

Forsyth County Sheriff's Office Starter Workout Program

Week 1 and 2

Are you ready to start working out and getting fit but don't know where to begin? This starter program is designed for anyone that does not have a consistent exercise program and will lay the foundation for losing weight and getting physically fit. Some of the steps are going to sound very basic, but I promise if you start here you will begin to see results and be prepared to do some more advanced workout/weightlifting in the near future. Please note, I STRONGLY encourage everyone to consult their physician prior to starting ANY exercise program. Getting your yearly physical (which is covered by our county insurance) is a great chance to talk to your doctor about your health and exercise routine.

Step #1: Make the decision to start exercising. I know this sounds simple, but the number one excuse people make for not working out is "not having enough time." Go ahead and set aside 20-40 minutes 3 times per week for this program and find an accountability partner. Your accountability partner could be a spouse, parent, son/daughter, workout partner, or anyone that is willing to help you stay on track. Once you have your schedule and accountability partner set, fill out the attached workout contract. Studies have shown that writing down your schedule and goals will dramatically increase your success.

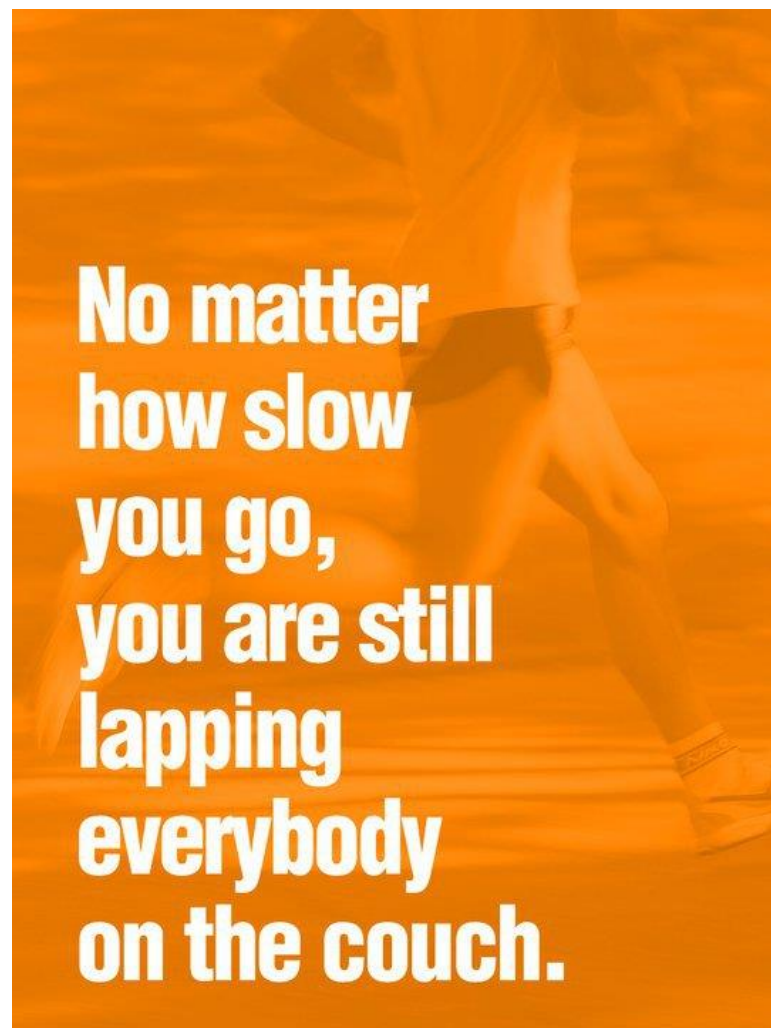
Step #2: Walk for 20-30 minutes 3 times per week. Sounds pretty easy, doesn't it? That's all I want you to do for the next two weeks. If you are already moderately active, then make that a 20-30 minute run or jog. On the other hand, if you can't walk for a full 20 minutes, then start with 10 minutes or take breaks as needed. The goal for the next two weeks is to get your body and mind used to an exercise schedule, not destroy yourselves and become so sore that you never want to work out again. If you are walking on a track or a trail that makes it easy to keep track of how far you go, then write down your total distance travelled. That doesn't mean you have to drive somewhere in order to walk for 20 minutes...just walking 10 minutes away from your house and 10 minutes back is sufficient if that's what is easiest for you.

Step #3: Start logging the food and drinks that you consume. There are a LOT of apps for your smartphones that you can use to help make this easier. One of the more popular ones is called "My Fitness Pal" and it's available for iPhone and Android devices. You can add foods that you eat by scanning a barcode or by looking up an item in its expansive database which includes almost every restaurant/fast food joint in our area. If you don't have a smart phone, don't know how to work it, or just prefer to do things the 'old fashioned way' then you can lookup food calories at <http://www.calorieking.com/foods/>. The goal for the next 2 weeks is to simply write down everything you consume. Pay close attention to serving sizes and don't cheat yourself. If you have a 32oz coke at a restaurant and get 2 refills, then that counts as 3 - 32oz cokes, not 1. After 2 weeks of logging, you will start identifying places where you can save calories and make some healthier choices, but for now I just want you to get used to keeping track of what you eat.

That's it for the first 2 weeks. Please remember that the workout programs I am going to provide are not designed to see how much weight you can lose in a short period of time. The goal is to help you change your lifestyle by adding exercise and a healthier diet which will give you sustained weight loss as well as all the other benefits of a healthy lifestyle. I encourage you to get your spouse/significant other and family involved as well.

There aren't any specific dates for this starter workout program, but I plan on putting out the Week 3 and 4 update about 2 weeks from today, and continuing in that fashion for the next 12 weeks. I will also begin having planned group fitness exercises next week. Check out www.forsythco.com/forums for updates on those activities.

Please give me a call or send me an email and let me know if you have any suggestions or ideas and to update me on your progress!!



Exercise Workout Contract

I, _____, enter into this contract with _____ on this _____ day of _____, _____ to help improve my health and foster a lifetime of healthy choices. With the help of my accountability partner, I plan to develop a habit of working out and eating healthy.

My responsibilities include the following things that I will do: (answer the question of what you will do, such as walk 2 miles 3x per week or eat fast food only once per month – make it as specific as possible)

- 1.
- 2.
- 3.

As a reward for holding up my end of this contract . . . (create a reward for yourself that your accountability partner can provide you, such as take you out to eat or treat you to a movie)

- 1.
- 2.

The responsibilities of my accountability partner include: (what will your accountability partner do to help you accomplish your goal, such as call you everyday to remind you or walk with you)

- 1.
- 2.

If I do not hold up my end of the contract, my consequences will include: (this could be something that you do for your accountability partner, such as take them out to dinner or pay a fine to them)

- 1.
- 2.

Signed by me:

Date:

Signed by my accountability partner:

Date: