



Fitness 101

Jeff Gross helps you get up, get fit and stay there.

September 1, 2005 By Laura Whitehorn

STARTING LINE

Think Short

Don't crawl off your couch determined to run a marathon-you'll get discouraged when you can't run a mile after two tries. Gross prefers "I'll be able to run a whole mile three months from now." Work in increments, a step at a time, depending on your initial fitness level. (Your doctor or a trainer can help assess how fit you are.)

Be Specific

First, focus on the one health goal-say improving cardio-vascular health by lowering blood pressure. Start with walking or biking at a nice steady pace, for 15 minutes three times a week. In two weeks, if you are doing well, raise the duration gradually, to 30 minutes.

Pick the right moves

If you want to lick lipo, for example, strength training is a good choice, it adds muscle throughout the body, balancing-and drawing attention from-wasted limbs or a protruding belly. And extra muscle can protect your bod when you get ill by subbing for essential fat loss to lipotrophy.

IN THE ZONE

Make a routine

It's like taking your meds: Set a regular, convenient exercise time and stick to it.

Do what you love

There's no one perfect workout. If you enjoy an activity-say ice skating-you can build a fitness regimen out of it. If you love it, you're more likely to stick with it.