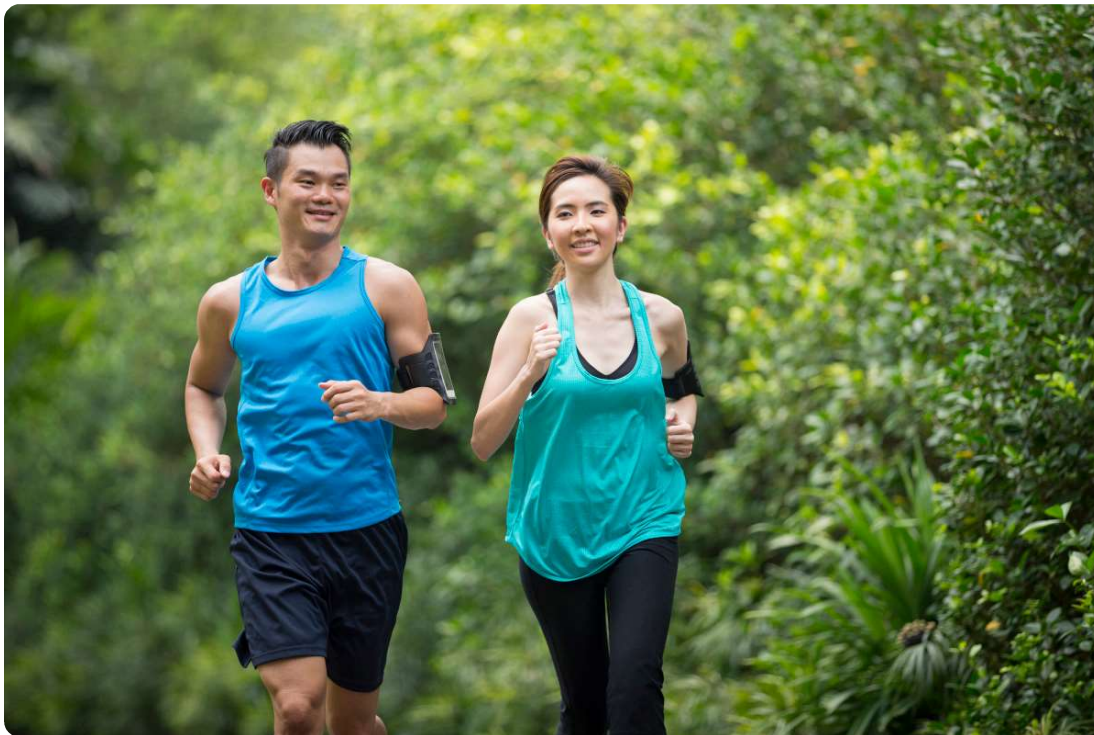


Finding Your Way Back to Exercise Safely

It's been some time since you exercised! You want to get active again and you're wondering: "How to start exercising again?" Read on to find out!

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🕒 9 mins read



If you have not been active and have not engaged in regular physical activity for a while, it is important that you assess your present fitness level and health condition.

However, if you have a medical condition such as heart disease, high blood pressure, diabetes or asthma, not all forms of physical activity may be suitable for you. Check with your doctor or a fitness professional on the type, intensity and duration of physical activity that you can start with.

Common Excuses for Not Exercising

We all know that physical activity is good for us. But often, we give ourselves excuses

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ACCEPT

I'm too tired.	<ul style="list-style-type: none"> • Get active! Feel the difference – you will be refreshed and energised after your activity. • For a start, do three 10-minute segments of physical activity a day.
I'm too lazy.	<ul style="list-style-type: none"> • Get a family member, friend or colleague to help you stay motivated. • Join an interest group or club where members count on you to show up.
I'm too busy/I don't have time	<ul style="list-style-type: none"> • Try a 10-minute brisk walk to your lunch venue or to the MRT station. • Exercise while you are watching TV.
I might get injured.	<ul style="list-style-type: none"> • Choose activities that are suitable for your age and fitness level. • Start slowly. Do your warm-up and cool-down exercises too.
I find it difficult to start.	<ul style="list-style-type: none"> • Choose an activity that interests you. • Invite your family, friends or colleagues to get active with you. • Join an interest group or club and make new friends.
The weather is too hot.	<ul style="list-style-type: none"> • Get active early in the morning or evening. • Explore activities that can be done indoors, including streaming workout videos.

So, no more excuses! Instead, think about the ways in which physical activity will enrich your life!

How Many Times a Week to Exercise

You can start with simple moderate-intensity activities such as brisk walking, cycling or swimming three to four times a week. These activities are generally safe for everyone and the risk of injury is low. The key to sustaining your interest in any workout routine is to choose activities that you will enjoy.

Engage in different types of exercise or physical activities and aim for at least 150 to 300 minutes of moderate intensity aerobic activities and at least 2 days of strength training every week to build up your aerobic fitness and strengthen your muscles. It may seem a daunting task with your busy lifestyles but every little bit counts.

You can include physical activity into your daily routine and even engage in some of your other favourite activities while you exercise. For example, you can jog with your dog or watch TV while cycling on a stationary exercise bike.

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Be flexible with your timing. You don't have to do all your physical activity at one go. If you cannot set aside 30 minutes a day for your exercise routine, break it up into smaller bouts. You can gain health benefits even by doing shorter but more frequent activities throughout the day.

You can even incorporate the sessions into a mode of transport where you could cycle to work or stop a few bus stops earlier and brisk walk home!

How to Start an Exercise Routine

When starting an exercise programme, always start slow. Your body needs time to adjust to the increased physical activity, especially if you have not been active. This will help to prevent injuries and the potential onset of muscle soreness.

You can subsequently increase the intensity and duration of your activity as your fitness level improves.

Always do warm-ups and cool down properly before and after a session of physical activity.

Warm your muscles up by doing your activity at a slower speed or lower intensity. For example, before your jogging session, you could walk briskly to warm up.

After your activity, cool down by performing gentle stretches. This helps to improve flexibility and prevent aches.

Keep the Physical Activity Going

To sustain your interest and make active lifestyle your way of life, apply the following tips:

- Explore new activities with your family, friends or colleagues to keep the interest going and help you stay motivated.
- Pick up new sports or activities to inject variety such as ballroom dancing, yoga and kickboxing.

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- By meeting your weekly recommended minutes of physical activity and reducing sedentary time, you will be on your way to having a more active and healthier lifestyle!

Download the HealthHub app on [Google Play](#) or [Apple Store](#) to access more health and wellness advice at your fingertips.

Read these next:

- [Different Types of Physical Activity](#)
- [Health Benefits of Exercise and Physical Activity](#)
- [How to Start Exercising Again: It's Easier Than You Think!](#)
- [How to Start Exercising When You are in Pain](#)
- [I Have No Motivation to Exercise!](#)
- [Increase Your Physical Activity and Your Heart Rate!](#)



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