# How to take your first steps to fitness with danceSing

*"Success is the sum of small efforts repeated with commitment, consistency and passion."*

Natalie Garry, danceSing Founder

Ok so it's easy to decide you need to start an exercise programme. There are many reasons inspiring people to make a change. You are motivated, even excited at the thought of a new fitter, healthier, happier you. However, it's the getting started part that is often challenging. danceSing are here to help you harness that great energy, support your health and wellbeing journey, and help you to realise your goals.

No matter how far away you are from where you would like to be know this... it takes just one step to start your journey, 10 minutes to complete your first workout with danceSing, and just 2 weeks to feel a real difference. And if you are reading this you have already taken your first step.  Now all you need to know is the how.

Everything we think you will need to successfully start and maintain your fitness journey with danceSing is set out in this helpful guide.

## What Should You Know Before You Begin

There are so many health benefits of exercise; reduced risk of heart disease, better mood and mental health, balanced energy levels throughout the day, better sleep, slowing of the aging process, better brain health, and complimentary to successful weight management. And these are to name just a few.  Exercise is powerful, it can change your body and your mind.

## How Much Exercise Is Recommended?

At danceSing we recommend a 30-minute workout 5 times a week, or a 35–40-minute workout every other day (in other words, a minimum of 150 minutes per week). Aim to lead an active 'lifestyle' daily whenever possible remembering to also eat, drink and sleep healthily as well. A healthy diet and good nutrition are crucial to the success of any fitness journey. Overall, it's important to start slowly and increase the intensity as you build your fitness level up. Whilst daily exercise for good health is recommended, allowing your body to rest is important too.

## Here Are Our Top Tips To Start Exercising:

1. **Check Your Health**
   Before you do anything it's best to get checked out by your doctor or health professional to get an overall sense of your current state of health. This is especially advisable if you are over 45, suffer from any chronic illness, or are recovering from injury. Many of us become increasingly out of touch with our bodies as we get older and less active, meaning that when we do exercise, we often do it badly, inefficiently and increase our risk of injury.

2. **Motivation, Inspiration And Goal Setting**
   In striving to achieve a higher state of wellness and fitness a set of goals is essential. Consider what your motivation is and set goals for yourself. These goals will help to guide your lifestyle choices, help you to overcome challenges and barriers, and ultimately keep you on your path to success. Be clear on what you want to achieve and why. The feeling of achieving your goals is hugely motivational and will push you on to achieve the next one.

**3. Choose Exercise You Enjoy**

Choose an exercise programme that you enjoy and have fun with it. If you don't, you will struggle to stick at it. Enough said here.

**4. Gather Your Equipment**

Before you jump right into a workout routine get prepared. Is there any equipment you will need; exercise mat; dumbbell; water bottle; towel etc. If so, gather it. Having the right equipment to hand will make your workout much more enjoyable.

**5. Start Small**

One of the most common mistakes people make is to do too much too soon. Aim to build up your fitness levels steadily. Overloading your major muscle groups increases the risk of injury and tiredness, followed by demotivation. A lifestyle change takes time, with patience and consistency, the results will come. Focus on your short-term goals first. One day at a time. One week at a time. Challenge yourself to do one more workout, or a few extra minutes of exercise per session. Small steps lead to big changes. Establishing your routine and sticking to it is more important than the duration of the workouts you are doing. Remember, even on busy days, a short 10-minute workout has health benefits, and this is especially true for beginners.

**6. Track Your Progress**

Whist this isn't a must, keeping track of your progress from the start will help you to recognise progress, stay motivated, and committed to achieving (and surpassing) your goals. Be proud of every active minute you do.

**7. Listen To Your Body**

If you're not used to working out every day, be mindful of your limits, this is totally ok. Push yourself to be more active but never exercise if you are in pain. If you feel pain or discomfort while exercising, stop and rest before continuing. Pushing through the pain is not recommended as this can lead to injuries. Exercising harder and faster is not necessarily better. Focus on mastering a small number of exercises rather than all at once. If one exercise isn't right for you, try something else, there are many variations.

**8. Warm Up And Cool Down**

It's important to warm up before your workout. Doing so can help prevent injuries and improve your athletic performance. It can also improve your flexibility and help reduce soreness after your workout. Cooling down is also important because it helps your body return to its normal state. Taking a couple of minutes to cool down can help restore normal blood circulation and breathing patterns and even reduce the chance of muscle soreness. danceSing fitness sessions are all always complete with a warmup and cool down.

