

# MAKE A PLAN TO GET IN SHAPE

By: Sherri Kavazovic, Family Health Thermal Imaging  
www.familyhealthti.com

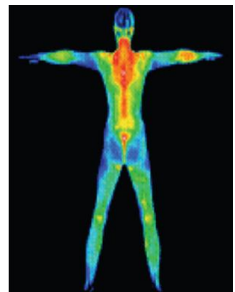
Did you know that exercising is extremely beneficial in controlling many health conditions?



Some people will go it alone and start an exercise plan that may or may not get the desired results. Others will find a convenient gym and still others will seek a work out buddy or personal training. Talk to your doctor about what kind of an exercise plan would be best for you. The plan that you and your health care provider chose may be different from another person's plan depending on your health. This includes the conditions of your heart, blood vessels, eyes, kidneys, feet and central nervous system. In some cases your doctor may recommend that you take a stress test prior to any physical exercise

plan. So knowing what your limitations are and knowing how to work around them can be tricky, especially if you have not exercised in many years.

Take it slow -- make a plan with your health care professional and make realistic goals in realistic time frames. I like to make my main goal and then make mini goals on how to get there. So I might have a weight loss goal to reach in six months and then have weekly goals to get there one step at a time. It could be helpful to have a full body Thermography Scan to see if you have limitations due to spinal dysfunction or any problems in the knees or feet, which can sometimes be addressed very easily with your local Chiropractor. You may find in your Thermography report a thyroid dysfunction or digestive disorder that may limit your body to lose weight effectively so you would want to address these conditions with your health care provider so that you can take charge of your health maintenance and reach your personal health and wellness goals.



Choose what type of exercise would be most beneficial for you and see what equipment is available to you for strength training. When you increase your muscle strength it helps your body burn more calories. Walking is my favorite type of exercise. You can walk and listen to books on an IPOD or find a walking buddy; it's a great way to catch up with friends. You could start a walking club. I would recommend that you purchase a simple step pedometer and start out slowly and make weekly goals to walk more frequently and then more distance and you could even calculate to walk faster. It's never too late and you're never too out of shape or too old to get back into exercising, you will feel better and you should have fun doing it... so get started!