

EXERCISE MADE EASY

Many Find Customized Workouts Help Them Achieve Fitness Goals

(NAPSA)—If losing weight and getting fit has become an important subject to you, these fitness facts may be just the help you need to get started.

The first thing to remember is that moving is good for your body, and you don't need a gym or a personal trainer to get you started. You can simply make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Take your dog for a brisk walk; the next time you have to go to the post office, try leaving the car at home and ride a bike instead. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think "move" in small increments of time. Working out doesn't have to be an exhausting two hours at the gym with the added stress of actually getting there and back. In order to make your workout plan stick, your exercise routine has to be flexible and easy to maintain.

Interestingly, more than 80 percent of those who make the resolution to lose weight and get in shape never follow through. The most-cited hurdles relate to time and money. For some, getting to the gym is a chore, or the exercise class may be at an inconvenient time. For those people, a new exercise television network has been created. The network, called ExerciseTV, gives viewers



There's a movement among people who like exercise but don't like the idea of joining a gym to subscribe to a year-round program that helps them stay in shape.

who have not followed through on their resolutions to get fit an easy solution to keep them. Anyone with a digital cable subscription can access the network easily using their On-Demand feature and anyone with the Internet can access the Web site at www.exercisetv.tv—all for free. The programs are customized to a viewer's specific goals and the only piece of equipment you need is a remote control!

The network brings viewers original programming and content dedicated to fitness, sports instruction and motivational programming, where top trainers and coaches share their tips, strategies and techniques 24/7. Viewers can choose from hundreds of workout titles for free and get the latest exercise tips and trends.

Men and women alike can find workouts and training sessions to suit their individual needs.

ExerciseTV is launching a new, year-round, "prescription-based" program called "Your Resolution Solution" that will let viewers choose from five customized workouts to help them keep their resolution. "Your Resolution Solution" workouts provide a combination of workouts to address the most common fitness goals, from Getting Started to the Stress Reliever Plan and all the way to Beach-Ready Body. Each quarter, the network will introduce a new prescription addressing other common workout goals.

ExerciseTV offers users access to some of the world's leading instructors and coaches. To learn more, including tips for planning workout schedules and full-length workouts, visit Exercisetv.tv.

Remember, before starting any exercise program, it's a good idea to check with a health professional first, especially if you're over 40. And before any exercise, always warm up for a few minutes by performing some arm movements. Then be sure to do some stretches.

Stop exercising if you feel any pain in your joints. Be especially cautious if you've had previous knee pain or injury. After you exercise, always cool down for a few minutes. Then stretch.