

FITNESS

Start Strong

Your first fitness chapter.

GUIDE / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

Learn a few controlled movements, find a realistic weekly rhythm, and record what you actually do. This guide is designed to make the first month easier to organise, with room to adapt.

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A NOTE ON THIS EDITION

General adult fitness education. Choose activity suited to your ability and professional advice; the example plan is not personalised.

Start from where you are

A beginner plan should give you a place to start and a way to adjust. Choose a routine that fits your current ability, available time, and health advice. The examples in this book are general starting ideas for adults, not a personal training prescription.

Make the first goal practical

Instead of promising a dramatic result, write an action: “I will walk for ten minutes on Monday, Wednesday, and Saturday,” or “I will learn the movements before adding resistance.”

My reason for starting and my current activity

My first action and the time I can give it

BEFORE YOU START

Seek advice if you have a condition, injury, pregnancy-related concern, or uncertainty about safe activity. Stop exercise that causes sharp pain or makes you feel unwell.