

## Fitness Health Guidelines

### 1. Warm Up Properly:

Begin each workout with 5–10 minutes of light cardio and stretching to prepare your muscles and reduce injury risk.

### 2. Stay Hydrated:

Drink water before, during, and after exercise to maintain energy and performance.

### 3. Train with Proper Form:

Focus on correct technique rather than heavy weights. Proper form prevents injuries and improves results.

### 4. Balanced Routine:

Include strength training, cardio, flexibility, and mobility exercises for a complete fitness program.

### 5. Listen to Your Body:

If you feel pain, dizziness, or unusual discomfort, stop immediately and rest.

### 6. Nutrition Matters:

Fuel your body with a balanced diet rich in protein, fruits, vegetables, and whole grains to support training.

### 7. Rest and Recovery:

Ensure 7–8 hours of sleep daily and allow muscle groups to rest between intense workouts.

### 8. Consistency is Key:

Progress takes time—stay disciplined, track your improvements, and adjust your routine as needed.

Stay safe, stay active, and enjoy your fitness journey!