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Even the most resolute workout warriors need to take a break from time to time. What is the best way to restart after that break?



How to Successfully Return to Your Exercise Routine

When I chose to resume my walking routine after hip surgery, I meticulously planned everything. I aimed to wake up at 5:30 AM to be out the door by 7:00. I started by moving around the house, followed by taking care of the cats, retrieving the newspaper, having a quick bit to eat and putting on my supportive sneakers. Finally, with water bottle in hand, I was ready to head out.

My walking warm-up starts with a moderate pace, walking for 10 to 15 minutes. Then, I shift gears, incorporating an interval routine of alternating fast and slow steps. I throw in some backwards moves to improve my concentration and balance by engaging muscles that aren't typically used when walking forward. On my walks, I experience blending in with nature, which is always rewarding. Once back home, I stretch to my heart's content.

Recognizing when to pause my exercises is just as important as doing them, particularly when pain arises. Here are some situations and tips on how to prioritize your body's well-being, regardless of the fitness-disrupting transitions life throws at us.

Injury – A pulled hamstring or injured rotator cuff can couch you for a while. Incorrect lifting can cause back problems. Repetitive use without proper footwear can lead to foot or ankle problems which can affect knees and hips. Any of these issues can slow us down as would any chronic condition.

Set a goal – If the problem persists, ask your doctor how long you'll be sidelined. To avoid workout withdrawal, find out what else you can do to stay in shape and set a doable goal to achieve while you heal. Perhaps swimming gets a green light. Aim to swim the equivalent of the time you take to walk or do your other exercise routine. A goal helps you let go of your immediate disappointment and look beyond your injury, says Edmund Acevedo, Ph.D, chairperson of the health and human performance department at Virginia Commonwealth University. [Read More](#)



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