

# SHAPE

reader's fitness challenge

## "I CAN'T STICK TO AN EXERCISE PLAN"



### THE READER

Kelly Brady, 29, an information technology saleswoman in Raleigh, North Carolina.

**FITNESS CHALLENGE** "I enjoy exercising, but I feel so sore the next day that I typically don't work out again for weeks. How can I make it a habit?"

**THE TRAINER** Ana Gabriela, from Briarcliff Manor, New York.

**SOLUTION** It sounds like you overdo it when you start a new program. Instead, ease your way in: Begin with one total-body strength session and three cardio workouts your first week. For the strength

program, do a single set of 12 to 15 reps of one exercise each for your legs, butt, core, shoulders, chest, back, and arms. For cardio, move at an easy intensity on any machine for 20 minutes. **In week two, add another set to your strength workout and 5 minutes to your cardio sessions.** Continue racking up five minutes more of cardio until you're doing 45 minutes per session and spending most of your time at a moderate intensity. About six weeks in, add another weekly strength session and one or two more cardio workouts. Continue to increase the resistance, switch up your routine, and add intervals every few weeks.