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starting a fitness program may be one of the best things you can do for your health physical activity can lower the risk of long lasting disease and improve balance and coordination it can help with weight loss sleep and self esteem and you can start a fitness program in only five steps if you d like to get stronger or faster lose weight or just improve the quality of your life consider creating a personal fitness plan to meet your goals there are many kinds of possible plans and most incorporate a mix of aerobic resistance and flexibility exercises ready to start a fitness program measure your fitness level with a few simple tests then use the results to set fitness goals and track your progress by mayo clinic staff here is a step by step guide to help you create a personal fitness plan it will teach you how to set goals choose the right activities use fit targets and evaluate and monitor your progress there are also examples of exercises and health assessments you can do everything you need to know about the components of physical fitness and how to get started with exercise how to build your workout plan 7 steps to get started establish a goal select a workout split choose your exercises choose your sets and reps learn about progression one rep max

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