



Starting out, people often exercise too much, risking injury.

If you have health conditions such as arthritis, osteoporosis, or a recent back injury, check with your health care provider before starting an exercise program. The best exercise is a low-impact activity.

Moving too fast: Don't expect a quick fix. Instead, gradually increase your activity level. You can't expect to lose weight overnight.

Doing the same old thing: Doing the same old cardio routine for years can lead to boredom and plateauing. Try new activities or mix up your routine. You can also try interval training, which alternates periods of high and low intensity.

Failing to support your back:

Exercise can help strengthen your back muscles, but it's important to use proper form. Avoid heavy lifting and twisting motions. Use a supportive chair and desk.

Linking cardio is enough: Your body needs a mix of cardio and strength training. Strength training, such as weight lifting, is also important for overall health.

In addition, always warm up with low-intensity exercise before your main workout. Track your progress to make the most of your workout effort.



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