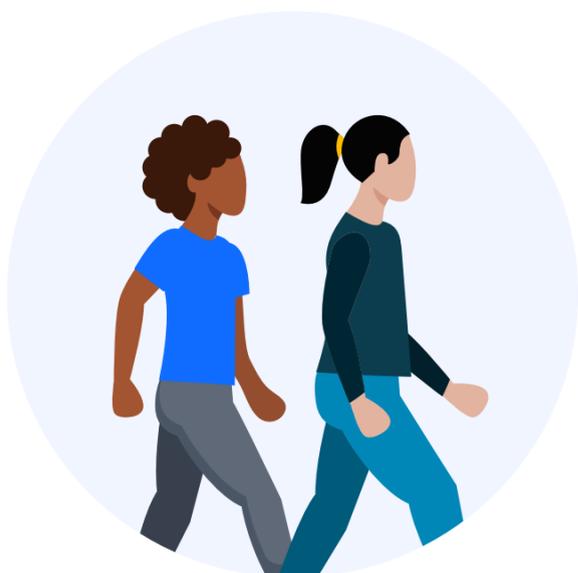
Gain confidence in the chosen activity by observing others and immersing yourself in the environment. Start with careful attention to details and gradually progress from observation to participation in easier exercises.

## 4. Begin Below Your Perceived Capacity

Start with less than you think you can handle. Even a five-minute workout is a win to start. Then you can gradually increase intensity as your body adapts and improves.

## 5. Attach Good Feelings to Your Goal

Discover the value and joy in your exercise routine by keeping it short, easy in intensity, and enjoyable in environment. Surround yourself with positive elements such as friends, music, or nature.



## 6. Experiment to Find the Right Fit

Try different types of physical activity to discover what suits you best. Aaptiv offers a variety of workouts and programs for all fitness levels.

## 7. Invite Friends

Exercising with a friend can help you stay consistent. Mutual accountability and motivation are key factors in staying on track.

Aaptiv is an excellent tool to start a fitness journey. With an extensive range of workouts and programs, there is something for everyone, regardless of fitness levels or preferences. There are guided audio and video workouts led by certified trainers, making it effortless to follow along and stay motivated. Plus, Aaptiv offers a supportive community of like-minded individuals to keep you accountable and motivated.

[Learn more](#)

Workplace Wellness for Everyone  
Aaptiv's personalized digital and in-person fitness solution works for all employees