

The first steps to start training

Currently there is a growth number of people who decide to start doing physical activity, either for reasons of health, to lose weight, exaggerating, or to get rid of that localized fat that many complexes usually cause.

However, changing the habits, and introducing the physical activity in daily routine, is a task that demand a big sacrifice and willpower. It often ends in a withdrawal by the person. Therefore to get a good training planning from the first day, is of great importance.

The first step to follow for beginning in any kind of physical activity practice, is ensure that the future athlete doesn't suffer any kind of health risk to do that activity. For that, it exist a series of simples and effectives methods and instruments, that afford the people to increase they security when they start to do any kind of physical activity at the first time, and guide the persons who requiring it towards a medical supervision. The **PAR-Q** test, is a very simple and effective test which can be very useful for the future athlete.

The second step would be to define what are the goals we intend to achieve through the practice of sport: losing weight, toning, social relations... in order to chose why kind of activity are more suitable for them, however it is important that the chosen activity is interesting and motivating for the person (in this way we will avoid causing a rapid renounce from the same).



The third step to follow would be, under the supervision of a physical activity professional, performing a test of physical fitness that fits as much as possible the needs of the sport or physical activity chosen... It will allow us to establish a starting point to develop suitable physical exercise programme. And establish the athlete (aerobic/anaerobic) threshold.

Thus, through the results achieved by the fitness test, the training load (intensity) shall be stabilized of the fitness training sessions, that's will be slightly higher above the threshold levels (a load too big or small could be harmful), and make an improvement through training. As time goes on, training load, providing that's must be increased gradually so will continue producing improvements in the body. Since if always the body is trained to the same level he gets used to this effort and already it does not suffer any more physiological adjustments, that is to say, the physical performance does not meet improved and even it can deteriorate.

In summary, if you are thinking of starting doing physical activity, choose an activity that is of interest to you, go step by step, don't try to start 100% from first day, starts with activities of low intensity and complexity to be progressing slowly, and don't forget to be consistent and patient with the results.