



# Getting Started

## ***FIT FACTS***

Starting an exercise program can be challenging, but it's also very rewarding and one of the best things you can do to live a healthy life! Always check with your doctor before beginning any exercise program, especially if you're a man over 45, a woman over 55, or if you have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes or a family history of heart disease.

[Before You Start an Exercise Program](#)

[How to Choose the Right Personal Trainer](#)

[How to Design Your Own Home Gym](#)

[The Right Exercise Program for You Starts Here](#)



*WESTON, FL: Commander of Navy Recruiting Command, is shown information about pillar prep, a component of the Navy Operational Fitness and Fueling System (NOFFS). Gay selected Navy Recruiting District Miami to kick off the new program. The system is built on five pillar preps of eat clean, eat often, hydrate, recover and mindset. NOFFS is designed to keep Sailors ashore and afloat in peak physical condition while reducing the risk of sports injuries and stressing the importance of proper nutrition. (U.S. Navy photo by Chief Mass Communication Specialist Gabe Puello/Released)*