

**IF YOU ARE BEGINNING TO INCREASE YOUR PHYSICAL ACTIVITY,
START OFF SLOWLY AND ONLY DO MODERATE ACTIVITIES.**

MODERATE ACTIVITIES:

Examples: walking fast, water aerobics, riding a bike, gardening, pushing a lawn mower, sports where you throw and catch, tennis (doubles)

VIGOROUS ACTIVITIES:

Examples: jogging or running, swimming laps, riding a bike fast or on hills, tennis (singles), basketball

WEAR A PEDOMETER!

People who start wearing a pedometer immediately begin taking more steps each day. Wearing a pedometer can increase the steps you take each day by more than 2,000, lower blood pressure and speed up weight loss. Put it on when you get dressed in the morning and take it off before you go to bed at night. Strive for at least 10,000 steps each day.

Resources: <http://www.cdc.gov/physicalactivity> and <http://www.health.gov/paguidelines>
Call toll free 1-800-545-1098



STRESSED? BURNED OUT?
LACE UP & GO FOR A
WALK! GET YOUR HEART RATE
moving & YOUR
BLOOD PUMPING!

Do the little things today for a healthy life tomorrow.

*It is all about me!
a healthy*



CHECK OFF THE BENEFITS YOU HOPE TO GET FROM INCREASING YOUR PHYSICAL ACTIVITY.

- ☐ Look better and feel better
- ☐ Improve my mood
- ☐ Help me handle stress
- ☐ Relieve tension and anger
- ☐ Decrease depression
- ☐ Increase my energy and endurance
- ☐ Help me sleep better
- ☐ Lose weight or help in keeping a healthy weight
- ☐ Lower my risk of heart disease, high blood pressure, type 2 diabetes and breast cancer
- ☐ Increase my ability to fight disease
- ☐ Be a role model for my friends, family and children

READY SET GO

1. Get Started! – Set a start date.
2. Start Slowly! – Build up: After several weeks or months of doing moderate activities, pick up the pace and try to do vigorous activities. See your doctor if you have a medical condition such as arthritis, diabetes or heart disease before starting vigorous activities.
3. Choose something you like to do! – Have fun. Plan a Schedule! – A total of 150 minutes (2 hours and 30 minutes) of moderate activity. For example, five 10-minute brisk walks; an hour and 20 minutes of yard work or house cleaning; and 20 minutes of dancing, swimming, hiking or strength and toning exercises.
4. Make physical activity a normal part of your life! Do strength activities at least 2 days a week! Push-ups, sit-ups, use resistance bands and/or lift weights. If you do not have weights, use bags of rice, vegetable or soup cans or bottled water.
5. Exercise with a friend! Having an exercise partner will keep you motivated, safe and add fun to your every day routine.
6. Stick With It!
Ways I will choose to increase my physical activity:
 - ☐ Take the stairs instead of the elevator
 - ☐ Walk during my lunch break
 - ☐ Do some kind of physical activity during commercials (walk in place, jumping jacks)
 - ☐ Park far away from the door or walk to the store instead
 - ☐ Get outside and play with my children
 - ☐ Wear a pedometer and set a goal for the number of steps you take each day
7. Track your progress! Write down your goals, and what you do each day—it will help you reach your weekly goal.
Examples: Walk 15 minutes at afternoon break. Walk 15 minutes in neighborhood 6 pm Monday – Friday. Write down a start date for each goal.