Fitness

You don't need a gym. You just need to move.

Getting started

The hardest rep is the first one. After that it gets easier.

1. The best workout is **the one you'll keep doing**.
2. Start easy, and build up slowly. Too much too fast is how people get hurt.
3. You don't need a gym or fancy gear.
4. Aim for around **an hour of movement a day**. It doesn't have to be all at once.
5. Try different things, like sport, dance, cycling or climbing, until one sticks.
6. A good target is **150 minutes of moderate activity a week**. That's 30 minutes, five days.
7. Stairs, short walks and getting off a stop early all count.
8. If you haven't been active for a long time, or have a health condition, check with a doctor first.

Training safely

Getting stronger is the goal. Getting hurt isn't part of it.

1. Warm up first and stretch after.
2. **Sharp pain means stop.** Sore is normal, sharp isn't.
3. Drink water, and eat something after a hard session.
4. Lifting weights can be great with **good form and sensible weights**, ideally with a coach.
5. Be careful with supplements and fitness influencers. You're still growing, and a good diet is enough.
6. Increase intensity a little at a time.
7. **Rest days are part of training**, not a break from it.
8. Dizzy, chest pain or unusually out of breath? Stop and see a doctor.

Rest and recovery

You get stronger while you rest, not while you train.

1. Sleep is the cheapest recovery tool there is.
2. Feeling tired or sore for days means you need rest, not more.
3. Don't train through an injury to stay on the team. Tell your coach and get it checked.
4. Rest days are when your body actually gets stronger.
5. If something hurts for more than a few days, don't push through it. See a professional.
6. Stress counts as training load too, so go easier in tough weeks.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help