**9. Stay Hydrated**

Drinking fluids throughout the day is essential for maintaining healthy hydration levels. Replenishing fluids during exercise is important for maintaining optimal performance. And hydrating after your workout can help you recover and get you ready for your next training session.

**10. Optimise Your Nutrition**

Be sure to have a balanced diet to support your fitness programme. All food groups are necessary to sustain healthy energy levels and get the most out of your workout. Carbs are particularly important, as they can fuel your muscles before exercise. Carbs are also important after exercise to replenish glycogen stores and assist the absorption of amino acids into your muscles during recovery. Protein improves muscle recovery after exercise, repairs tissue damage and builds muscle mass. And lastly, regularly consuming healthy fats has been shown to help burn body fat and preserve muscle fuel during workouts, making your energy last longer.

11. **Expect Setbacks And Plan For Them**

Can't get motivated to exercise? That's ok. Instead take a day off exercise and focus on good nutrition instead. A short 10-minute gentle workout can be hugely effective at relaxing you and get some movement into your day. Or focus on rest and getting a quality night's sleep. Expect some setbacks along the way, learn from them and have a 'Plan B' at the ready.

12. **Stay Motivated - Join A Vibrant Community Like danceSing!**

The key to staying motivated and making exercise a good habit is to have fun while doing it. It means you won't dread exercise. Working out with a group or community (like danceSing!) is a great way to maintain accountability and motivation. Other people will inspire you with their experience and knowledge and you'll open yourself up to new social connections too. Fun, fitness, and friendship is the danceSing ethos.

**Ok, Lets Wrap This Up And Get Started!**

Follow this helpful guide and soon you'll be well on your way to a fitter, healthier, more energic and confident YOU!

**To Summarise…**

- Get a health check-up to help you set realistic fitness goals.
- Find a few exercises that you enjoy, this is key. Incorporate these into your daily routine and try varying these up occasionally.
- Start slow, build up your fitness level, let your body rest to avoid injuries.
- Warm up, cool down and listen to your body to prevent injury.
- Track your progress and celebrate your success with your fitness community who can help to motivate and inspire you.
- Eat a healthy balance nutritious diet and remember to hydrate regularly.

**Remember**… starting a new exercise routine can be challenging. It takes time to see results and consistency is key. This is YOUR journey, and it starts with a single step.

**Get Started With danceSing – our recommendations**

**danceSing Fitness Series and Sessions**

**General Fitness:**

- First Steps To Dance Fitness Motivator Session (duration: 1x 20-minute session)
- First Steps To Fitness Series 1 (duration: 3x 30-minute sessions)
- Strength Training Series 1 (duration: 4x 30-minute sessions)

**Dance Fitness:**

- Dance Fitness Series 1 (duration: 3x 30-minute sessions)

**Mind & Body Fitness:**

- First Steps To Strength & Stretch Pilates Motivator Session (duration: 1x 20-minute session)
- Gentle Pilates Series (duration 2x 30-minute sessions)
- Calm Relax Stretch Pilates Series (2x 30-minute sessions)
- 10-Minute Motivation Series (6x 10-minute sessions)

**General Fitness Programme for danceSing beginners – recommend for Week 1 and 2**

Suggested 14-day programme.  Adaptable and easy to adjust to your starting fitness level.  You may want to half the active minutes to start with and build up, that's totally ok.  Listen to your body, build your fitness level steadily and enjoy your journey.

**Week 1 and 2  = aim for between 120 and 150 active minutes**

| Day | Name of Session/Series | Session Duration (mins) |
|-----|------------------------|-------------------------|
| Monday | First Steps To Dance Fitness Motivator | 20-mins |
| Tuesday | 10-Minute Motivation Series | 10-mins |
| Wednesday | First Steps To Fitness Series 1 | 30-mins |
| Thursday | 10-Min Motivation Series<br>First Steps To Fitness Series 1 | 10-mins<br>30-mins (optional) |
| Friday | First Steps To Strength & Stretch Pilates Motivator | 20-mins |
| Saturday | Calm Relax Stretch Pilates Series | 30-mins |
| Sunday | REST DAY - great job! | Zero |
| | Total | 120 to 150 mins |

## Join danceSing Today!

Start your **health and wellbeing journey** with danceSing.  Learn to sing. Learn to dance. Strengthen your mind and body. **UNLIMITED** On-Demand and Live classes for **£5 per week or less!**

Remember, the danceSing team are always there to offer expert advice in every class and on a one-to-one basis if needed.

What are you waiting for… more information and how to join HERE