FoxtailsFitness

PERSONAL TRAINING

A FREE BEGINNER'S GUIDE

Where Do I Even Start?

Getting ready for exercise, one step at a time

Understand your body. Build your confidence.

BY DANIELLE | FOXTAILSFITNESS

Before You Begin

A few simple checks first

Starting gently is a great place to begin. Before exercise, take a moment to think about your health, comfort and the support you may need.

Safety check

- [ ] If you have chest pain, severe dizziness or a recent unexplained change in your health, speak to a medical professional before starting.
- [ ] If you are recovering from surgery, injury or managing a medical condition, adapt activity and seek advice where needed.
- [ ] Stop exercise if you feel sharp pain, feel faint or become unusually breathless.

A simple kit checklist

- [ ] Comfortable clothing
- [ ] Supportive shoes if needed
- [ ] Water bottle
- [ ] A chair or wall for support
- [ ] Light dumbbells or tins (optional)
- [ ] A little space to move

You do not need fancy equipment to get started.

Understanding Your Starting Point

Everybody starts somewhere

We all have different bodies, lifestyles and experiences with exercise. What feels easy for one person might be challenging for another. Your starting point is personal to you.

What would you like to improve?

- ☐ Feel stronger in everyday life
- ☐ Move more comfortably
- ☐ Build my confidence
- ☐ Support my health
- ☐ Improve my stamina
- ☐ Improve my balance
- ☐ Have more energy
- ☐ Make time for myself

Getting to know your body

How active am I now? Walking, housework and gardening count.

What feels difficult? Perhaps stairs, reaching up or getting out of a chair.

What holds me back? Time, confidence, motivation or uncertainty?

What do I enjoy? Maybe walking, dancing, swimming or stretching.



The Five Types of Exercise

Movement comes in many forms

Exercise isn't just running or lifting weights. Different forms of movement benefit your body in different ways. You can begin with whichever feel manageable.

STRENGTH

Supports muscles and everyday tasks. Try standing from a chair, wall push-ups or light dumbbells.

CARDIO

Supports your heart, lungs and stamina. Try walking, dancing, swimming or easy cycling.

FLEXIBILITY

Helps maintain a comfortable range of motion. Try gentle calf, chest or hamstring stretches.

MOBILITY

Moving your joints with control. Try shoulder circles, ankle circles and gentle rotations.

BALANCE

Builds steadiness and coordination. Try supported weight shifts beside a sturdy counter.

You don't need to do all five in one session. Many activities overlap, and a little variety can develop over time.

Move in ways that help you feel stronger and more confident.

Preparing Your Body for Movement

Small preparations make a big difference

Warm up

Start gently for 3–5 minutes with marching, shoulder rolls, side steps or ankle movements. Longer workouts may call for longer warm-ups.

Understand effort versus pain

Working muscles and a little faster breathing can be normal. Stop for sharp or increasing pain, dizziness, chest pain or unusual breathlessness.

Keep breathing

Breathe steadily. For strength movements, breathe out during the harder part and avoid straining or holding your breath.

Choose control over speed

Work within a comfortable range. Slow down, adjust a movement or take a break whenever needed.

Allow time for recovery

Sleep, nourishment and gentler days all support progress. You don't need an intense workout every day.

Cool down gradually

Finish more demanding activity with easy walking or gentle movements, then stretch comfortably if you wish.

If you have a health condition, injury, recent surgery or concerns about exercise, seek individual medical guidance before you begin.



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Your Free Workout Library

Choose one that suits you today

You do not need to do all four videos together. Pick one, go at your own pace and take extra rest whenever you need.



10-Minute Warm-Up

Get your body ready for movement.

youtu.be/3cnSVoNxSFc



10-Minute Dumbbell Workout

Build strength and confidence.

youtu.be/5oehQq2YxqE



10-Minute Core Workout

Support your core strength and stability.

youtu.be/MzowSUhyslE



10-Minute Post-Workout Stretch

Cool down, stretch and relax.

youtu.be/mKW8VWfsh5k



Some movement is enough.

Search **FoxtailsFitness** on YouTube for more beginner-friendly videos.

Your First 7 Days of Movement

A gentle introduction — not a test to pass

Begin with whatever is manageable. Shorten the time, swap an activity or add rest days if that feels right for you.

- ☐ **MON** — **A gentle walk**
  Walk for 5–10 minutes at a comfortable pace.
- ☐ **TUE** — **A little mobility**
  Try 5–10 minutes of shoulder circles, ankle circles and side steps.
- ☐ **WED** — **Discover your strength**
  Warm up, then try 5 chair stands, 5 wall push-ups and 5 supported heel raises.
- ☐ **THU** — **Recover**
  Rest or try a few minutes of relaxed movement.
- ☐ **FRI** — **Cardio you enjoy**
  Try 5–10 minutes of walking, dancing, marching or easy cycling.
- ☐ **SAT** — **Balance and control**
  Beside a sturdy counter, practise gentle supported weight shifts.
- ☐ **SUN** — **Reflect and recharge**
  Rest or repeat a favourite movement. What felt good this week?

This example is for generally healthy beginners. Adapt it to your own abilities, and seek advice if you are unsure what is suitable for you.

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My Personal Starting Point

A printable page to make the next step yours

Take a few minutes to reflect and choose one small goal. There are no wrong answers.

My reason for starting

I want to become more active because...

Activities I enjoy

Movement feels more enjoyable when...

Where I am today

One thing I can do comfortably now...

Something I want to improve

I'd like to feel more confident about...

A barrier I can plan for

One thing that gets in my way...

My small goal for next week

I will try to...

My movement days

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Name: _____ Date: _____

Your Journey Doesn't End Here

You've already taken the first step

I hope this guide has made exercise feel a little less overwhelming. You don't need a perfect routine, expensive equipment or endless motivation. Start with what you can manage and build from there.

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A short walk still counts.

Keep moving with me on YouTube

Explore free beginner-friendly movement, workout and stretching videos on the FoxtailsFitness YouTube channel.

Looking for a personal approach?

FoxtailsFitness offers supportive one-to-one personal training in a private, welcoming space in East Lothian. Sessions combine strength, cardio, mobility, flexibility and balance at your pace.

New packages arriving January 2027

Find out more at foxtailsfitness.co.uk. No crowded gyms, no shouting, no pressure to keep up. Just guidance, encouragement and confidence.

Thank you for reading. Keep moving, keep learning and be kind to yourself. — Danielle

This guide is general educational information, not individual medical or exercise advice. Seek professional guidance where needed.