



The Healthy Heart Miracle Personal Roadmap



FITNESS STRATEGIES—BEGINNER

NOTE: BE SURE TO CHECK WITH YOUR DOCTOR OR HEALTHCARE PROVIDER BEFORE BEGINNING AN EXERCISE PROGRAM.

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Measure myself—BMI, Waist/Hip Ratio, and Inch of Pinch Test (<i>see Week 1</i>)			
Assess my fitness level (<i>see Week 1</i>)			
Choose at least one activity or sport from list (<i>see Week 2</i>)			
Work up to 30 minutes sustained activity in my chosen sport (<i>see Week 2</i>)			
Keep a daily journal to track my progress (time, intensity, days off, any injuries, etc.) (<i>see Worksheet</i>)			
Warm up and cool down each time I work out (<i>see Week 5</i>)			
Stretch after muscles are warmed up (<i>see Week 5</i>)			
Begin or continue weight-training program (<i>see Week 6</i>)			
Try a new sport or activity (<i>see Weeks 2 and 8</i>)			
Join a club, class, or group activity for exercise			
Buy the piece of exercise equipment I have selected and tried (<i>see Worksheet</i>)			
Make my program more fun			
Find and involve AT LEAST ONE DASH Plus partner—spouse, other family member, friend—in my fitness program, food program, or both			

For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7