Step 1: Moving more

Increase your daily moving with these ideas.

- Walk the dog
- Work in the garden
- Walk to the store
- Walk to the mall
- Walk in the house
- Play ball
- Carry wood
- Climb stairs
- Play golf
- Play with your kids or grandkids

Park further away when you shop.

Begin with what you are doing now and do a little more.

Step 2: Moving into exercise

When you’re ready, choose one or two activities you like and practice them 5 times a week.

- Brisk walking
- Swimming
- Rowing
- Jogging
- Dancing
- Jumping rope
- Volleyball
- Skiing
- Playing active games
- Biking

When you start to exercise

Start slowly. Do 5 minutes at first. If you feel you are working too hard, you are—slow down. Check with your doctor if you have health problems or if you are not used to hard exercise. Using the whole body is heart healthy (aerobic) exercise.

Step 3: Follow the rules for safe exercise

1. **Warm up.** Walk or do the exercise slowly for 5 minutes.
2. **Begin with 5 minutes** of exercise. Add 5 minutes more each week until you reach 30 minutes. Aim for 5 times per week.
3. **Cool down.** Walk slowly for 5 minutes.

If you have any pain when you exercise, STOP. Call your doctor.
Remember:

1. Choose what you like best. Try different exercises on different days.
2. Don’t give up. It takes time to form new habits.
3. Exercise with a friend.
4. Always warm up and cool down.
5. Work up to 30 minutes of exercise.
6. Exercise 5 times a week.

Do it! Stick to it! Exercise!

Do you want

☺ more energy?
☺ to feel better?
☺ to reduce stress?
☺ to look better?
☺ to have fun?

Get moving! As easy as 1, 2, 3