



Exercise 101:

Your Guide to a Sustainable Fitness Routine.
How to Start, Stay Consistent, and Thrive!

Session Goals



Understand the science-based benefits of exercise



Overcome misinformation and fear



Create your own sustainable plan

Reduces all-cause
mortality by 30–40%
(WHO, 2023)

35% lower heart disease
risk and 20% lower cancer
risk (CDC, Harvard)

Boosts neuroplasticity and
BDNF for better learning
and memory

Why Exercise Matters: The Science

Mental & Emotional Benefits

20 minutes of exercise can elevate mood for 12 hours

25% lower rates of depression (JAMA Psychiatry, 2022)

Releases endorphins, dopamine, and serotonin

Common Barriers & Myths



**'I DON'T HAVE TIME' — JUST
21 MINUTES/DAY MEETS CDC
GOALS**



**'PAIN EQUALS PROGRESS' —
SORENESS ISN'T REQUIRED**



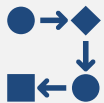
**'YOU NEED A GYM' —
WALKING AND BODYWEIGHT
WORK**



Inspiration: The spark that gets you started — it's emotional and short-lived.



Motivation: The reason you keep going — fueled by progress and internal rewards.



Discipline: The system that sustains you when motivation fades — built through habits and accountability.



Motivation follows action, not the other way around.

Inspiration, Motivation & Discipline: The Psychology of Staying Active

Start Where You Are

Begin at your
current fitness level

Beginners improve aerobic
capacity by 15–20% in 8
weeks (ACSM)

Self-assess time,
interest, ability

The 3 Pillars of Fitness

Cardio: 150 min/week reduces heart disease by 40%



Strength: Rebuilds muscle lost after age 30 (3–8% per decade)



Flexibility: Reduces fall risk by 30% (NIH)

Progress Over Perfection



**USE THE 10% RULE FOR
GRADUAL INCREASES**



**CONSISTENCY >
INTENSITY FOR LONG-
TERM RESULTS**



**TRACK SMALL WINS TO
REINFORCE HABITS**

The Brain on Exercise

Increases hippocampal
volume (memory center)



Boosts attention in 4
weeks of activity



40% lower cognitive decline
risk

(AARP Global Council)

Make It Enjoyable



Intrinsic motivation sustains habits



Dopamine reinforcement from enjoyable movement



Find joy: dance, hike, walk, play

Building Consistency

Habits form after
66 days

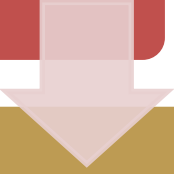
(Eur. J. of Social Psychology)

Habit stacking:
pair fitness with
daily actions

Accountability:
apps, journals,
or friends

Rest & Recovery

Muscles grow during rest, not work



Sleep <6h = 40% slower
recovery (NASA study)



Rest days are progress days

Dealing with Setbacks



**Missing a day isn't
failure — it's feedback**



**Most people relapse,
then recover**

(Health Psychology Review)



**Focus on trends, not
perfection**

Create Your Personal Plan



**WHY (motivation),
WHAT (activities),
WHEN (schedule)**



**Use SMART goals to
design your plan**



**Start small and track
weekly progress**

Your Next Step

Start this week with one small goal

Motion creates emotion
— momentum matters

Share your goal for accountability

Q&A + Wrap-Up

