

## 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.

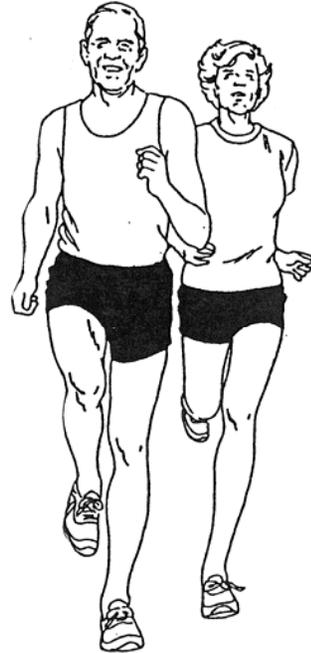
If you have any pain when you exercise, STOP. Call your doctor.



## 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!



# Every body is made to move



Do you want

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

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Get moving! As easy as 1, 2, 3