



Be Active Like an Olympian

Even if you're not training for the Olympics, you can still get the most out of your workouts and get inspired to reach your own goals.

Move Every Day

Regular physical activity will help you control your weight and keep you strong and fit. Plus, it helps your body become more efficient at burning fat. Here are ways [to move more anytime anywhere](#).

Stay Focused on Your Goal

Olympic athletes have a specific goal. While we may not be going for gold, our goals are just as important in motivating us to exercise. When setting a [goal](#), keep it simple, specific and reachable. Remind yourself every day what your goal is and how you're going to achieve it.

Know When to Rest

Athletes walk a fine line between peak performance and burnout. They know when to throw in a few extra recovery days. For them, overtraining can mean the difference between winning and losing. For the rest of us, it means the difference between a good day and a bad one. Know the [signs of overtraining](#). If you have aches, pains or lack of energy it may be time for a rest day. Start slow and [gradually increase your activity](#).

Prevent Injuries with Good Form

In whatever you do, make sure you're using good form. If you're running, stand tall and relax your upper body. If you're lifting weights, do each exercise slowly. Don't swing your weights. Good form requires you to focus on what your body is doing.

Whether you're a beginner or someone who wants to add some spice to your fitness routine, the [ACE Fit® Exercise Library](#) offers a variety of options. Browse through total-body exercises or movements that target specific areas. Each comes with a detailed description and photos to help ensure proper form.

When you start looking, you'll see lots of opportunities to be [more active](#) every day. Remember, every step counts toward your own gold medal!